

# Session Plan

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<b>7.00</b>	<b>Greetings and Introductions</b> I'll begin by telling you a little bit about the course. I will have a handout from week to week that will include suggestions for reading and online resources that I hope you will find interesting.
<b>7.15</b>	<b>Breakout Rooms</b> - In order to get to know each other I'll organise the class into breakout rooms of 3-4 individuals. Each person will have approximately 5 minutes to introduce your name, where you are, what has been your lockdown experience and what you might expect from the course.
<b>7.30</b>	<b>Feedback</b> - After the breakout room we will have some time to share a little of what was discussed in your breakout room.
<b>7.55</b>	<b>Short Break</b> - Ten minutes to stretch your legs and maybe get a cup of tea.
<b>8.05</b>	<b>What is Psychology</b> - Introductory talk about psychology with slides.
<b>8.25</b>	<b>Breakout Rooms</b> - 15 minutes in groups of 3-4. Feel free to share your ideas, experiences or opinions about psychology. Make sure everyone has time to speak.
<b>8.40</b>	<b>Open Discussion and Q&amp;A</b>

# Psychology in a Post-Pandemic World

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Where we are at psychologically in our personal lives?

How are the people we care about are doing right now?

How can we develop the resilience, skills, joy and the sense of purpose necessary to rebuild a happy sustainable future?

# What the Course is about

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The course begins with the challenge of **developing our personal strengths through practices** that help us to become more centred and grounded in our day to day lives. Each class will include **short talks** on different psychology topics interspersed with **exercises, feedback, questions and discussion**. The course will draw on contemporary practices in psychology relating to sense-making, mindfulness, mental and physical health and wellbeing, **embodied experience, non-ordinary and spiritual experiences,** and states of consciousness. It also draws on core **psychology theory** in Cognitive Science, Positive Psychology and Jungian Psychology in addition to the work of prominent contemporary psychologists such as John Vervaeke, Martin Seligman and Jordan Peterson among others. The topics covered will include **the roles of myth and tradition in our lives**, the relevance of **art and culture**, the importance of **sports and lifestyle**, the necessity of **positive relationships** and **activities that are engaging and meaningful**.

# What is Psychology@

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Academic definition: The study of **behaviour** and '**how the mind works**'.

Everyday Psychology definition:

**1<sup>st</sup> Person, subjective**: Thoughts, actions, behaviours, perception, emotions, feelings, sensations, being embodied, pain, suffering, intuitions, unique points of view...

**2<sup>nd</sup> Person, inter-subjective**: relationships, families, friendships, communities, grief, tragedy, trauma, love, companionship, meaning, experiencing...

**3<sup>rd</sup> Person, objective**: physical world, our bodies, the brain, the Earth, the elements

# Living in Oppressive Social Condition

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## Strengths

1. Creativity
2. Spirituality
3. Community

## Weaknesses

1. Addictions including substance addictions
2. Disregard for the Environment
3. Distorted Thought Patterns