Unit 4 Health and Adjustment - Study Guide

**Chapter 17**

Types of Stress

Types of Conflict

Types of Coping and examples

General Adaptation Syndrome

Things that help influence the effect of stress

Connection between the immune system and stress

Difference between Type A and Type B personality

Life changes versus Daily hassels

**Chapter 18**

DSM-IV

4 Criteria for determining if you have a disorder

6 major types of disorders

 mood - two major types and criteria for Depression

 schizophrenia - general criteria

 anxiety -

 Dissociative - general def and D.I.D.

 Personality

 Somatoform - general description, conversion and hypochrondiriasis

Reasons for disorders based on the following approaches

 Psychoanalytic

 learning

**Chapter 19**

Psychotherapy vs Biological therapy

goals of psychotherapy

types of psychotherapy

pros and cons of group vs individual therapy - how do you questions to ask

Psychoanalysis - goals, and techniques, self awareness, free association, dream analysis, transference, brief psychoanalysis, and role of therapist

Humanistic - goal, and techniques, cause of psychological problems, person centered therapy

Cognitive therapy - goal and techniques, rational emotive therapy, who does it help the most, role playing

behavioral therapy - goal, categories, successive approximations, operant conditioning

Biological treatments and side effects