

Unit 8: Clinical Psychology

Topic 8.1 – Introduction to Psychological Disorders	Topic 8.2- Psychological Perspectives and Etiology of Disorders																										
<p>1. How does the APA classify a psychological disorder? Any condition characterized by cognitive and emotional disturbances, abnormal behaviors, impaired functioning, or any combination of these</p> <p>2. What is the purpose of the DSM5? To provide diagnostic criteria to help psychiatrists and psychologists make a diagnosis</p> <p>3. Explain how the DSM helps make diagnoses more reliable. It provides a standard to make sure that everyone is basing their decisions off the same common understanding of different disorders</p> <p>4. In the past, how were psychological disorders viewed? People often believed that individuals were being influenced or corrupted by demonic forces</p> <p>5. What does the International Classification of Diseases do? It, along with the DSM 5, makes it easier for people to correctly diagnose psychological disorders around the world</p> <p>6. Complete the table below.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Legal Concept</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>Insanity Defense</td> <td>When an individual claims they are not responsible for certain actions because of their mental state</td> </tr> <tr> <td>M’Naghten Rule</td> <td>Seeks to understand if an individual is able to determine right from wrong. Focuses on the cognitive or moral incapacity of an individual</td> </tr> <tr> <td>American Law Institute Test</td> <td>Focuses on the moral incapacity and volition of an individual.</td> </tr> </tbody> </table> <p>7. Explain why it is very difficult to use an insanity defense. An individual has to clearly show they were cognitively or morally incapacitated. There are very few situations in which a psychological disorder would do this</p>	Legal Concept	Description	Insanity Defense	When an individual claims they are not responsible for certain actions because of their mental state	M’Naghten Rule	Seeks to understand if an individual is able to determine right from wrong. Focuses on the cognitive or moral incapacity of an individual	American Law Institute Test	Focuses on the moral incapacity and volition of an individual.	<p>1. 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Identify two positives and negatives to being diagnosed. 1) Can get the help the person needs 2) Person will understand what is happening with them 3) Person might be unfairly judged 4) Negative stereotypes</p> <p>3. Explain what happened during David Rosenhan’s study. David Rosenhan and seven others went undercover and pretended to have psychological disorders. They were all admitted into institutions with fake disorders. After being admitted they did not show any new symptoms and stopped showing their old symptoms but were still not released</p> <p>4. What does David Rosenhan’s study show us about diagnosing individuals with disorders? It is important to not only correctly diagnose someone, but also make sure to look at the individual for who they are and not just assume because they have a label that it is correct</p>	Theoretical Approach	View on Psychological Disorders	Evolutionary	Views abnormal behavior and disorders as originating in an individual’s genetics	Cognitive	Focuses on an individual’s dysfunctional thoughts or beliefs as the cause of the disorder	Sociocultural	Looks at how a person’s gender, nationality, race, ethnicity, sex, or societal status impacts their mental state	Humanistic	Disorders occur when an individual has an incongruent self-concept	Behavioral	Disorders are learned and maintained through conditioning and environmental factors (consequences are key)	Psychodynamic	Disorders are the result of repressed unconscious thoughts	Biological	Disorders are the result of abnormalities that occur in an individual’s nervous system or brain	Biopsychosocial	Looks at genetic factors, structures of the body, psychological influences such as stress, and cultural expectations put on an individual to see why the disorder is occurring
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Topic 8.3- Neurodevelopmental and Schizophrenic Spectrum Disorders

