

General Psychology PSYCHOLOGICAL DISORDERS

- I. ATTEMPTS TO DEFINE
 - A. STATISTICAL
 - B. CULTURAL-SOCIAL
 - C. PERSONAL
 - D. DSM IV -1994

- II. ANXIETY BASED DISORDERS
 - A. CHARACTERISTICS
 - B. EXAMPLES
 - 1. GENERALIZED ANXIETY DISORDER
 - 2. OBSESSIVE-COMPULSIVE
 - 3. PHOBIAS

- III. SOMATOFORM
 - A. CHARACTERISTICS
 - B. EXAMPLES
 - 1. HYPOCHONDRIASIS
 - 2. CONVERSION DISORDER

- IV. DISSOCIATIVE DISORDERS
 - A. CHARACTERISTICS
 - B. EXAMPLES
 - 1. PSYCHOGENIC AMNESIA
 - 2. PSYCHOGENIC FUGUE
 - 3. MULTIPLE PERSONALITY

- V. PERSONALITY DISORDERS
 - A. CHARACTERISTICS & CLUSTERS
 - B. EXAMPLE—ANTISOCIAL

- VI. MOOD DISORDERS
 - A. CHARACTERISTICS
 - B. EXAMPLES
 - 1. UNIPOLAR (DEPRESSION)
 - 2. BIPOLAR (MANIA THEN DEPRESSION)

- VII. SCHIZOPHRENIA
 - A. CHARACTERISTICS
 - 1. POSITIVE – HALLUCINATIONS AND DELUSIONS
 - 2. NEGATIVE – LOSS OF AFFECT
 - B. EXAMPLES
 - 1. PARANOID
 - 2. CATATONIC

- VIII. SUMMARY--ORGANIZATION & DESCRIPTION--NOT EXPLANATION

GENERAL PSYCHOLOGY -- THERAPIES

I. Considerations

A. Origin of problem

B. Different problems require different approaches

II. Physical treatments

A. Psychosurgery, e.g. lobotomy

B. ECT

1. Depressed with delusions
2. Limited number 10-12
3. Probably about 100,000/yr

C. Drug therapy

1. Antipsychotics, e.g. chlorpromazine
2. Antidepressants, e.g. Prozac, Lithium
3. Antianxiety, e.g. benzodiazepines (valium)

D. Comparisons among 3 major therapies

1. Psychoanalysis; Sigmund Freud
2. Client- centered; Carl Rogers
3. Behaviorist--Learning theory, e.g. Skinnerian principles

E. Cognitive Techniques (neobehaviorists)

1. Rational Emotive therapy--Albert Ellis
 - a) Directive confrontational
 - b) Deal with irrational beliefs (musts & absolutes are irrational)
2. Cognitive restructuring therapy--Aaron Beck
 - a) Similar to RET, less confrontational and less direct
 - b) Form hypotheses about oneself and test them

F. Group Approaches

1. Advantages
 - a) Support
 - b) Others in similar situations
 - c) Modeling
 - d) More economical
2. Family therapy with children & adolescents
 - a) Family may be part of the problem
 - b) Communication skills

III. Summary

A. Effectiveness

B. Fitting therapy to problem (eclectic approach)