

ENGLISH FOR PSYCHOLOGY

Lesson 5

Dr Denise Filmer 2015-2016

Social Perception

- Social perception is that part of perception that allows people to understand the individuals and groups of their social world. This sort of perception is defined as a social cognition which is the ability of the brain to store and process information. Social perception allows for an individual to make judgements and impressions about other people they encounter. It is based primarily on observation although pre-existing knowledge influences how we perceive an observation

Social Perception: How We Come to Understand Other People

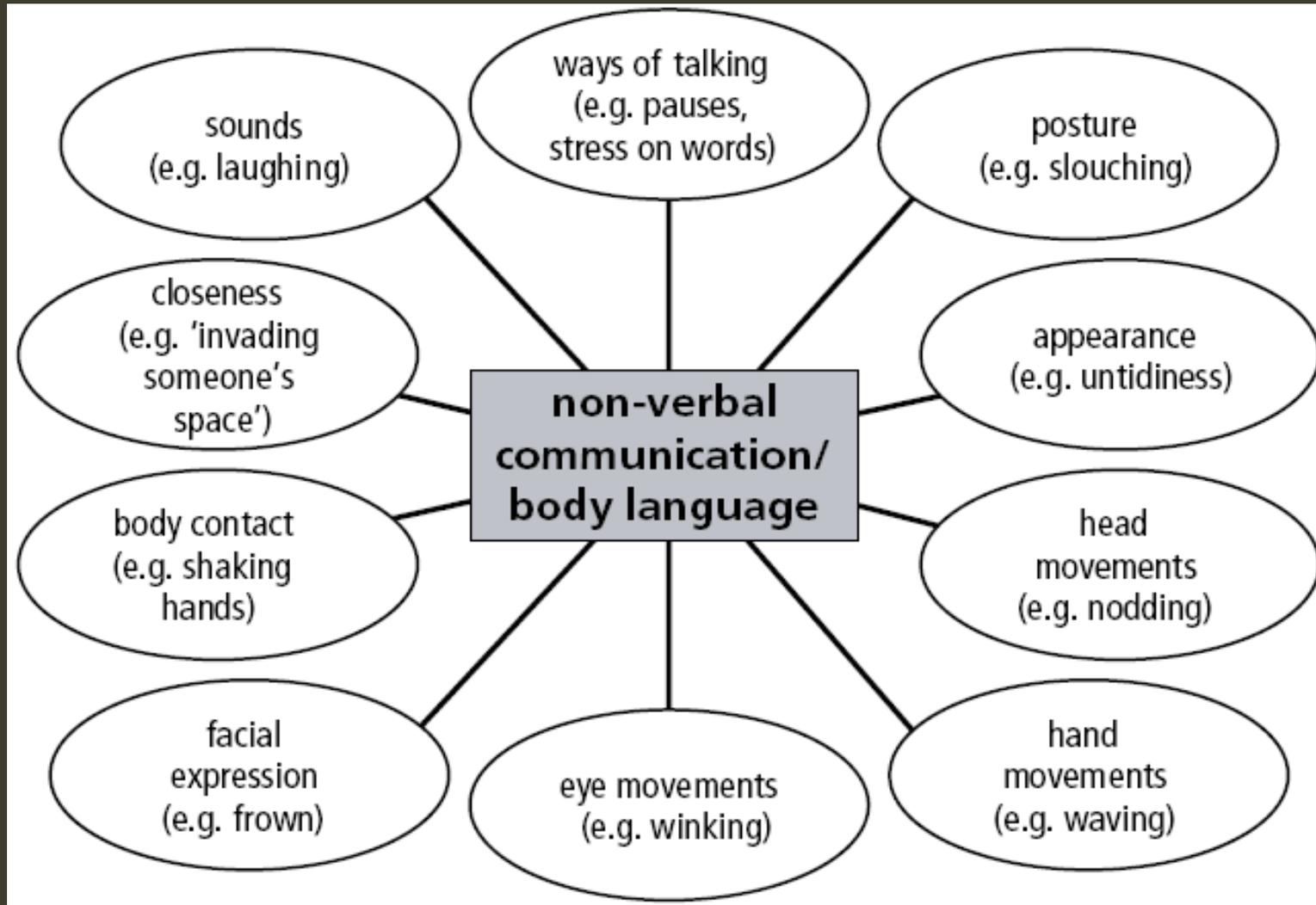
- Social perception is defined as the study of how we form impressions of and make inferences about other people.
- To learn about other people, we rely on information from their physical appearance, and verbal and nonverbal communication.
- Nonverbal communication is defined as the way in which people communicate, intentionally or unintentionally, without words—including through facial expressions, tone of voice, gestures, body position and movement, touch, and gaze.
- Nonverbal behaviour is used to express emotion, convey attitudes, communicate personality traits, and facilitate or modify verbal communication.

