

BA (Hons) in Psychology (8th Semester)

COURSE NAME: PEACE PSYCHOLOGY

COURSE NO. PSYC3822M

MAXIMUM MARKS: 100

CONTACT HOURS: 120

CONTACT HOURS PER CREDIT: 15/30

CREDITS: 06

THEORY: 04

PRACTICUM: 02

Course Objectives

- To introduce students to the foundations, scope, and evolution of Peace Psychology and its applications.
- To analyze psychological roots of violence, nonviolence, and power in individual and social contexts.
- To develop knowledge and practical skills in conflict resolution, mediation, and post-conflict healing.

Course Outcomes

- Students will gain conceptual and theoretical understanding of peace, violence, and nonviolence.
- Students will critically examine social conflicts and apply psychological perspectives to peacebuilding.
- Students will acquire practical skills in assessment, mediation, and nonviolent communication for conflict resolution.

Unit I: Foundations of Peace Psychology

- a) Concept, Scope, and Dimensions of Peace Psychology
- b) Historical Development and Evolution of Peace Psychology
- c) Types of Peace: Positive Peace and Negative Peace
- d) Psychological Perspectives on Peacebuilding and Nonviolence

Unit II: Psychology of Violence

- a) Origins and Cycle of Violence
- b) Psychological Causes and Consequences of Violence
- c) Types of Violence: Direct, Structural, and Cultural
- d) Galtung's Triangle of Violence

Unit III: Nonviolence and Power

- a) Theories and Thinkers of Nonviolence: Gandhi, MLK Jr., Nelson Mandela
- b) Psychology of Power and Resistance
- c) Social Movements: Dynamics and Individual Roles
- d) Psychological Roots of Moral Courage and Peaceful Protest

Unit IV: Conflict Resolution and Healing

- a) Dimensions and Types of Conflict
- b) Conflict Resolution Approaches: Dialogue, Mediation, and Negotiation
- c) Core Skills in Facilitation, Negotiation, and Mediation
- d) Psychological Interventions in Post-Conflict Healing and Trauma Recovery

PRACTICUM: Any four (04) practicum from the below listed themes, two (02) from each Unit.

Unit V: Practicum-I

- a) Assessment of Peace (Positive / Negative) and Conflict
- b) Assessment of Political and Cultural Violence
- c) Case Study of Post-Conflict Societies
- d) Conflict Resolution Styles

Unit VI: Practicum-II

- a) Exposure to Violence
- b) Nonviolent Communication (Role Play / Assessment)
- c) Peace Building Measures in South Asia
- d) Workshop on Peace Building Methods / Conflict Resolution Skills

Readings

1. Blumberg, H. H., Hare, P., & Costin, A. (2006). *Peace Psychology: A Comprehensive Introduction*. Cambridge University Press
2. Fox, M. A. (2013). *Understanding Peace: A Comprehensive Introduction*. Taylor and Francis.
3. Gibson, S. (Ed.). (2018). *Discourse, Peace, and Conflict Discursive Psychology Perspectives*. Taylor and Francis.
4. MacNair, R. M. (2011). *The Psychology of Peace: An Introduction (2nd ed.)*. Praeger Publishers Inc.
5. Thompson, C. E. F. (2019). *A Psychology of Liberation and Peace*. Springer International Publishing.
6. Docherty D. S. (2005). *The Little Book of Strategic Negotiation: Negotiating During Turbulent Times*. Good Books.