

# ENGLISH FOR PSYCHOLOGY

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Lesson 2

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2015-2016

# TYPES OF PSYCHOLOGY

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# Definitions...

- **How would you define... /**
- **What is.../**
- **Can you provide a definition for...?**
- **Would you please explain the concept of**
- **How would you translate... in Italian?**

# Comparative psychology...

is the branch of psychology concerned with the study of animal behaviour. The study of animal behaviour can lead to a deeper and broader understanding of human psychology.

# Abnormal psychology...

..... is the study of abnormal behaviour and psychopathology. This particular area is focused on research and treatment of a variety of mental disorders and is linked to psychotherapy and clinical psychology.

# Biological psychology...

..... also known as biopsychology, studies how biological processes influence the mind and behaviour. This area is closely linked to neuroscience and utilizes tools such as MRI to look at brain injury or brain abnormalities.

# Developmental psychology

..... is the branch of psychology that looks at human growth and development over the lifespan. Theories then focus on the development of cognitive abilities, morality, social functioning, identity and other life areas.

# Forensic psychology

..... is an applied field focused on using psychological research and principles in the legal and criminal justice system.

# Cognitive psychology

..... is the study of human thought processes and cognitions. It focuses on topic such as attention, memory, perception, decision making, problem solving and language acquisition.

# Industrial-organizational psychology

..... is the area of psychology that uses psychological research to enhance work performance, select employees, improve product design, and enhance usability.

# Personality psychology

..... looks at the various elements that make up individual personalities

# School psychology

..... is the branch of psychology that works within the educational system to help children with emotional, social, and academic issues.

# Social psychology

..... is a discipline that uses scientific methods to study social influence, social perception, and social interaction. It studies diverse subjects including group behaviour, social perception, leadership, non-verbal behaviour, conformity, aggression, and prejudice.

# Clinical psychology...

- ..... is focused on the assessment, diagnosis, and treatment of mental disorders

# Possible questions...

**Which area of psychology do you find more interesting? Why?**

**Which one of these branches would you like to work in? Why?**

**What are – in your opinion - the possible fields of application for...?**

# Possible answers

- In my opinion...NOT 'according to me'
- I think that...
- I find that...
- According to my own experience...
- As far as I am concerned...
- My wish/goal/ambition would be to work in  
the field of... because...
- I am particularly interested in/ keen on/  
attracted by.... Because....

# Basic vocabulary

- Lifespan                      Arco, durata della vita
- Ailment                      Malattia
- Physician                    Medico
- Disorder                     Disturbo
- MRI                          Risonanza magnetica
- Injury                        Ferita//?
- Environment                Ambiente
- Skill                         Abilita'
- Issue                        Questione
- Abnormality                Anomalia

# *What is clinical Psychology?*

- ..... psychologists often work in hospitals,
- private ..... or academic .....
- Clinicians are trained in a ..... of techniques
- and theoretical ..... : some specialize .....
- treating certain disorders, including some of the most
- ..... ones such as ..... and depression,
- while others work with clients suffering from a wide
- variety of problems. In addition to working with clients,
- clinical psychologists have to keep detailed records of
- client ....., therapeutic ..... and
- treatment notes

1.assessment 2. practices 3. range 4. clinical 5. schizophrenia 6. goals  
7. settings 8. severe 9. approaches 10. in

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Lesson 3

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# What is A2 level of English?

- Can understand sentences and frequently used expressions related to areas of most immediate relevance (e.g. very basic personal and family information, shopping, local geography, employment, lexicon related to work).
- Can communicate in simple and routine situations requiring a simple and direct exchange of information on familiar and routine matters.
- Can describe in simple terms aspects of his/her background, immediate environment and matters in areas of immediate basic need or related to work.

## Unit 2

# Clinical and abnormal psychology

- *Clinician: a practitioner of psychology who does clinical work instead of laboratory experiments.*
- **CLINIC: (1) A place where persons come for individual work up, diagnosis, and/or treatment; (2) the organization in itself, including the building and its staff; (3) a short course or demonstration with either educational or quasi-therapeutic aims (Ex., smokers' clinics, speed-reading clinics, tennis clinics)**

# READING COMPREHENSION

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Types of Psychotherapy (pp17-24)

# Talking about a text...

- The passage/text article *is* about/deals with....
- The article describes/outlines/defines/sums up/refers to...
- The author is mainly concerned with.../interested in
- At the beginning.../At first.../in the first paragraphs.../initially..
- The text then moves on to discuss...
- The author examines/shows/analyses/focuses on
- In the end, finally/in conclusion...

