

PSYCHOLOGY OF INTERPERSONAL RELATIONSHIPS JNST 000B.01*
May Term 2021
MTTHFri 10 am-12:50 pm HOL 213
Fred Rabinowitz

Welcome to a seminar like no other. It has been especially designed to emphasize introspection, interpersonal relating, and personal risk-taking. The overriding goal of the seminar is for you to gain insight about yourself and your behavior as you interact with others during the term. The readings have been chosen to give you an intellectual framework to understand your personal learning and growth.

This is an experiential seminar. Rather than “talk about” interpersonal relationships, we will do it, i.e. create an atmosphere in class which will allow you to explore unexamined internal aspects of yourself (feelings, thoughts, fantasies, images that are often taboo), as well as to learn to support, confront, and trust others in developing class relationships. In this communications laboratory, we will encounter each other in an atmosphere of risk, openness, and desire for self-learning. A class goal for all of us is to break through our own resistance to developing trust, acceptance, and an intimate connection with others. The learning in this seminar will be cumulative and process-oriented, meaning that insight, change, and challenges will occur with little advanced warning. As the May term progresses, interpersonal exercises, gestalt work, and psychodrama will be introduced to provide you with the opportunity for individual exploration of personal issues that emerge in your interactions with others in the group setting.

***INTERVIEW REQUIRED FOR ENROLLMENT IN THE CLASS**
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