Theories of Personality and Beyond!

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Schedule of topics:

1) Introduction + Classical theories of personality:

   In this lecture we will explore the early works in personality psychology. We will focus on the “grand theories” proposed by psychoanalytic psychologists: Freud and Jung.

2) Alternative theories of personality:

   In this lecture we will discuss theories of personality that arose from, or developed parallel, to the psychoanalytic movement. We will discuss theories proposed by developmental, behavioural, and existential psychologists.

3) Modern personality research:

   In this lecture we will continue our path through history and explore the current models for theoretically and empirically derived personality traits.

   Optional activity: Interpretation of class’s personality test scores.

   Please follow this link* and complete the questionnaires prior to this class. You can use any internet capable device to access the questionnaires.

   * https://carletonpsych.co1.qualtrics.com/jfe/form/SV_eEx6oX7olXOIrHjn

4) Dark personalities:

   Have you ever wondered why some people are just “bad”? This lecture will help shed light on what psychopathic, sadistic, and Machiavellian personalities are and how these individuals think.

5) Psychopathology:

   What happens when the mind “breaks”? In this lecture we will cover theories of psychopathology, diagnostic criteria, as well as common mental health concerns and how they are treated.

Did you know? Your registration in the LinR program allows you to borrow materials from Carleton University’s MacOdrum Library. To receive a temporary borrowing card, visit the circulation desk and identify yourself as a participant of LinR.
6) Personality and Applied Psychology:

In our final lecture, we will consolidate our knowledge of personality theories and research by seeing how it is applied by clinicians. In this lecture we will cover the basics of the widely used therapy technique of Cognitive Behavioural Therapy and the field of Clinical Psychology in general.

**Recommended readings for continued learning:**

The Divided Self: An Existential Study in Sanity and Madness by R.D. Laing
The Art of Loving by Erich Fromm
Without Conscience: The Disturbing World of the Psychopaths Among Us by Robert D. Hare

**Other interesting resources:**

Positive Psychology Questionnaires: https://www.authentichappiness.sas.upenn.edu/testcenter