

17th International Conference
DAYS OF APPLIED PSYCHOLOGY 2021
Psychology in the function of the well-being
of the individual and society
Niš, Serbia, September 24th-25th 2021

BOOK OF ABSTRACTS
KNJIGA SAŽETAKA



DAYS OF APPLIED PSYCHOLOGY



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**University of Niš, Faculty of Philosophy
Department of Psychology**

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Psychology in the function of the well-being of the individual and society

Faculty of Philosophy, Niš

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WORKSHOP

ME AGAINST MYSELF: INTRODUCTION TO AGONISTIC SELF METHODOLOGY FOR IMPROVING WELL-BEING⁹

Vladimir Džinović, Sanja Grbić**, Dragan Vesić**

Institute for Educational Research; Institute for Educational Research &
Department of psychology, Faculty of Philosophy, University of Belgrade**,
Serbia*

The aim of the workshop is to demonstrate the application of a new model of multiple self in the context of personal wellbeing. We will present the model of agonistic self-based on power relations between its components. We conceptualize the agonistic self as a strategic situation consisting of temporary, dynamic and context-shaped power relations between different voices. A new methodology is developed in order to explore the structure and dynamics of the agonistic self as well as to facilitate its change in various fields of psychological practice. The participants of the workshop will be introduced to the model of agonistic self through guided exploration of their own repertoires of voices and their relations. Firstly, the participants will be encouraged to elicit various thoughts and practices that they use as strategies for maintaining their wellbeing when faced with challenging circumstances. After that, they will be asked to envision these strategies as if they were voices to be named and ascribed short narratives to. Further, the participants' repertoires of voices will be supplemented by the voices that they recognize as originating from significant others. Finally, the participants will describe the relationships between the elicited voices, in terms of their relative strength, cooperation, antagonism, etc. Insights gained from mapping the structure and dynamics of their agonistic selves will be further used in group discussion on strategies for improvement of their personal wellbeing. This will

⁹ This research was funded by the Ministry of Education, Science and Technological Development of the Republic of Serbia (Contract No. 451-03-9/2021-14/200018).

be facilitated by the questions such as: which of the voices need to be supported or silenced, which voices should appear in the strategic situation in order to reduce some important conflict etc. As a result, participants will reflect upon their self-regulation strategies regarding wellbeing. Also, they will gain basic skills in application of the agonistic self-methodology which will hopefully become a part of their professional toolkit.

Workshop length - 90 minutes

Number of participants - between 10 and 20

Registration of the participants is required

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Natalija Jovanović, PhD, Full Professor,
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Editors

Ivana Janković, PhD, Assistant Professor,
University of Niš, Faculty of Philosophy, Department of Psychology, Serbia

Miljana Spasić Šnele, PhD, Teaching Assistant,
University of Niš, Faculty of Philosophy, Department of Psychology, Serbia

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