- Social Psychology (2007), Elliot Aronson, Timothy D. Wilson, Robin M. Akert, .
 - http://www.pearsonhighered.com/educator/academic/product/0,,0132382458,00%2ben-USS_01DBC.html

Non-verbal behaviour: communication without words

- The face is used a great deal
- Hand signals, shrugs, gestures and head movements etc. are also used.
- They are often subconscious
- They are often related to culture...

Forms of non-verbal communication



TYPES OF PSYCHOTHERAPY

Unit 2

What is psychotherapy ?

- Psychotherapy is a method of talking with a psychotherapist, psychiatrist, psychologist or professional counselor. Many forms of psychotherapy can help people having difficulty in life, those who wish to make some kind of change in there life, or people suffering from depression, anxiety, or other serious problems.

Types of psychotherapy

- ❑ One-to-one sessions
- ❑ Family sessions
- ❑ Couple sessions
- ❑ Group sessions

Family Therapy

- ❑ includes discussion and problem solving sessions with every member of the family
- ❑ is helpful when a family member's physical or mental problem affects family dynamics or the well-being of relationships
- ❑
- ❑ For example??
 - Drug or alcohol abuse
 - Terminal illness
 - Domestic violence
 - Mental disorders

Group psychotherapy

- Appeals to many patients and doctors
- Groups vary in size from 3 to 15 patients
- Optimal group-size: 8 to 10 patients

- Weekly or twice monthly sessions of 1-2 hours on average

- Advantages and disadvantages of group versus one-on-one therapy?

Medication

- May be used with psychotherapy
- People with moderate to severe depression generally do best with a combination of antidepressant and some form of psychotherapy

Relative pronouns

- ❑ A mental disorder or mental illness is a psychological pattern or anomaly *that* is,and *which* is.....
- ❑ A mental disorder or mental illness is a psychological pattern or anomaly that is generally associated with distress
- ❑ The subject *who* suffers from
- ❑ Depressed patients are patients whose self-esteem levels are very low

BEHAVIOUR THERAPY

- Focus on behaviour itself rather than on the analysis of underlying conflicts
- Based on the idea that abnormal, maladaptive behaviours are learned
- What can be learned can be unlearned
- Therapy should aim at modification of behaviour the patient currently manifests
- What kinds of neurosis or disorders could be treated in this way?

COGNITIVE THERAPY

- A progression from the behavioural model, considered inadequate in its focus on external behaviour only.
- Aims to identify and correct thinking patterns that can lead to problematic feelings and behaviours.
- Beliefs and expectations are explored to identify how they shape a person's experiences.
- Restructures thinking if too rigid or problematic

GESTALT

- Has two main posits:
 - 1. Focusing on the 'here and now' of living: studying, observing, analysing what is in this moment lets us fully understand ourselves
 - 2. People are caught in a web of interconnecting relationships with all things, which exist in relation to each other
- Treatment concentrates on attempting to broaden a person's awareness of self by using past experiences, memories, emotional states, bodily sensations, etc...

PSYCHOANALYSIS

- Helps people look inside themselves to discover and understand emotional conflicts
- Helps the patient 'uncover' unconscious motivations and unresolved problems from childhood and become aware of how these motivations influence present actions and feelings
- It is a lengthy process

Post-traumatic stress disorder (PTSD)

- Is a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma. This event may involve the threat of death to oneself or to someone else, or to one's own or someone else's physical, sexual, or psychological integrity, overwhelming the individual's ability to cope.

