

The following subjects were selected from the group's wish-list in a rough order of priority. The 'menu' was completed by 11 people. A summary is on the next page.

Date	Subject	Presenter
2015		
May 5th	Mindfulness	Angela Greenwood
June 2nd	Memory, how it works and how to enhance it	Chris Robinson
July 7th	Personality types & psychometric testing	David Shakespear
August 4th	Body Language	Chris Robinson
September	NO MEETING	
October 6th	Obsessive-Compulsive Disorder	Jim Grigg
November 3rd	Unconscious processes in society	Angela Greenwood
December 1st	Lateral Thinking (de Bono)	Chris Robinson
2016		
January 5th	Jung's Archetypes	Angela Greenwood
February 2nd	Humanistic psychology: May, Maslow, Rogers	Chris Robinson
March 1st	Neuroscience	Angela Greenwood
April 5th	Psychology of Ageing	
May 3rd	Thinking Fast and Slow – Daniel Kahneman	
June 7th	TFT Thought Field Therapy	
July 5th	The Nature v Nurture debate	
August	NO MEETING	

U3A Psychology Group

(Re-sent)

May 2015

Summary of completed menus of possible discussion topics (Total 11)

* indicates 5 or more ticks

** indicates top three choices

POSSIBLE DISCUSSION TOPICS-----		TICK
Alzheimers	*	5
Attachment theory		2
Transactional Analysis		4
Neuroscience	*	5
Unconscious processes in society	*	5
Mindfulness	*	6
Memory - how it works and how to enhance it	**	8
Psychology of growing older	*	5
Person - centred therapy - Carl Rogers -Empathy/Caring/Congruence		4
Positive Psychology -	*	5
Transpersonal Psychology - Assagioli, Ken Wilber		1
Developmental Psychology - 'the Seven ages of Man'		2
Humanistic Psychology - May, Maslow, Rogers	*	5
Gestalt Psychology - Fritz Perls		3
NLP (Neuro Linguistic Programming)		3
EMDR (Eye movement desensitisation and reprocessing)		3
EFT /TFT & Energy Psychology (Tapping)		3
Jung's Archetypes	*	6
Personality types & psychometric testing	*	6
Discretionary change (New Year resolutions)		1
Thinking fast & slow (Daniel Kahnemann)		3
Flow, happiness, well being		4
Extravert/ introvert (Eysenck)		2
Multiple intelligence (Howard Gardner)		2
Mind/ body healing & The placebo Effect		3
OCD - Obsessive -compulsive disorder		4
Emotional intelligence		4
I'm OK You're OK (Thomas Harris)		3
Lateral thinking (De Bono)	**	7
Resilience		4
Emotional Containment		3
Body language	**	8
Empathy		4
Male/ female differences		4
Positive/negative thoughts/actions		4
Psychology of religion		4
Behavioural psychology		3
Discussion of topic at end of presentation		2
Anxiety/Neuroses		4
Depression / Bipolar	*	6
Schizophrenia		4
Religion	*	5
Psychology of Power	*	5
Ericsonian Hypnotherapy		3