

Contemporary Approaches to Psychology

Directions:

First individually read the psychological scenario, and create an *explanation* for the specific behavior and/or thought processes, based on each of the 8 contemporary approaches to Psychology. Then come together as a group and discuss your finding. We will then discuss them as a class.

8 Contemporary Approaches to Psychology:

- *Psychoanalytic Psychology*
- *Behavioral Psychology*
- *Humanistic Psychology*
- *Cognitive Psychology*
- *Biological Psychology*
- *Sociocultural Psychology*
- *Evolutionary*
- *Socio-Cultural*

Scenario A:

Brian, an 18 year-old high school student, is experiencing major anxiety, to the point that it is greatly interfering with his daily life functions. He has trouble focusing, is often fearful and apprehensive about being in public spaces (including school), and has trouble falling asleep most nights.

Scenario B:

Adrian, 25, has recently graduated from college with a degree in Business/Marketing. He has been extremely successful in his field, working as an advertising manager for Vitamin Water®, and has recently received a pay raise of \$5,000 per year. Adrian feels accomplished, and confident in taking on life's challenges.

Scenario C:

Amanda, a 5'6" 20 year-old college student studying Chemistry, has recently been diagnosed with anorexia nervosa. She has an extremely poor body image, low self esteem, and has been severely restricting her diet, causing her to drop to 100 lbs. As she is in the process of recovery, her therapist is working to help her find out what may have caused her to develop this condition.

Scenario D:

Stephanie, a mother of two in her mid 30's, has experienced high levels of stress, to the point that it has caused her blood pressure to rise considerably. She is a single mother of two, is currently working full-time, and feels that she has little time to spend with her children.

Scenario E:

John, a retired lawyer in his late 60's, has been experiencing mild depression. His wife, 10 years younger than he, continues to work in the legal profession, and his children have all been successful in their careers. In addition, he has four grandchildren. However, John seems to have a recent feeling of sadness and low self-worth.

Scenario F:

Morgan, a high school English teacher, has recently graduated with her Ph.D. in Educational Psychology. As a result, she has received a promotion to department head of the English Department. She feels very proud of her recent accomplishments, and attributes such success to her passion, dedication, and focus.