1. Describe neurodevelopmental disorders. These are disorders that develop while individuals are developing, these disorders start to appear during a person's childhood or adolescence
2. Identify three examples of a neurodevelopmental disorder. Answers may vary. Example: 1) Autism spectrum disorder 2) Attention-deficit hyperactivity 3) Learning disorders 4) Intellectual disabilities
3. Provide a brief description for autism spectrum disorder. These disorders often impact how an individual behaves and/or how they communicate with others. These disorders make an individual more sensitive to certain sensations such as light or sound, and may make a person extremely interested in certain items or information.
4. Identify three disorders that fall under autism spectrum disorder. 1) Aspergers 2) Childhood disintegrative disorder 3) Rett syndrome
5. Describe attention-deficit hyperactivity disorder. Individuals with ADHD will struggle with their focus, are more likely to be impulsive, and will struggle with staying organized. Individuals often act first and think later
6. What is schizophrenia? It is a disorder that is defined by hallucinations, delusions, and other impairments of a person's thoughts, feelings, and behaviors
7. Identify three different disorders that fall under schizophrenia spectrum disorder. 1) Delusional disorder 2) Schizophrenia 3) Schizoaffective disorder 4) Schizophreniform
8. Describe different symptoms a person with schizophrenia may experience. A person may struggle with their speech, they will be heard mumbling, sound incoherent, lack motivation, appear to be disorganized, and see different delusions
9. Explain the difference between positive and negative symptoms. Positive symptoms are symptoms that add certain behaviors or characteristics to an individual. While negative symptoms reduce certain behaviors or characteristics
10. Provide a positive and negative symptom for schizophrenia. 1) Positive: Delusions 2) Negative: Lack of motivation

Topic 8.4- Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders

1. Complete the table below.

Anxiety disorder	Description
Generalized anxiety disorder	Characterized by excessive worry that is very difficult to control. Symptoms include agitation, exhaustion, and inability to focus
Panic disorder	Characterized by anxiety that intensifies into a panic attack. (Which is a sudden intense fear that initiates physical symptoms such as difficulty breathing, chest pain, and dizziness) Individuals with this disorder will often avoid social settings with fear of having a panic attack
Agoraphobia	This is the irrational fear of unfamiliar places or public situations. Individuals will avoid situations where they won't be able to get out quickly
Social anxiety disorder	Individuals often feel like they are being judged by others, they might fear embarrassing themselves, and will feel overwhelmed by this anxiety. This often causes them to avoid social situations entirely
Specific phobia	Individuals have an irrational fear and intense avoidance of a specific object, activity, or situation

2. Explain what the obsessive part of OCD means. The obsessive aspect of OCD refers to persistent and unwelcome thoughts that an individual will have. These thoughts often consume an individual's thinking and seem like they will never go away
3. Explain what the compulsive part of OCD means. The compulsive aspect of OCD refers to behaviors that a person feels they need to do in order to get rid of their unwanted obsessive thoughts. Compulsive actions follow obsessive thoughts

Topic 8.4- Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders (Continued)

4. Describe what it means to have OCD. The person will have obsessive thoughts followed by compulsive behavior. These thoughts and behaviors will disrupt the person's daily life and will prevent them from normally going through their day

5. Complete the table below

OCD	Description
Body Dysmorphic Disorder	A person has persistent intrusive thoughts about an imagined defect in their physical appearance
Hoarding	A compulsion that is when a person collects useless items and is unable to get rid of them. Often experiences severe anxiety if prompted to get rid of the items
Trichotillomania	A person constantly pulls hair from a particular part of their body. A person will have increased anxiety and tension, but gets a release and satisfaction when the hair is pulled

6. When might a person be showing symptoms of a depressive disorder? When a person is experiencing extreme or prolonged symptoms such as, persistent sadness, poor appetite or overeating, excessive sleep or insomnia, fatigue, reduced concentration, and possibly suicidal thoughts

7. Complete the table below.

Depressive Disorder	Description
Major depressive disorder	Characterized by persistent sadness and other symptoms of a depressive episode. These symptoms last several weeks or months, to be diagnosed a person must have at least 5 signs of depression that last longer than two or more weeks
Persistent depressive disorder	Same symptoms of major depressive disorder, except the symptoms are less severe. Often times these symptoms may persist longer, a person may be diagnosed if they have been depressed more often than not for at least two years and have two additional symptoms

8. Identify the different signs of depression. 1) Depressed mood 2) Dramatic reduction of activities 3) Major changes in appetite or weight 4) Significant challenges in regulating sleep 5) Physical agitation 6) Lack of energy 7) Feelings of worthlessness 8) Problems making decisions 9) Thoughts about suicide

9. Explain how bipolar disorder is different from a major depressive disorder. Bipolar mood disorders are where a person alternates between mania and depression. Individual with bipolar disorder will also experience different causes and symptoms

