

School of Human Studies
Ambedkar University Delhi

Course Outline

Time Slot-_____

Course Code:

Title: Experiencing the Self

Type of Course: Psychology

Cohort for which it is compulsory: MA Psychology First Semester

Cohort for which it is elective: MA Gender Studies Third Semester

No of Credits: 4

Semester and Year Offered: 1st Semester (Monsoon Semester 2017)

Course Coordinator and Team: Rajinder Singh

Email of course coordinator:rajinderpsy@gmail.com

Pre-requisites:

Aim: This course will bring students closer to an experience of personal selfhood & contribute to relationships and life in general. The experiential import of the classes will be complemented by a selected set of readings, focusing primarily on psychoanalysis, existentialism, critical social psychology, Buddhism and literature. The teaching methodology will include workshops, class discussion and reflective reading of selected essays. The course facilitators will meet the entire class for 4 hrs every week.

Brief description of modules/ Main modules:

1. Introduction- Experiential activities
2. Self in Psychoanalytic thinking
3. Reflective Self- Existential Writings
4. Buddhist notion on Self
5. Synthesizing the frameworks

Assessment Details with weights:

1. Home assessment (autobiography)-35%
2. Term end Viva- 40%
3. Attendance- 15%
4. Class participation- 10%

Reading List:

Bollas, Christopher. *Cracking Up*. London, 1995.

Winnicott, D.W. *Playing and Reality*. London, 1985.

Phillips, A. *Promises, Promises*. London, 2000.

Kafka, F. *The Metamorphosis and other stories*. London, 1996.

Kakar, S. *Culture and Psyche*. Delhi, 1997.

Hanh, T.H. *Cultivating the Mind of Love*. Delhi, 1996.

ADDITIONAL REFERENCE: few movies and documentaries would be screened, it would be decided later as the course unfolds.