

**CDETb ADULT EDUCATION SERVICE, BARRY RD. FINGLAS, DUBLIN 11**

Email: [orna.fynes@aes.cdetb.ie](mailto:orna.fynes@aes.cdetb.ie) Telephone 018348018/015614493 Text Orna 0860612532.

We will call you back

<http://www.facebook.com/CDETBFinglas> [www.cdetbadulteducationfinglas.ie](http://www.cdetbadulteducationfinglas.ie)

**CDETb**

An Bord Oideachais agus Oiliúnaíochtaí Rialta Átha Cliath  
City of Dublin Education and Training Board

[www.cdetbadulteducationfinglas.ie](http://www.cdetbadulteducationfinglas.ie) <http://www.facebook.com/CDETBFinglas>

**CDETb ADULT EDUCATION SERVICE, BARRY RD. FINGLAS, DUBLIN 11**

Email: [orna.fynes@aes.cdetb.ie](mailto:orna.fynes@aes.cdetb.ie) Telephone 018348018/015614493 Text Orna 0860612532



We will call you back



Please contact us as the timetable for classes will change.

We will have new classes starting in October, November and January.

*Please telephone/text or email. During Covid 19 we will not have any drop in service.*

*Some classes will be a mixture of online and face to face.*

*Some classes may be online only.*

## Psychology of People

**Tues 11.30am -1.15pm Starts Oct 2020**

QQI Level 5

This course is for people who have done a Level 4 or Junior Cert subject before

We have other classes and course in Cognitive Behavioural Thinking and Positive Psychology without certification

**If you do not know  
yourself, you have  
little chance of  
knowing anything else.**

- Beliefs, assumptions and attitudes and how they impact us
- Self and self-image; personality and work behaviour; conflict

## CDETb ADULT EDUCATION SERVICE, BARRY RD. FINGLAS, DUBLIN 11

Email: [orna.fynes@aes.cdetb.ie](mailto:orna.fynes@aes.cdetb.ie) Telephone 018348018/015614493 Text Orna 0860612532.

We will call you back

<http://www.facebook.com/CDETBFinglas> [www.cdetbadulteducationfinglas.ie](http://www.cdetbadulteducationfinglas.ie)

- Personality, traits and types; how does it help me understand myself and others
- My physical wellbeing: sleep, diet, exercise, positive regard and sources for support LO9
- Psychological wellbeing: self-acceptance; positive relationships self-perception
- Good listening skills, empathy, unconditional positive regard and realness



### Theorists

**Behaviourism:** Pavlov, Skinner and Bandura.

**Psychodynamic theory:** Freud, Erikson and Adler

**Cognitive and developmental theory:** Piaget, Vygotsky and Kelly

**Humanism:** Maslow and Rogers