AP Psychology - Unit 10 Assignment- Abnormal Psychology

Big Questions: Where should we draw the line between normality and disorder? What type of psychotherapy works best?

Psychological Disorders and Therapy Objectives:

- identify the criteria for judging whether behavior is psychologically disordered
- describe the medical model of psychological disorders
- describe DSM-IV and explain the reason for its development
- describe the symptoms of generalized anxiety, phobic, and obsessive-compulsive disorders
- discuss the psychoanalytic, learning theory, and biological explanations of anxiety disorders
- distinguish between a conversion disorder and hypochondriasis
- describe the characteristics and possible causes of amnesia, fugue, and multiple personality
- describe major depression and bipolar disorder
- explain the causes of mood disorders from the psychoanalytic, biological, and social-cognitive perspectives
- describe the various forms and symptoms of schizophrenic disorder and discuss research on the causes of schizophrenia
- describe the nature of personality disorders and the specific characteristics of the antisocial personality disorder
- discuss the controversy surrounding the use of diagnostic labels
- discuss the aims and methods of psychoanalysis and explain the critics' concerns with this form of therapy
- identify the basic themes of humanistic therapies and describe Rogers' person-centered approach
- describe Perls' Gestalt therapy and discuss the application of humanistic principles in group therapies
- identify the basic assumptions of behavior therapy and discuss the classical conditioning techniques of systematic desensitization and aversive conditioning
- describe behavior modification and explain the critic's concerns with this therapeutic approach
- describe the assumptions, goals, and techniques of ration-emotive therapy and of the cognitive therapies for depression
- discuss the findings regarding the effectiveness of the psychotherapies
- discuss the commonalities among the psychotherapies
- identify the common forms of drug therapy
- describe the use of electroconvulsive therapy and psychosurgery in the treatment of psychological disorders
- explain the rationale of preventive mental health programs

Psychological Disorders and Therapy Overview

Although there is no clear-cut line between normal and abnormal behavior, we can characterize as abnormal those behaviors that are atypical, disturbing, maladaptive, and unjustifiable. This chapter discusses types of anxiety, dissociative, mood, schizophrenia, and personality disorders, as classified by the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Although this classification system follows a medical model, in which disorders are viewed as illnesses, the chapter discusses psychological as well as physiological factors, as advocated by the current bio-psycho-social perspective. Thus, psychoanalytic theory, learning theory, social-cognitive theory, and other psychological perspectives are drawn on when relevant. The chapter concludes with a discussion of the incidence of serious psychological disorders in society today.

Your major task in this chapter is to learn about psychological disorders, their various subtypes and characteristics, and their possible causes. Since the material to be learned is extensive, it may be helpful to rehearse it by mentally completing the Chapter Review several times.

Major psychotherapies and biomedical therapies for maladaptive behaviors will also be examined. The various psychotherapies all derive from the perspectives on personality discussed earlier, namely, the psychoanalytic, humanistic, behavioral, and cognitive perspectives. The chapter groups the therapies by perspective but also emphasizes the common threads that run through them. In evaluating the therapies, the chapter points out that, although people who are untreated often improve, those receiving psychotherapy tend to improve somewhat more, regardless of the type of therapy they receive.

The biomedical therapies discussed are drug therapies; electroconvulsive therapy; and psychosurgery, which is seldom used. By far the most important of the biomedical therapies, drug therapies are being used in the treatment of psychotic, anxiety, and mood disorders.

Unit 10 Reading Assignment(s)

- You are responsible for the reading listed below; it is meant to supplement the material discussed in class I cannot teach you everything. You should skim the chapter after we finish going over the different parts, and take notes on anything we did not cover.
- **OpenStax Psychology Textbook:** Chapters 15 and 16 (Posted on Class Website)

Unit 10 Vocabulary Terms & Flip Book

Psychology is a term heavy course; you are responsible for the terms below. You will have vocabulary on the unit exam.