## Expressing agreement or disagreement

- Yes, I (do) agree with the author's assumption because...
- I partially agree: on the one hand...and on the other hand...
- Actually, I disagree
- In my view/as far as I'm concerned
- I do have some (direct/indirect) experience in this field

# DEFINING TERMS...

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# Neurosis

*N. is a class of functional mental disorders involving distress but neither delusion nor hallucinations, whereby behaviour is not outside socially accepted norms. It is also known as psychoneurosis or neurotic disorder, and thus those suffering from it are said to be neurotic. The term essentially describes as “invisible injury” and the resulting conditions*

# Signs and symptoms

- There are many forms of neurosis: obsessive compulsive disorder; anxiety neurosis; hysteria, and a nearly endless number of phobias.
- Anxiety, sadness, depression, anger, irritability, mental confusion, low sense of self-worth, behavioural symptoms, such as phobic avoidance, vigilance, impulsive and compulsive acts, lethargy, etc.,
- cognitive problems such as; unpleasant or disturbing thoughts, repetition of thoughts and obsession, habitual fantasizing, negativity and cynicism.
- Interpersonally: neurosis involves dependency, aggressiveness, perfectionism, schizoid isolation, socio-culturally inappropriate behaviours, etc.

# What is maladaptive?

- **Maladaptive behaviours** refer to types of behaviours that inhibit a person's ability to adjust to particular situations. This type of behavior is often used to reduce one's anxiety, but the result is dysfunctional and non-productive.
- For example, **avoiding situations** because you have unrealistic fears may initially reduce your anxiety, but it is non-productive in alleviating the actual problem in the long term.

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# Other concepts to define

- *Psychopathology*
- *Mental disorders*
- *decision-making/problemsolving*
- *Social functioning*
- *Identity*
- *Social perception*
- *No-verbal behaviour*

# Psychopathology...

...is the science concerned with the pathology of the mind and behaviour. It studies mental and behavioural disorders, and includes psychiatry and abnormal psychology

## Grammar point

When you describe something (it is about, it studies, it is concerned with) remember to use the third person (S)

# Mental disorder

- A mental disorder or mental illness is a psychological pattern or anomaly, potentially reflected *in* behaviour that is generally associated with distress or disability, and which is not considered part of normal development of a person's culture. Mental disorders are generally defined *by* a combination of how a person *feels, thinks, or perceives*. *This may be associated with* particular regions or functions of the brain or rest of the nervous system, often in a social context.

Grammar point  
Try to memorise verbs  
*with* the accompanying  
preposition.

# Types of mental disorder

- Anxiety disorders
- Mood disorders
- Psychotic disorders (schizophrenia)
- Personality disorders (antisocial, borderline, histrionic, narcissistic, anxious-avoidant, dependent, obsessive-compulsive)
- Eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorders)
- Sleep disorders (insomnia)
- Sexual disorders (dyspareunia, gender identity disorder, ego-dystonic homosexuality)
- Development disorders (autism spectrum, opposition defiant disorder, attention deficient hyperactivity disorder ADHD)
- Dissociative identity disorders and depersonalization disorders (amnesia-dementia)

# What is gender identity disorder? Does it really exist?

- Gender dysphoria[edit]
- Main article: Gender dysphoria
- Gender dysphoria is discomfort, unhappiness, or distress due to one's gender or physical sex. The current edition (DSM-5) of the Diagnostic and Statistical Manual of Mental Disorders uses the term "gender dysphoria" in preference to "gender identity disorder". DSM-5 introduces the term "gender incongruence" as a better identifying and less stigmatising term.[1]
- <http://www.dsm5.org/documents/gender%20dysphoria%20fact%20sheet.pdf>

## ...and what is ego-dystonic homosexuality?

A psychological or psychiatric disorder in which a person experiences persistent distress associated with same-sex preference and a strong need to change the behaviour or, at least, to alleviate the distress associated with the homosexuality; no longer a DSM-Diagnostic and Statistical Manual of Mental Disorders recognized diagnosis; now included under sexual disorder, not otherwise specified.

• <http://www.medilexicon.com/medicaldictionary.php?t=41403>

• The gender identity or sexual preference (heterosexual, homosexual, bisexual or prepubertal) is not in doubt, but the individual wishes it were different because of associated psychological and behavioural disorders, and may seek treatment in order to change it.

• World Health Organisation

## Social functioning...

- ...is the ability of the individual to interact in a normal or usual way in society; can be used as a measure of care

# Identity

- ❑ *Identity* may be defined as the distinctive characteristic belonging to any given individual, or shared by all members of a particular social category or group. The term comes from the French term *identité*, which finds its linguistic roots in the Latin noun *identitas*, -*tatis* itself a derivation of the adjective *idem* meaning 'the same'. The term is thus essentially comparative in nature, as it emphasises the sharing of a degree of *sameness or oneness* with others in a particular area or on a given point. Identity is best construed as being both relational and contextual;
- ❑ *Gender identity, social identity, collective identity, ethnic or cultural identity*