**PSY 2103 Personality Psychology**

**Course aim:** To provide the student with the classical theories of personality that help to explain the nature and causes of human behavior and uniqueness and to prepare the student for further studies that employ these theories as models of psychotherapy.

**Course content:** Topics to be covered include; Introduction to Personality Psychology; Sigmund Freud and Classical Psychoanalytic Theory; Carl Jung and Analytical Psychology; Erik Erickson and Ego Psychology; Alfred Alder and Individual Psychology; Gordon Allport and the Theory of Traits; Carl Rogers and the Self-Centered Theory; Abraham Maslow and the Hierarchy of Human Needs.

**Reading List**

Theories of Personality by Ryckman

Theories of Personality by Hall & Lindsay

Personality Theory by Engler