**OBJECTIVES**

1. Identify the criteria for judging whether behavior is psychologically disordered.
2. Contrast the medical model of psychological disorders with the biopsychosocial approach to disordered behavior.
3. Describe the goals and content of the DSM-V.
4. Discuss the potential dangers and benefits of using diagnostic labels.
5. Contrast the symptoms of generalized anxiety disorder and panic.
6. Contrast the symptoms of generalized anxiety disorder and panic.
7. Explain how a phobia differs from the fears we all experience.
8. Describe the symptoms of obsessive-compulsive disorder.
9. Describe the symptoms of post-traumatic stress disorder, and discuss the survivor resiliency.
10. Discuss the contributions of the learning and biological perspectives to our understanding of the development of anxiety disorders.
11. Describe the symptoms of dissociative disorders, and explain why some critics are skeptical about dissociative identity disorder.
12. Define mood disorders, and contrast major depressive disorder and bipolar disorder.
13. Discuss the facts that an acceptable theory of depression must explain.
14. Summarize the contributions of the biological perspective to the study of depression, and discuss the link between suicide and depression.
15. Summarize the contributions of the social-cognitive perspective to the study of depression, and describe the events in the cycle of depression.
16. Describe the symptoms of schizophrenia, and differentiate delusions and hallucinations.
17. Distinguish the five subtypes of schizophrenia, and contrast chronic and acute schizophrenia.
18. Outline some abnormal brain chemistry, functions, and structures associated with schizophrenia, and discuss the possible link between prenatal viral infections and schizophrenia.
19. Discuss the evidence for a genetic contribution to the development of schizophrenia.
20. Describe some psychological factors that may be early warning signs of schizophrenia in children.
21. Contrast the three clusters of personality disorders, and describe the behaviors and brain activity associated with antisocial personality disorder.
22. Discuss the prevalence of psychological disorders, and summarize the findings of the link between poverty and serious psychological disorders.
23. Discuss some ways that psychotherapy, biomedical therapy, and an eclectic approach to therapy differ.
24. Define psychoanalysis, and discuss the aims of this form of therapy.
25. Describe some of the methods used in psychoanalysis, and list some criticisms of this form of therapy.
26. Contrast psychodynamic therapy and interpersonal therapy with traditional psychoanalysis.
27. Identify the basic characteristics of the humanistic therapies, and describe the specific goals and techniques of Carl Rogers’ client-centered therapy.
28. Explain how the basic assumption of behavior therapy differs from those of traditional psychoanalytic and humanistic therapies.
29. Define counterconditioning, and describe the techniques used in exposure therapies and aversive conditioning.
30. State the main premise of therapy based on operant conditioning principles, and describe the view of proponents and critics of behavior modification.
31. Contrast cognitive therapy and cognitive-behavior therapy, and give some examples of cognitive therapy for depression.
32. Discuss the rationale and benefits of group therapy, including family therapy.
33. Explain why clients tend to overestimate the effectiveness of psychotherapy.
34. Give some reasons why clinicians tend to overestimate the effectiveness of psychotherapy, and describe two phenomena that contribute to clients’ and clinicians’ misperceptions in this area.
35. Describe the importance of outcome studies in judging the effectiveness of psychotherapies, and discuss some of these findings.
36. Summarize the findings on which psychotherapies most effective for specific disorders.
37. Evaluate the effectiveness of eye movement desensitization and reprocessing (EMDR) and light exposure therapies
38. Describe the three benefits attributed to all psychotherapies.
39. Discuss the role of values and cultural differences in the therapeutic process.
40. Define psychopharmacology, and explain how double-blind studies help researchers evaluate a drug’s effectiveness.
41. Describe the characteristics of antipsychotic drugs, and discuss their use in treating schizophrenia.
42. Describe the characteristics of antianxiety drugs.
43. Describe the characteristics of antidepressant drugs, and discuss their use in treating specific disorders.
44. Describe the use and effects of mood stabilizing medications.
45. Describe the use of electroconvulsive therapy in treating severe depression, and discuss some possible alternatives to ECT.
46. Summarize the history of the psychosurgical procedure known as a lobotomy, and discuss the use of psychosurgery today.
47. Explain the rationale of preventive mental health programs.

**UNIT CALENDAR**

**Post-Test Reading: pp. 609-624**

**Day One:** Wednesday, March 13 / Thursday, March 14

Discussion: Intro to Psychological Disorders

Anxiety Disorder

* Panic
* Phobias
* OCD
* PTSD

Activity: Worry

Fear Survey

Posttraumatic Conditions Inventory

**Homework: 624-639, 649-651**

**From website: Depression articles (second one was written by former student)**

**Day Two:** Friday, March 15 / Monday, March 18

Discussion: Mood Disorders

Personality Disorders

Activities: Narcissistic Personality Disorder

**Homework: 640-648**

**From website: Schizophrenia article (with questions)**

**Day Three:** Tuesday, March 19 / Wednesday, March 20

Discussion: Schizophrenia

Dissociation and Multiple Personalities

Rates of Psychological Disorders

Activities:

**Homework: 657-672**

**Day Four:** Thursday, March 21 / Friday, March 22

Discussion: The Psychological Therapies

* Psychoanalysis
* Humanistic Therapies
* Behavior Therapies
* Cognitive Therapies
* Group and Family Therapies

Activity: Attitudes Towards Seeking Professional Help

The Availability and Adequacy of Treatment

**Homework: 673-691**

**Day Five:** Monday, April 1 / Tuesday, April 2

Discussion: Evaluating Psychotherapies

Biomedical Therapies

Preventing Psychological Disorders

**Homework: Study for Test!**

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| Day Six: Wednesday, April 3 / Thursday, April 4 |

**UNIT 10 TEST**