

# AP Psychology - Unit 10 Assignment

## Abnormal Psychology & Therapies

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

### Abnormal Psychology & Therapies 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*

### Abnormal Psychology & Therapies 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 unit 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 unit 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 unit concludes with a discussion of the incidence of serious psychological disorders in society today. Your major task in this unit is to learn about psychological disorders, their various subtypes and characteristics, and their possible causes.

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 unit groups the therapies by perspective but also emphasizes the common threads that run through them. In evaluating the therapies, the unit 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 Assignments:

Find your textbook listed below and read the pages listed; there may be a pop quiz that follows the reading. You are responsible for it!

- **OpenStax Psychology Textbook:** Chapters 15 & 16 (Posted on Class Website)
- **Myers Textbook (8th Edition):** Chapters 16 & 17 (pg. 639-721)

## Unit 10 Vocabulary Terms & Flip Book

Psychology is a term heavy course; you are responsible for the terms below. You will have a vocabulary quiz every other unit. For the quiz I will pull terms from the Unit vocabulary lists.

**IMPORTANT: 10 points of your Unit Test grade are devoted only to Vocabulary!**

**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 and turned in the day of the unit test.**

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
25. Psychotherapy
26. Resistance
27. Interpretation
28. Transference
29. Psychodynamic Therapy
30. Insight Therapies
31. Client-Centered Therapy
32. Active Listening
33. Unconditional Positive Regard
34. Behavior Therapy
35. Counterconditioning
36. Exposure Therapies
37. Systemic Desensitization
38. Virtual Reality Exposure Therapy
39. Cognitive Therapy
40. Cognitive-Behavioral Therapy
41. Family Therapy
42. Biomedical Therapy
43. Psychopharmacology
44. Antipsychotic Drugs
45. Antidepressant Drugs