

PSY-411 Stress & Conflict Management (3 CHs)

Pre requisite: None

Course Description

1. This course aims to help students understand the basic concepts related to nature of stress and conflicts. Stress and conflicts can be both positive and negative. The difference depends on the ability to identify and handle these stresses and conflicts. A major consequence of unresolved conflict is an increased feeling of stress. The courses will give students an understanding of nature of issues, factors and processes that support and contribute to effective resolution and management of stress and conflicts in variety of contexts. Develop understanding about various support systems which help to deal with stress and conflict in context of interpersonal relations.

Course Objectives

2. The course is designed to:
 - a. Build conceptual knowledge regarding nature of stress and conflicts
 - b. Develop insight into their own style of handling stress and conflict
 - c. Understanding how attitudes, values and perceptions in communication are relevant in context of stress and conflict management
 - d. Learn about some key approaches to deal with stress and conflict
3. **Course Contents:**
 - a. Nature and sources of Stress and Conflicts
 - b. Identifying your own strengths and weaknesses in dealing with stress and conflict resolution
 - c. Exploring differences in attitudes, values and perceptions and their role in approaching stressful situations
 - d. Understanding role of interpersonal styles and communication techniques to deal with conflicts
 - e. Stress Management
 - f. Stress, Health and Illness
4. **Text Book**
 - a. Sarason, B.R., & Duck. S.(2000). Personal Relationships: Implications for Clinical and Community Psychology. Wiley. ISBN: 978-0-471-49161-3
5. **Reference Books**
 - a. Taylor, S. (2011). Health Psychology (8thed). McGraw-Hill Ryerson. ISBN-10: 0078035198 | ISBN-13: 978-0078035197.
 - b. Wachs, T.D., McCrae, R.R., & Kohnstamm, G.A. (2001). Temperament in Context. Psychology Press. ISBN-10: 0805830197 | ISBN-13: 978-0805830194
 - c. Roberts, A.R., Yeager, K.R. (2009). Pocket Guide to Crisis Intervention (Pocket Guide To Oxford). Oxford University Press. ISBN-10: 0195382900| ISBN-13: 978-0195382907

- d. Greenberger, D. & Padesky, C. (1995). *Mind Over Mood: Change How You Feel by Changing the Way You Think*. The Guilford Press, 1st edition. ISBN-10: 0898621283 | ISBN-13: 978-0898621280