Psychological Disorders and Therapy

Study Guide

**Psychological Disorders**

How is abnormality defined in terms of diagnosing a disorder

Models of abnormality: biological, psychological, and biopsychosocial

DSM-V

The disorders themselves – types and causes – make sure you know the vocab.

Anxiety Disorders

Somatoform

Dissociative

Mood

Schizophrenia

Personality

Culture Bound Syndrome

**Psychological Therapies**

* Types of therapy – biological and psychological
* Basis of psychoanalysis – know the vocab
* Different types of people who treat disorders – psychiatrists, psychologists, therapists, psychoanalysts
* Difference between Freud and new psychoanalysts
* Know the vocab for the various types of therapy
* Basics of Humanistic Therapy – Carl Rogers Person Centered Therapy
* Basics of Behavior Therapy – difference between classical and operant conditioning
* Basics of Cognitive Therapy – Becks cognitive Therapy, Cognitive-behavior therapy and Rational emotive behavioral therapy
* Pros and Cons and types of Group, individual, family counseling
* Effectiveness of psychotherapy – what makes it work
* Other facts that influence its effectiveness – what might not make it work
* Psychopharmacology – types of drugs used to treat disorders and their purpose
* Electroconvulsive Therapy – pros and cons
* Psychosurgery – types and lasting effects
* Ethical issues with therapy – ethical goals