

Title of the Course	SOCIO-PSYCHOLOGICAL TRAINING II		
Amount in credit points/ECTS)	2/3	Volume (in hours)	80
Prior knowledge	Basics of psychology, communication psychology		
Science Sector	Psychology		
Science Subsector	Social psychology		
Summary of academic hours		Amount (academic hours)	
Distance learning		40	
Contact hours / video lessons		8	
Exercises, self – assessment questions and tests		25	
Individual work/ discussions in distance		4	
Exams/tests		3	
1st level professional study programme	Personnel Psychology and Human Resource Management		
Author(s) of the course	Mg.psych. Dace Bērziņa		
Lecturer(s) of the course	Mg.psych. Dace Bērziņa		
Goal of the course:	To understand the interdependence of socio-psychological phenomenon in the processes of inter-communication, to strengthen self-understanding, self-analysis and self0effeciency skills; better understand one’s resources and their role in the compensations of personal difficulties in personal and professional interaction		
Requirements for obtaining credit points (structure of course evaluation):	The final evaluation of the course is final test for an active participation in all practical tasks and discussions, group work during the socio-psychological training – onsite classes;		

Study Results

1. *Knowledge:*
 - 1.1. A student defines the expressions of the socio-psychology phenomenon in communication,
 - 1.2. A student names and describes the notions of *psycho-trauma; emotions; burn-out; empathy; reflection; projection; subjective information interpretation; I – reality, I – social; personality resources; compensation; social interaction; domination and concessions.*
2. *Skills:*
 - 2.1. A student observes emotions, understand their reasons and connection to personality resources;
 - 2.2. A student paraphrases and asks questions for getting more precise information;
 - 2.3. A student analyses burn-out reasons.
 - 2.4. A student translates one's fear and its role in the every day's social interaction.
 - 2.5. A student analyses how the student is perceived by others and can consciously develop one's social image.
 - 2.6. A student uses emotionally favourable communication.
3. *Competences:*
 - 3.1. A student identifies one's fear and theoretically understands its origin.
 - 3.2. A student understands the possible expression of psycho-trauma and sees its origin by using association method;
 - 3.3. A student builds goal and cooperation oriented and conscious relationships

3.4.A student optimizes one's resources and uses potential for valuable self-development.

Content of the Course

No.	Subjects	Contact hours, video, audio lessons	Distance learning	Exercises, self- assessment questions and tests	Individual task – remote discussion. Description of the individual task is available in the E-studies	Test
1.	Introduction: the meaning of socio-psychological training course II, its goals; Introduction round.	8	3	2	1	3
2.	Consequences of negative experience, psycho-trauma and ‘association method’		3	1		
3.	Risk of emotion burn-out and signals		3	2		
4.	Empathy		3	2		
5.	Personal traits: social favourable/unaccepted. Psychological criteria for evaluation oneself and others. Exclusion, projection.		3	1	1	
6.	Phenomenon of socio- psychology in portraying information and providing it. Interpretation as a factor for information inaccuracy		3	2		
7.	“Characteristics’ mirror” – differences between real- me and social-me. Reflection training.		3	3		
8.	Childhood fear, their reasons and influence on personality and further scenario of life		3	2	1	
9.	Questions formulation for goal-oriented getting 7of precise information		3	2		
10.	Understanding one’s resources and tactics in the social interaction. Agreement, party interests,		3	2		

	concession or domination					
11.	Psychological dominants of individual life style. Training for recognition of real-me in different life situations.		3	2		
12.	Recognition of one's resources in connection with emotions, their analysis and transformation		3	2	1	
13.	Closing round		4	2		
TOTAL:		8	40	25	4	3
80						

Mastering the course and successfully passing examination, student is capable of (*knowledge, skills and competencies*)

Study Results:	Evaluation Criteria
Knowledge	Theoretically knows and understand socio-psychological phenomena in the interaction. Knows and recognizes such notions as: <i>psycho-trauma; emotions; burn-out; empathy; reflection; projection; subjective information interpretation; I – reality, I – social; personality resources; compensation; social interaction; domination and concessions</i> . Recognizes these phenomena in communication
Skills	Ability to name emotions, recognize their reasons and connection to personality resources: ask questions for getting precise information; analyse burn-out reasons; analyse one's fear and its role in every day's social interaction. Understands how oneself is perceived by others and can consciously form one's social image. Uses emotionally favourable communication.
Competences	Recognizes one's fear and theoretically understands its origin, sees the resources for their compensation; recognizes possible psycho-trauma expression and can see their origin by using associative method. Builds goal and cooperation oriented and conscious relationships. Acquired one's resources and uses potential for valuable self-development.

Acknowledgement of the obtained study results

Evaluation Method	Study Results
Onsite classes	An alternative to independent work and discussion
Independent work	To be completed if there is no possibility to be present in onsite classes

Distance discussion	To be completed, if there is no possibility to be present in onsite classes
Test	Final examination – test with no mark/points: for an active participation in onsite classes or completion of online tasks for distance-learning students

Core Literature

1.	Omārova S. (1996) Cilvēks runā ar cilvēku. Saskarsmes psiholoģija. – R., Kamene, 126 lpp.
2.	Kupčs J. (1997) Saskarsmes būtība. – R., Zvaigzne ABC, 71 lpp., ISBN10: 9984041239; ISBN13: 9789984041230
3.	Reņģe V. (2002) Sociālā psiholoģija. – R., Zvaigzne ABC, ISBN10: 9984225364, ISBN13: 9789984225364
4.	Vorobjovs A. (2002) Sociālā psiholoģija. – R., Izglītības soļi, ISBN10: 9984712338, ISBN13: 9789984712338
5.	Fekseuss, Henriks (2019). Smalki! Izcīlas sociālās prasmes – Rīga, Zvaigzne ABC, 2019 ISBN: 978-9934-0-8130-9; 318 lpp.

Additional Literature

1.	Hadnagy C. Social Engineering: The Art of Human Hacking (1st Edition). - ISBN-13: 978-0470639535; ISBN-10: 0470639539
2.	Brown N. W. (2004) Psychoeducational Groups: Process and Practice. – N.Y., Brunner - Routledge, 275 p.
3.	Benson J.F. (2001) Working More Creatively With Groups. – London, Routledge, 334 p.
4.	Leigh David (2006). The Group Trainer's Handbook: Designing and Delivering Training for Groups. 3rd Edition. – GB, USA, Kogan Page Ltd, ISBN 0-7494-4744-3; 196 p.