...Post-traumatic stress disorder

- As an effect of a psychological trauma, PTSD is less frequent and more enduring than the more commonly seen post traumatic stress (also known as acute stress response). Diagnostic symptoms for PTSD include re-experiencing the original trauma(s), through flashbacks or nightmares, avoidance of stimuli associated with the trauma, and increased arousal – such as difficulty falling or staying asleep, anger, and hypervigilance.

What causes PTSD?

Exposure to events that are outside the realm of normal human experience, things that are horrific, things that are life-threatening: being abused as a child, car accidents, natural disasters, such as tornados or earthquakes in which your life is threatened, or situations in which you saw horrific scenes around you, such as war situations, terrorist attacks, etc.

Gift from within - PTSD

- <https://www.youtube.com/user/joycegfww>
- Psychiatrist Frank Ochberg explains the concept of emotional and psychological triggers and how veterans, victims of crime and sexual assault can manage their traumatic stress symptoms.

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Lesson 6

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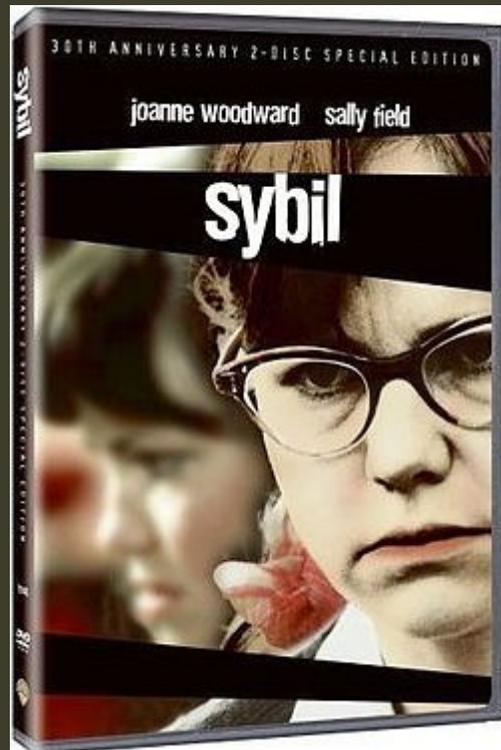
TYPES OF DISORDER

Unit 2 Clinical and abnormal psychology

Split Personality

- Split personality, often called Dissociative identity disorder (DID), also known as **multiple personality disorder (MPD)**, is a mental disorder characterised by at least two distinct and relatively enduring identities or dissociated personality states that alternately control a person's behaviour, and is accompanied by memory impairment for important information not explained by ordinary forgetfulness. Diagnosis is often difficult as there is considerable comorbidity with other mental disorders.

Sybil: 1976 Dir. Daniel Petrie



- **Sybil** is a shy, substitute school teacher. After suffering a small breakdown in front of her students, she is given a neurological examination by Dr. Cornelia Wilbur, a psychiatrist. Sybil admits to having blackouts and fears they are getting worse. Dr. Wilbur theorizes that the incidents are a kind of hysteria, all related to a deeper problem. She asks Sybil to return at a later date for more counselling.
- Later that evening, Dr. Wilbur receives a late night call from someone who identifies herself as Vickie and says Sybil is about to jump out a hotel window. Dr. Wilbur rescues Sybil, who denies knowing Vickie. Suddenly Sybil becomes hysterical and begins speaking like a little girl. This little girl introduces herself as Peggy, and Wilbur realizes that Sybil is suffering from dissociative identity disorder....

Sybil (remake 2007)

- https://www.youtube.com/watch?v=m1_Z6-v4uT0

Obsessive-Compulsive disorder (OCD)

- Is an anxiety disorder characterised by intrusive thoughts that produce uneasiness, apprehension, fear, or worry, by repetitive behaviours aimed at reducing the associated anxiety, or by a combination of such obsessions and compulsions. Symptoms of the disorder include excessive washing or cleaning; repeated checking; extreme hoarding; preoccupation with sexual, violent, or religious thoughts; relationship-related obsessions; aversion to particular numbers; and nervous rituals, such as opening and closing a door a certain number of times before entering or leaving a room.

