



Psychology of Romantic Relationships

Term:	Spring 2023
CTS credits:	5
Lessons per week:	2 x 90 min
Time:	Tuesday 10:40 – 12:10 Thursday 9:00 – 10:30
Language:	English
Instructor:	Katarína Křížová, Ph.D.
Contact Information:	krizova@uky.edu
Form of study:	Lecture + Class Discussion

Prerequisites

No prerequisites

Course description

Students will gain an understanding about individual and interpersonal dynamics associated with developing and maintaining long-term romantic relationships. Topics include the development of interpersonal attraction, theories of love, communication, sexuality, as well as common problems in romantic relationships, such as jealousy and conflict. Students will also learn practical skills associated with high relationship satisfaction over time and conflict resolution skills that aid in relationship repairs when things go wrong.

Course objectives

- Students are able to understand of the development and maintenance of long-term romantic relationships.
- Students are able to understand of and an application of attachment theory as it relates to romantic relationships.
- Students are able to acquire skills pertaining to marriage and other close interpersonal relationships including communication skills, such as listening, empathy, self-disclosure, decision-making, problem-solving, and conflict resolution.
- Students are able to recognize unhealthy relational dynamics, including abusive relationships.

Office Hours: Wednesday 15:00 – 17:00

- Please email me to set up a meeting during office hours
- You are welcome to approach me after class or discuss class-related issues via email

Course Requirements and Evaluation

1. **Active Participation and Preparedness (30 points)** – You are asked to complete readings on time, participate in class discussion, share your experience when appropriate, listen respectfully, and engage in conversations.



2. **Movie Analysis (15 points)** – You will complete a written analysis of one movie that depicts romantic relationships.
3. **My Theory of Love (10 points)** – You will research different theories of love and decide on one that fits the best with your own understanding of love. You will write a brief essay explaining your reasoning and you will very briefly (5 minutes) present your theory of love in class.
4. **Healthy Communication (15 points)** – You will find a brief clip from a movie or a tv show that depicts healthy communication between a couple. You will present it in class along with your analysis of healthy communication components shows in the clip.
5. **Final Reflection (30 points)** – For your final assignment, you will write an essay reflecting on information that you learned in class. Your essay needs to include factual information covered in readings as well as your own personal reflection of the readings.

Grading System

A – excellent:	100-93%
B – very good:	92-84%
C – good:	83-74%
D – satisfactory:	73-63%
E – sufficient:	62-51%
Fx – fail:	50-0%

Passing a course assumes that a student was not absent at more than 4 lessons.

Academic Integrity

All work submitted by students need to be their own. Students are not allowed to submit assignments that are written or co-written by another person or by a software. Students shall not plagiarize, cheat, or falsify their academic work. The minimum penalty for a first offense is a zero on the assignment on which the offense occurred. If the offense is considered severe, more serious penalties may be imposed.

Expectations in the Classroom

During any meetings, please help me maintain a culture of Respect, Engagement, Support, and Tolerance (REST) in our class.

- **Respect:** We should respect each other regardless of our backgrounds (e.g., race/ethnicity, cultures, accents, gender, age...). We show respect by using supportive language, by listening carefully, and by communicating patiently.
- **Engagement:** All of us should be well-prepared for class meetings and actively participate in class activities.
- **Support:** Support can be shown in many ways, for example, by being open-minded and accepting of others and their experiences, by paying attention when someone else is talking, by responding to others' comments politely and constructively, by sharing study resources, or by helping each other understand course materials better.
- **Tolerance and open-mindedness:** For many questions we discuss during class meetings, there might not be definitive right or wrong answers. For example, you



might find different perspectives on a topic and that our knowledge of a specific topic changes across time with new research findings. Thus, please bravely share your own perspectives, appreciate others' perspectives, and actively seek the most updated research findings.

Texts

Mandatory Readings

Bancroft, L. (2003). *Why does he do that?: Inside the minds of angry and controlling men*. Berkley Books.

Cassidy, J. (1999). *The nature of the child's ties*. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 3-20). Guildford Press.

Gottman, J. M., & Silver, N. (2015). *The seven principles for making marriage work*. Penguin Random House.

Johnson, S. (2008). *Hold me tight*. Little, Brown Spark.

Levine, A., & Heller, R. (2010). *Attached*. Penguin Random House.

Nagoski, E. (2015). *Come as you are*. Simon & Schuster.

Perel, E. (2017). *The state of affairs*. Harper.

Tatkin, S. (2012). *Wired for love*. New Harbinger Publications.

Tobore, O. (2020). Towards a comprehensive theory of love: The quadruple theory. *Frontiers in Psychology, 11*, <https://doi.org/10.3389/fpsyg.2020.00862>

Thomas, K. W. (2015). *Conscious uncoupling*. Harmony Books.

Wolynn, M. (2017). *It did not start with you*. Penguin Random House

Course Schedule

Week	Date	Topic	Task
1.	21.2.	Introduction	
	23.2.	Relationship Building Blocks	
2.	28.2.	Attachment Theory	Cassidy
	2.3.	Attachment Theory	
3.	7.3.	Attachment Theory in Romantic Relationships	Levine & Heller
	9.3.	Attachment Theory in Romantic Relationships	
4.	14.3.	Attraction: Theories + Discussion	
	16.3.	Love: Independent Work	Tobore
5.	21.3.	Love: Presentations	<i>My Theory of Love Due</i>
	23.3.	Falling in Love + Discussion	
6.	28.3.	Human Sexuality	Nagoski
	30.3.	Human Sexuality	
7.	4.4.	Relationship Satisfaction	Gottman
	6.4.	Relationship Satisfaction	



		READING WEEK	
8.	18.4.	Healthy Communication	Johnson
	20.4.	Healthy Communication	<i>Movie Analysis Due</i>
9.	25.4.	Conflicts	Tatkin
	27.4.	Conflicts	
10.	2.5.	Infidelity	Perel
	4.5.	Infidelity	
11.	9.5.	Power & Violence	Bancroft
	11.5.	Power & Violence	
12.	16.5.	Dissolution and Loss of Relationships	Thomas
	18.5.	Healthy Communication: Presentations	<i>Healthy Communication Due</i>
13.	23.5.	Healthy Communication: Presentations	<i>Healthy Communication Due</i>
	25.5.	Maintaining and Repairing Relationships	
14.	30.5.	Legacy of Relationships	Wolynn
	1.6.	Legacy of Relationship	<i>Final Reflection Due</i>

*****This syllabus is subject to change.*****