

B.Sc./S.R.N. Nursing Studies

2nd Year

Mrs. S. Phillips.

HUMAN RELATIONS

This course will introduce you to various psychological theories and methods of investigating human thought and behaviour. The development and characteristics of the different stages of the life cycle will be discussed in turn and should provide ways of understanding that are relevant to nurses' everyday experience.

Essay requirements: Three essays to be produced in the course of this term (two by November 20th). The reading suggested below is only a guide to the topics covered and you may like to supplement it.

WEEKS 1 & 2 : Introduction to the history of modern psychology.

- THOMPSON, R. The Pelican History of Psychology (1968).
ELLENBERGER, H.F. The Discovery of the Unconscious. Basic Books. (1970)
MILLER, G.A. Psychology: the science of mental life. Pelican (1966)

Psychoanalytic Tradition

- FREUD, S. & BREUER, J. Studies in Hysteria. Pelican Freud. Vol.3. (1974)
CLARK, R.W. Freud: the man and the cause. Granada. (1982)
 OR
JONES, E. Sigmund Freud: Life and Work. Penguin (1952).
WOLLHEIM, R. Freud. Fontana. (1971).
SEGAL, H. Klein. Fontana (19).
STORR, A. Jung. Fontana (19).
MITCHELL, J. Psychoanalysis & Feminism. Penguin (1975).

(Also see in the Library the complete works of Freud and Jung).

- ERIKSON, E. Identity and the Life Cycle. Norton. (1980).

Behaviourism

- EYSENCK, H.J. Sense and Nonsense in Psychology, and other writings.
Most in Penguin/Pelican books.
- SKINNER, B.F. Walden II. in paperback. A novel.
- WATSON, J.B. Psychology as the Behaviourist Views it;
Psychological Review (1913).

Biological and Ethological Tradition

- DARWIN, C. The Origin of Species. Penguin (1968).
- DARWIN, C. The Expression of the Emotions in Man and the
Animals. Univ. of Chicago Press (1965).
- GOODALL, Jane van Lawick In the Shadow of Man. Fontana (1974).
- HARLOW, H.F. Love in Infant Monkeys; Scientific American (1959).
- BOWLBY, J. Attachment Theory.

Philosophical

- JAMES, W. Principles of Psychology. Harvard U.P. edition
or Dover (paperback). (1981).

Suggested Essay Topic: Compare and contrast two of the traditions of ideas
within modern psychology.

WEEK 3 : Basic concepts of statistics and measurement.

Reading:

- ROWNTREE, D. Statistics without Tears. Pelican (1981).
- ANASTASI, A. Psychological Testing.
- HALL & LINDZEY Theories of Personality.

Possible Essay Topic: Of what use do you think is measurement of psychological
traits?

WEEK 4: First Developmental Stages: Infancy and Childhood.

- BRUNER, J., CALA, M. & LLOYD, B. (editors)
Fontana series of books on The Developing Child.
- MUSSEN, P.H., KONGER, J.J. & KAGAN, J.
Child Development and Personality. Harper & Row.
5th edition (1979).
- WINNICOTT, D.W. The Child, the Family and the Outside World.
Pelican (1981).

(See first few chapters on Infancy).
- BOWLBY, J. Child Care and the Growth of Love. Pelican (1953).
- RUTTER, M. Maternal Deprivation Reassessed. Penguin Modern
Psychology. (1981).
- and see : Helping Troubled Children. Penguin (1980).
- PIAGET, J. & INHELDER, B.
The Psychology of the Child. Routledge (1969).

Observation Exercise:

Watch a patient for 20 mins to half an hour and write down in sequence, as they occur, their movements of head, arms, legs, eyes etc. and anything they say in as much detail as possible. These records to be brought to next class.

WEEK 5:

Mrs. Sidoli, trained as a child analyst, will discuss the records of your observation and suggest how they can be understood interpretatively. Background reading which may be of help is the book by WINNICOTT mentioned previously; A case history Dibs, by Virginia AXELINE, Pelican (1982).

WEEK 6:

Film: John, made by the Robertsons to show the impact of hospitalisation on a child.

Relevant reading:

BOWLBY, J.

WEEK 7 : Adolescence

Talk from a senior clinical psychologist who has specialised in working with this age group, on theories about adolescence and problems raised by puberty.

Reading:

- MEYERSON, S. Edited books on adolescents, e.g. The Crises of Adjustment. Allen & Unwin (1975).
- ERIKSON, E. Part 4 of Childhood and Society. Pelican (1969).
- HADFIELD, J.A. Childhood and Adolescence. Pelican (1978).

Possible Essay Topic:

What is specific to this age group's psychology and what are the conflicts of this stage of the life-cycle?

WEEK 9 : Discussion of Essys.

WEEK 10 : Sex and Gender differences in Development

- HUTT, C. Males and Females. Penguin (1972).
- OAKLEY, A. Sex, Gender & Society. Maurice & Temple Smith (1972).
- LLOYD, B. & ARCHER, J. Exploring Sex Differences.
- BARDWICK, J. The Psychology of Women. Harper & Row (1971).
- FREUD, S. Some Psychical consequences of the anatomical distinction between the sexes; in Collected Works, Vol.5.

Possible Essay Topic:

Discuss the limitations of the stereotypes of masculinity and femininity as you see them.