Ritual Cleansing: the case of Gale Taylor

- video <http://www.youtube.com/watch?v=tPFQMRx2I3Y>
- What is Gale Taylor's problem? .
- How many times a day does she wash her hands? .
When did the problem start?
- What did Heather have to do before getting a hug by her mother?
- Where does Gale hoard all things she doesn't want to touch because of her contamination fear?
- Why doesn't she touch the door knob? .
- What might be, according to the doctor, the chemical/biological reason for OCD?
- How do you treat OCD?
- Did the medical and behavioural therapy work with Gale?

The case of Gale Taylor

- What is Gale Taylor's problem?

Her problem is OCD, specifically contamination anxiety resulting in ritual cleansing: the touch of a door knob, light switch or phone
“It's as if someone has a gun pointed in here and says: you have to watch because you are contaminated”.

- How many times a day does she wash her hands?

From eight to two hundred.

- When did the problem start?

Twelve years ago, with the birth of her daughter Heather, Gale became obsessed with the germs that might hurt the baby.

- What did Heather have to do before getting a hug by her mother?

She had to be virtually clean, she had to take a shower and not to touch any of her stuff.

The case of Gale Taylor

- Where does Gale hoard all things she doesn't want to touch because of her contamination fear?

In a downstairs cellar. ·

- Why doesn't she touch the door knob?

Because in her head its contaminated.

- What might be, according to the doctor, the chemical/biological reason for OCD?

A brain chemical called serotonin is out of balance.

- How do you treat OCD?

Some patients are treated with drugs that chemically alter the serotonin level in their brain; some other patients also improve with a behavioural therapy, a technique in which they are exposed to the things they fear and forbidden to indulge in their compulsions. ·

- Did the medical and behavioral therapy work with Gale?

Yes, it helped let her out of her prison of fear and have an almost normal life.

Pharmacotherapy

- is the treatment of disease through the administration of drugs. As such, it is considered part of the larger category of therapy

Case-history

- Etymology: L, causus + historia
- A detailed account of the facts affecting the development or condition of a person or group under treatment or study, especially in medicine, psychiatry, or psychology.
- a patient's complete medical record before a current illness or injury. The history includes any infectious diseases experienced by the person; all immunizations, hospitalizations, and therapies; information relating to deaths or illnesses of parents and other close family members; allergies; and congenital or acquired physical defects.

Mental retardation

- Mental retardation (MR) is a generalized disorder appearing before adulthood, characterized by significantly impaired cognitive functioning and deficits in two or more adaptive behaviors. It has historically been defined as an Intelligence Quotient score under 70. Once focused almost entirely on cognition, the definition now includes both a component relating to mental functioning and one relating to individuals' functional skills in their environment.

Electroconvulsive therapy

- Electroconvulsive therapy (ECT) is a medical treatment for severe mental illness in which a **small, carefully controlled amount of electricity is introduced into the brain**. This electrical stimulation, used in conjunction with anaesthesia and muscle-relaxant medications, produces a mild generalized seizure or convulsion. While used to treat a variety of psychiatric disorders, it is **most effective in the treatment of severe depression**, and provides the most rapid relief currently available for this illness.

Mood disorder (1)

- Mood disorder is the term designating a group of diagnoses in the **Diagnostic and Statistical Manual of Mental Disorders** (DSM IV TR) classification system where a disturbance in the person's mood is hypothesized to be the main underlying feature. The classification is known as mood **(affective) disorders** in ICD 10.
- English psychiatrist Henry Maudsley proposed an overarching category of affective disorder. The term was then replaced by mood disorder, as the latter term refers to the underlying or longitudinal emotional state, whereas the former refers to the external expression observed by others.

Mood disorder (2)

- Two groups of mood disorders are broadly recognized; the division is based on whether the person has ever had a **manic** or **hypomanic** episode. Thus, there are depressive disorders, of which the best-known and most researched is **major depressive disorder** (MDD) commonly called clinical depression or major depression, and **bipolar disorder** (BD), formerly known as manic depression and characterized by intermittent episodes of mania or hypomania, usually interlaced with depressive episodes. However, there are also forms of depression of MDD and BD that are less severe and are known as dysthymic disorder (in relation to MDD) and cyclothymic disorder (in relation to BD)