> **Unit 10 Flip Book:** Each term should be on its own card. Each card will have the term ***thoroughly and clearly*** defined on the back. Each card will be **taped** into a **manila folder**, **numbered**, & turned in the day of the unit test.

DISORDERS
1. Psychological Disorder
2. Attention-Deficit Hyperactivity Disorder (ADHD)
3. Medical Model
4. DSM-V-TR
5. Anxiety Disorders
6. Generalized Anxiety Disorder
7. Panic Disorder
8. Phobia
9. Obsessive-Compulsive Disorder (OCD)
10. Post-Traumatic Stress Disorder (PTSD)
11. Post-Traumatic Growth
12. Somatoform Disorder
13. Conversion Disorder
14. Hypochondriasis
15. Dissociative Disorders
16. Dissociative Identity Disorders (DID)
17. Mood Disorders
18. Major Depressive Disorder
19. Mania
20. Bipolar Disorder
21. Schizophrenia
22. Delusions
23. Personality Disorders
24. Antisocial Personality Disorder

THERAPIES
25. Eclectic Approach
26. Psychotherapy
27. Psychoanalysis
28. Resistance
29. Interpretation
30. Transference
31. Psychodynamic Therapy
32. Insight Therapies
33. Client-centered Therapy
34. Active Listening
35. Unconditional Positive Regard
36. Behavior Therapy
37. Counterconditioning
38. Exposure Therapies
39. Systemic Desensitization
40. Virtual Reality Exposure Therapy
41. Aversive Conditioning
42. Token Economy
43. Cognitive Therapy
44. Cognitive-Behavioral Therapy
45. Family Therapy
46. Biomedical Therapy
47. Psychopharmacology
48. Antipsychotic Drugs
49. Antidepressant Drugs

PART II – PSYCHOLOGY ONE-PAGER ASSIGNMENT

Follow this format for your One-Pager and this format _ONLY!_

- Use *Unlined White Paper*.
- Use **COLORED Pens, Pencils, or Markers.**
  - **The *MORE VISUALLY APPEALING* it is the more you will *LEARN* and *REMEMBER*.**
    - It will be stored by and in different parts of your brain by using different colors, physically writing on it, physically drawing picture, etc.
- **Fill the ENTIRE PAGE. Fill the ENTIRE PAGE. Fill the ENTIRE PAGE. Fill the ENTIRE PAGE.**
- Be purposeful about the arrangement of your One-Pager.
  - For example, have a reason for using a certain color or for the placement of an object.
- Write *Two Quotations* from the reading, activities, notes, or lectures about this unit.
  - They **MUST** be in **COMPLETE SENTENCES**.
- Use **THREE** *Visual Images HAND DRAWN* to create a central focus to your One-Pager. These should be in **BIG, BOLD,** and **COLORFUL!!!**
  - **Three** is the **minimum required**, you can always have more.
    - They should be related to the unit or part of unit, the more personal, funny, gross, etc. the better you will remember it.
- Place what you feel are the **FIVE** *Most Essential Vocabulary Words/Phrases/People* around **EACH** image. **Five** is the **minimum required**, you can always have more.
  - These words/phrases/people should express the main ideas, your impressions, feelings, or thoughts about what you have seen, read, or learned in the unit or part of the unit.
- *Title* the One-Pager as the *Main Idea* of the One-Pager making it the *Biggest and Boldest Words* on the page.
  - It does not have to be one word, or the word that we use to describe it in class, it can be something unique that helps you remember this unit or part of the unit the best.
- Write **TWO** *AP Questions* on the **FRONT** of your One-Pager (this is like an AP Question FREE RESPONSE Question & need to be ones that will be answered in **MULTIPLE SENTENCES**) & answer **BOTH** of the on the **BACK** of the One-Pager using *Complete Thoughts & Sentences.*
- **Write your name on the BACK!!! Write your name on the BACK!!! Write your name on the BACK!!! Write your name on the BACK!!! Write your name on the BACK!!!**