10. What is the difference between mania and depression? Mania is a state of excitement and overactivity where depression is a state of withdrawal, lack of energy, and difficulty concentrating

Topic 8.5- Trauma- and Stressor Related, Dissociative, and Somatic Symptom and Related Disorders

1. Describe what can cause trauma and stress related disorders. Traumatic events or extremely stressful situations that either an individual experienced first hand or may have seen

2. Complete the table below

Disorder	Description
Post-Traumatic Stress Disorder	Symptoms can last for over a month to years. Individuals with PTSD will often relive the traumatic event, through flashbacks or dreams. Individuals will exhibit certain avoidance behaviors for specific places, events, or people. Symptoms include mood changes, loss of interest in hobbies, possible amnesia, emotional outbursts trouble sleeping, and heightened responses

Topic 8.5- Trauma- and Stressor Related, Dissociative, and Somatic Symptom and Related Disorders (Continued)

2. Complete the table below (Continued)

Disorder	Description
Acute Stress Disorder	Intense stress that an individual experiences for a short amount of time, traditionally less than a month, after the traumatic event
Somatic Symptom Disorder	A condition in which a person will experience symptoms such as pain, dizziness, or vomiting that impact their daily function. But there is no medical condition to explain the symptoms.
Illness Anxiety Disorder	Formerly known as hypochondriasis. This is when a person will experience anxiety about their health and will interpret any small disturbance as a serious disease
Conversion Disorder	A person experiences symptoms that they cannot control. On the surface it appears that they have a physical disorder, however, it is actually psychological

3. What are dissociative disorders? These are rare and are some of the most complex disorders. Individuals with Dissociative disorder have their conscious awareness disrupted and do not integrate normally with their memories or perception of their surroundings

4. What three different disorders that fall under dissociative disorder? 1) Dissociative identity disorder 2) Dissociative amnesia 3) Depersonalization disorder

5. Describe dissociative identity disorder. This is when a person has at least two identities that control a person's behavior at different times

6. Explain what may cause a dissociative identity disorder. It is believed to be caused by severe trauma that causes the person to dissociate or split away as a protection method

7. What is dissociative amnesia? This is when a person forgets vital information, much more than can be explained by normal forgetfulness. The information is normally traumatic or stressful

8. When does depersonalization disorder occur? Depersonalization disorder occurs when a person repeatedly has the feeling that they are observing themselves from the outside

9. Explain what it means to experience a depersonalization episode and derealization episode. A depersonalization episode is when you feel detached from your own mind and body. While a derealization episode is when you feel like the world around you is not real

Topic 8.6- Feeding and Eating, Substance and Addictive, and Personality Disorders

1. Complete the table below

Disorder	Description
Avoidant Personality Disorder	Symptoms are extreme sensitivity to criticism, a desire for social approval without criticism, social withdrawal, and low self-esteem
Schizotypal Personality disorder	Symptoms of this disorder are not severe enough to be schizophrenia, but a person will have similar oddities of thought, behavior, and speech . Individuals will often struggle with close relationships
Narcissistic Personality Disorder	Characterized by a pattern of having an exaggerated sense of worth or talent, fantasizing about unlimited power, brilliance, or beauty. Individual will often have a constant need for attention and when criticized the individual will react either very rageful or completely unphased

Topic 8.6- Feeding and Eating, Substance and Addictive, and Personality Disorders (Continued)

1. Complete the table below

Disorder	Description
Borderline Personality Disorder	Characterized by an enduring instability of relationship, self-image, and mood that negatively affects the person or gets in the way of social functioning. May participate in self-damaging behavior such as drug use, overeating, or getting into fights
Antisocial Personality Disorder	One of the most difficult personality disorders to treat. Individuals with this disorder often lack a conscience, are impulsive and aggressive. They often have a disregard for the safety of others and will have little to no empathy or remorse for what they do

2. What are three different treatments a person can use to help with a disorder? Answers will vary. Example: Treatments will vary depending on the disorder but individuals can use psychotherapy, medication, or group therapy

3. Who is most impacted by eating disorders? Adolescence

4. How can society impact how people view their body? Media outlets, social media sites, and print media all promote certain body types and cause individuals to strive for unrealistic body proportions

