

COURSE TITLE: **INTERACTIVE PSYCHOLOGICAL TRAINING**

LECTURER: Kateřina Palová

MINIMAL NUMBER OF STUDENTS: 5 ECTS CREDITS: 4

AVAILABLE FOR: psychology students preferred

#### ABOUT THE COURSE:

The most important tool for every psychologist is the skill of introspection and will to get to know himself/herself. However, that is something you cannot read in books. Therefore, the goal of this subject is to create a space for both personal and professional development of students. The topics will be chosen according to the participant's needs. They might involve for example: my strengths and weaknesses, me and relationships, belief in myself, forgiveness, addictive drugs, sexuality.

Through their own experience, the participants will get information about work with groups. They will also become more confident in chosen personal topics.

#### COURSE STRUCTURE:

Lecture topics will be chosen according to the participant's needs. The general structure is:

- Introduction to the subject, basic activities for getting to know each other
- Activities for cooperation
- Activities for trust in the group
- Activities for getting to know yourself

*To complete the course: no absence, active participation, reflection*