

# PSY101

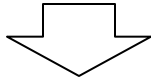
## REVIEW FOR EXAM 4

Dr. Timothy Larey

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### I. ABNORMAL PSYCHOLOGY

- ❖ ancient view of demonic possession
- ❖ HIPPOCRATES – one of the first to reject this notion
- ❖ early distinction between **NEUROTIC** & **PSYCHOTIC**
- ❖ use of **DSM-IV** to categorize disorders...



### TYPES OF DISORDERS

#### 1. Anxiety disorders

- ⊙ phobias
- ⊙ panic disorder
- ⊙ generalized anxiety disorder
- ⊙ obsessive-compulsive disorder
- ⊙ hypochondriasis (really a somatoform disorder)

#### 2. Mood disorders

- ⊙ major depression
- ⊙ seasonal affective disorder
- ⊙ bipolar disorder

#### 3. Schizophrenia

- ⊙ disorganized
- ⊙ catatonic
- ⊙ paranoid

#### 4. Dissociative Disorders

- ⊙ dissociative amnesia
- ⊙ dissociative fugue
- ⊙ dissociative identity disorder

#### 5. Personality disorders

- ⊙ narcissistic
- ⊙ histrionic
- ⊙ avoidant
- ⊙ dependent
- ⊙ antisocial

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## II. THERAPY & STRESS

### THERAPY

- ❖ “cures” for demonic possession (exorcisms)
- ❖ ASYLUMS
- ❖ Josef Breuer & Sigmund Freud – beginning of “modern therapy”

**diagnosis** (what's wrong)

&

**treatment** (how to fix it)

## 5 modern approaches to TREATMENT

### 1. PSYCHOANALYTIC APPROACH

- ⊗ Need to address material that is repressed
- ⊗ This unconscious material is the root of the problem
- ⇒ bottom of the iceberg

#### 6 techniques for getting to this material...

1. Hypnosis
2. Projective tests
3. Free association
4. Examining resistances
5. Dream interpretation
6. Examining transference (projection)

### 2. HUMANISTIC APPROACH

- ⊗ Focus is on the patient's perception of self and the world. Believe that people are basically good.
- ⊗ Patients have the tools to heal themselves. Let the patient come to their own conclusions.
- ⊗ Therapist is just an aid or guide... not an expert.
- ⊗ Therapist should be **genuine, empathic, and accepting**. Provide unconditional positive regard.

### 3. BEHAVIORAL APPROACH

- ⊗ Bad behaviors are learned → they can be unlearned

#### Classical techniques

- ⇒ Counter-conditioning

Aversion Therapy

- ⇒ Extinction

Flooding  
Implosive Therapy

### Operant techniques

⇒ Use of rewards and punishments

Token Economies

## 4. COGNITIVE APPROACH

- ⊗ Maladaptive thought patterns lead to negative emotions & behaviors

**BAD THOUGHTS → BAD BEHAVIOR**

- ⊗ Replace bad thought patterns with good ones

**GOOD THOUGHTS → GOOD BEHAVIOR**

depression

### **AARON BECK**

- overgeneralization
- magnification/minimization
- personalization

### **SUCCESS AND FAILURE**

- self-defeating bias
- self-serving bias

## 5. BIOMEDICAL APPROACH

- ⊗ Biological basis for psychological problems
- ⊗ Treat with **surgery or drugs** to restore balance

## PSYCHOSURGERY

- frontal lobotomy
- shock therapy

## PHARMACEUTICAL DRUGS

- antipsychotic drugs (Thorazine, Haldon)
- antidepressant drugs (Prozac, Zoloft, Paxil, Effexor)
- antianxiety drugs (Valium, Xanax)
- bipolar drugs (Lithium)

# STRESS

- ❖ Autonomic Nervous System

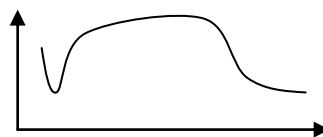
**sympathetic** /parasympathetic effects

- ❖ Stressors

Daily Hassles  
Life Events

- ❖ Hans Selye – *General Adaptation Syndrome*

➔ **ALARM**  
➔ **RESISTANCE**  
➔ **EXHAUSTION**



- ❖ IMMUNOSUPPRESSION
  - ❖ TYPE A & TYPE B personalities
  - ❖ COPING
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### **III. SOCIAL PSYCHOLOGY**

⇒ **definition of social psychology**

#### **1. SOCIAL FACILITATION**

- ⊙ Triplett (1898) – “fishing reel experiments”
- ⊙ presence of others & sympathetic arousal
  - simple vs. complex tasks**
- ⊙ evaluation apprehension

#### **2. DEINDIVIDUATION**

- ⊙ Zimbardo (1970) – “hood study”
- ⊙ Diener (1976) – “trick-or-treat study”
- ⊙ Uniforms
  - ⇒ anonymity & accountability

### 3. DESTRUCTIVE OBEDEINCE

◎ Stanley Milgram (1963) – “obedience to authority”

⇒ **STRONG** vs. **WEAK** situations

⇒ power of the situation over personality

### 4. CONFORMITY & DEVIANCE

◎ Bibb Latane (1981)

- multiplication & division of impact

◎ Asch (1951) - “line experiments”

- compliance vs. internalization

◎ Schacter (1951)

- pressure toward uniformity
- rejection of the deviate

◎ SOCRATES (“gadfly & horse”)

Examples:

- Gadflies
- Rebels without a cause
- Good norms
- Bad norms
- Tortured artist
- Damascus effect