5. Complete the table below

Eating Disorder	Description
Anorexia Nervosa	Individuals will feel like they are overweight even though they are below normal weight. Individuals will not eat enough to maintain a normal weight and will often exercise excessively
Bulimia Nervosa	Individuals often have a diet that restricts certain foods, but the individual will overeat on foods they were not supposed to eat. After they will binge the food by either vomiting, laxatives, fasting, or excessive exercise
Binge-Eating Disorder	Individuals are unable to stop a cycle of uncontrolled overeating, and then feeling extremely remorseful. Since there is no purging behaviors a person with this disorder may become overweight

6. Identify three different substances that can cause addictive disorders. 1) Opioids 2) Stimulants 3) Hallucinogens

7. What does it mean when a person has a dependence? This is when a person continues to use a substance even when they have behavioral, cognitive, and/or physiological symptoms that negatively impacts them that show after continued use of a substance

8. Describe substance abuse. This is a cycle of using a substance that results in severe negative consequences for an individual's social, occupation, or daily functioning

Topic 8.7- Introduction to Treatment of Psychological Disorders

1. Describe psychotherapy. This is where a therapist will use psychological techniques to help a client mentally grow as a person and work through challenges they face

2. What is psychopharmacology? This includes biomedical therapy, which is when a person is treated by medicine or other physical therapies

3. Complete the table below

Individual	Contributions
Aaron Beck	Developed a type of psychotherapy called cognitive therapy, also known as beck therapy. Which focused on dealing with depression. The goal was to change a person's thinking which would change how the person functioned

Topic 8.7- Introduction to Treatment of Psychological Disorders (Continued)

3. Complete the table below (Continued)

Individual	Contributions
Albert Ellis	Created rational-emotive behavior therapy. This is a type of cognitive therapy that works on changing a person's internal thought processes about situations
Sigmund Freud	Freud would use free association to unearth an individual's unconscious mind. The psychoanalytic techniques, which became the psychodynamic techniques, would also use dream analysis to uncover the root of the problem. (Focus is on the unconscious mind)
Mary Cover Jones	A behavioral psychologist who used counterconditioning. Her research was mostly dismissed until Joseph Wolpe refined her techniques into to what is known today as exposure therapy
Carl Rogers	Focused on client-centered therapy. This therapy is known as "non-directive" which means that the therapist does not give advice or tells the client what things mean. The therapist creates an environment where the client can talk freely, the therapist will be empathetic, accepting, and respectful of the client
B.F. Skinner	A key researcher in operant conditioning. Used conditioning to change or shape an individual's behavior.
Joseph Wolpe	Took Mary Cover Jones research and refined it into exposure therapy. This treatment involves repeatedly exposing the person to the stimulus that frightens them in a controlled setting. Over time the individual will become used to the stimuli and the person's anxieties will decrease

4. Describe a token economy. This is where a therapist will help a client by providing a "token" or plastic coin after the client has done the desired behavior. Later the clients will be able to exchange those tokens for rewards
5. Explain rational-emotive behavior therapy. This cognitive therapy works on changing an individual's internal thought processes about situations. This therapy stems from the belief that a person will suffer because of their own self-defeating assumptions, and works to show the person how irrational their thinking is
6. Describe Beck therapy. Beck would work on changing a person's negative thoughts about their situations, future, and themselves. This would help the person view life in a more healthy way, and change their negative self-talk. This is done by using gentle questioning to help guide the person to be aware of their irrational thinking

Topic 8.8- Psychological Perspectives and Treatment of Disorders

1. Describe the type of exposure therapy known as systematic desensitization. This type of exposure therapy has a person learn deep muscle relaxation and then has them imagine that they are in a situation with their phobia. When the person starts to feel anxiety the therapist would guide the person into a state of relaxation
2. When would exposure therapy use VR technology? When it is dangerous or too difficult to recreate a situation with the person's phobia in it
3. Explain aversive conditioning. The goal of this conditioning is to help a person avoid a harmful stimulus by pairing that stimulus with an unpleasant response.
4. Complete the table below.

