



School of Philosophy, Psychology and Scientific Heritage

Value-added course

The Art and Science of Love and Relationship

Course Description

This value – added course aims to enable students to handle love and relationship effectively. This course is primarily focusing on the learning to create positive relationships in their personal and their professional life. Within the social psychology perspective relationship focuses on the interaction between two individuals, paying close attention to both behavior and what goes in people’s minds (emotions and cognitions). Maintaining a strong relationship requires constant care and communication and certain traits have been shown to be important for fostering healthy relationship. This course is specifically designed to advance their theoretical knowledge. The course runs in workshop mode

Course Introduction

This course will enable students to responsibly handle love and other relationships. Relationship experiences are unique; there are still some essential elements that should be in every relationship for it to be healthy and fulfilling for everyone. Students normally have a frame of mind that love and relationships are more art than science, but there is actually plenty of science involved with falling and remaining in love and relationship .This course is trying to impart evidence based information to the students that would help them to handle their relationship robust a lot. The objective of this value-added course is to enhance their relationship and gain skills to manage relationship in an assertive way

Prerequisites

This course is open only to all students of CVV.

Pedagogy

Workshop mode training using Interactive Lectures/Book Review /Debate/ Group Discussion/ Writing a memoir/ Word completion test Questionnaire/ Love letter/role-plays/ Movie reviews etc.

Suggested Reading:

Dunlop, W. L., Hanley, G. E., & McCoy, T. P. (2019). The narrative psychology of love lives. *Journal of Social and Personal Relationships, 36*(3), 761-784.

Fehr, B. (2015). Love: Conceptualization and experience. In *APA handbook of personality and social psychology, Volume 3: Interpersonal relations*. (pp. 495-522). American Psychological Association.

Fromm, E. (2000). *The art of loving: The centennial edition*. A&C Black.

Cuyler, E., & Ackhart, M. (2009). *Psychology of relationships*. Nova Science Publishers.

Sternberg, R. J. (1995). Love as a story. *Journal of social and personal relationships, 12*(4), 541-546.

Sternberg, R. J., & Barnes, M. L. (Eds.). (1988). *The psychology of love*. Yale University Press.

Module Sessions

Module-1 Introduction to love

(10 Sessions)

- Is love an art?
- Love, the answer to the problem of human existence; soul mate – love eternal
- Comprehensive theories associated with love; Sternberg triarchic theory of love
- Neurobiology of love

- Types of love; role of attraction, attachment-commitment, and caregiving (AAC)
- Connection, trust, respect and attraction ; love cycle
- Love and its disintegration in contemporary Indian society
- Myths of love

Reading:

Fehr, B. (2015). Love: Conceptualization and experience. In *APA handbook of personality and social psychology, Volume 3: Interpersonal relations*. (pp. 495-522). American Psychological Association.

Fromm, E. (2000). *The art of loving: The centennial edition*. A&C Blackf

Activities:

- Interactive Lectures/Book Review /Debate/ Group Discussion/ Writing a memoir/

Module-2 Building successful relationships

- Why do people get involved in relationships?
- Intrinsic & Extrinsic Need, Pathological relationship, Habits of healthy relationship, Frames of relationship, Pa
- Skills for Relationship, Relationship dynamics: Trust intimacy and power
- Neurotic and life affirming relationship
- Dialectical tensions in relationship
- Social context of relationship: Influence of others

(10 Sessions)

Reading:

- Cuyler, E., & Ackhart, M. (2009). *Psychology of relationships*. Nova Science Publishers.
- Segal, J. (2008). *The language of emotional intelligence: The five essential*

tools for building powerful and effective relationships. McGraw-Hill.

Activities:

- Faculty assisted training, peer learning and assessment, discussion forums, Word completion test Questionnaire, Love letter, roleplays, Movie reviews

Module-3 Emotional Intelligence in Love and Relationships

- Emotional intelligence (EQ) impacts relationships
- Building and maintaining emotionally intelligent relationship
- Responding to a low-EQ relationship
- The Process of Love and Breaking Up
- Knapp's model of interpersonal relationship
- Managing Conflict

(10 sessions)

Reading:

- Segal, J. (2008). *The language of emotional intelligence: The five essential tools for building powerful and effective relationships.* McGraw-Hill.
- McKee, A., Boyatzis, R. E., Johnston, F., & Johnston, F. (2008). *Becoming a resonant leader: Develop your emotional intelligence, renew your relationships, sustain your effectiveness.* Harvard Business Press.

Activities:

- Faculty assisted training, writing assignments, peer learning and assessment, Debate, Group Discussion, Writing a memoir, discussion forums.