Perspective	Treatment Orientation
Behavioral	Focus on treating the behaviors, not the internal or mental causes behind a person's condition. Work best for specific behavior problems like phobias or compulsions
Cognitive	Focus is on changing a person's inner dialogue and getting a person to see the errors of their irrational ways of thinking
Humanistic	Focus is on learning about how an individual can grow. This approach helps individuals take responsibility for themselves and gain a deeper self-understanding

Topic 8.8- Psychological Perspectives and Treatment of Disorders (Continued)

4. Complete the table below. (Continued)

Perspective	Treatment Orientation
Psychodynamic	Focus is to discover the unconscious motives and repressed memories that shape a person
Cognitive-Behavioral	Combines techniques to help change people's thoughts as well as behaviors. Focuses on changing irrational thoughts and change a person's behaviors as well
Sociocultural	Focus is how a person's culture and environment impact a person's behaviors and symptoms

5. What is resilience? This is the ability of an individual to be able to adapt to difficult and stressful life experiences

6. What is posttraumatic growth? This is when a person is happier with life after they have been through a difficult experience and they appreciate different aspects of life more

Topic 8.9- Treatment of Disorders from the Biological Perspective

1. What is biomedical therapy? This therapy uses medications and physiological treatments to treat psychological disorders

2. How can lifestyle changes help treat a disorder? When a person eats right, exercises, and puts themselves in positive environment, a person can impact their physiology in a positive manner

3. What are therapeutic lifestyle changes most commonly used for? To treat people with depression

4. Complete the table below

Medication	Description/Function
Anti-anxiety medication	Helps depress an individual's sympathetic nervous system
Antidepressant medication	Alters serotonin and norepinephrine in a person's body
Antipsychotic medication	Targets dopamine and serotonin to treat both positive and negative symptoms of schizophrenia
Mood stabilizers	Works to stabilize manic and depressive episodes in individuals with bipolar disorder
Stimulants	Helps improve focus and attention of an individual (Helps people with ADHD)

5. Describe electroconvulsive therapy. This is a biomedical therapy that uses electrical stimulation, magnetic stimulation, and deep brain stimulation

6. What is electroconvulsive therapy used for? To treat individuals with severe depression that is resistant to other treatments

7. Explain what psychosurgery is and when it is used. This is a treatment that will either remove or destroy brain tissue. This is only used on a microscale and as a last resort

8. How could psychosurgery help a person with a seizure disorder? A surgeon could cut just the specific nerves that are involved in the seizure activity

Topic 8.10- Evaluating Strengths, Weaknesses, and Empirical Support for Treatments of Disorders

1. Describe the advantages to using group therapy. 1) The client is able to keep the price of the therapy down 2) The client can speak with others going through the same thing 3) Allows a person to have a safe place to practice social behaviors
2. Describe the disadvantages to using group therapy over individual therapy. 1) The client gets less one on one attention with the therapist 2) The therapy will not focus on every specific detail of the client 3) The client may not be comfortable opening up in front of others
3. Explain rational-emotive behavior therapy. This is a cognitive therapy that works on changing a person's internal thought process about situations. This therapy is based around the idea that a person will suffer because of their own self-defeating assumptions
4. Compare the psychoanalytic/psychodynamic method with a client-centered method. Psychoanalytic/psychodynamic methods focus on a person's unconscious mind. This method will use free association, dream analysis, and try to uncover repressed memories. While a client-centered method is a non-directive therapy. This means the therapist does not give advice or tell a person what things mean. The focus here is on the conscious mind
5. Identify two different ways in which we can evaluate a treatment. Answers may vary. Example 1) Looking at a clinicians' perceptions 2) Using meta-analysis 3) Self-reports
6. Explain what meta-analysis is. It is a procedure that looks at the statistical findings of many different research studies to see the effectiveness in those treatments
7. How can the placebo effect impact how a person views a treatment? Individuals may experience the placebo effect and think the treatment is more effective than it is, since they go into treatment expecting a certain result
8. What is endorsed by the APA when it comes to treatments? Evidence-based practice. The therapist or clinician should integrate research with their learned expertise about the specific person's characteristics in order to create the best treatment plan