Psych 1 Exam 4 Take Home, Due May 16th or 17th, IN CLASS

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Instructions: Type your answers for each of the 5 essay-prompts on a separate sheet of paper. Answer all subparts asked in complete sentences utilizing clear examples from the appropriate sections of your textbook and provided sources in approximately 1-2 double-spaced 12pt font pages per question. Next further explain your responses based on those clear examples from research and theory. Put it aside and come back to it later. Make any necessary changes to improve the clarity of your writing. Finally, include any other relevant ideas from your mind, heart, or life experience!

1. Emotions, Stress, Crisis & Coping

In Chapter 11 we saw the way that you think about a situation affects the emotions that you feel about it. Regarding psychological disorders (Chapter 15) cognitive explanations of depression emphasize three negative habits of thinking.

A. Explain these three habits and also where these ways of thinking seem to come from?

B. There are some tragedies and problems that appear out of the blue, through no fault of an individual, and may not be able to be solved. But even if a problem cannot be fixed, the authors provide several coping methods (Chapter 11) that have proven effective in helping people thrive as the result of negative emotions, crisis or severe problems. Name and describe 4-6 effective coping methods.

C. Analyze the vulnerability-stress explanation of depression. Discuss the stressful circumstances of people's lives that theorists have linked to the development of depression. Include the risk factors that increase the chances that a person will develop a clinical depression.

D. Describe the function of the hippocampus (Chapter Four). Provide evidence and the implication of the atrophy of the hippocampus as a result of a significant trauma (Chapter 15). Incorporate information on posttraumatic stress disorder (PTSD) in your essay (Chapter 15).
2. Development, Personality, Theory and Life Stories

In reading the different theories of personality (Chapter 14) and Development Chapter 13, we learned about Freudian, “humanistic-existentialist-positive” psychology and Developmental views of early childhood and adult development.

In the views of “humanistic-existentialist-positive” psychologies, psychoanalytic approaches focus too much on hostility, instincts, and repressed concepts. Instead, say the “humanistic-existentialist-positive” psychologists, psychologists should focus their research and therapy on the positive aspects on human nature, such as the how people are striving for personal growth, love, courage, altruism, empathy, creativity and the motivation to excel in ways that are good and right for that person (self-actualization and resilience).

However, it’s interesting to note that both the developmental views and behaviorist traditions have taught us much about the development of personality/identity, love, and talent.

A. Describe and analyze the research on intrinsic and extrinsic rewards (Chapter 7), the research on motivations to love and achieve in (Chapter 12), and developmental theories of attachment and adulthood (Strange Situation; Erikson’s 8 stages, Chapter 13) in terms of the goals of “humanistic-existentialist-positive” psychologies. What basic assumptions and goals underlie the “humanistic-existentialist-positive” approaches and what methods are used to reach these goals?

B. What can you say about these research findings and theories in terms of your continuously developing life story (the story you are constructing everyday)?

C. How does further understanding of your life narrative change when considering narrative approaches to psychotherapy (Chapter 16)?
3. We encounter dilemmas when we try to define "mental disorders." The text considers three viewpoints in attempting to formulate this definition.

A. What is the definition of "mental disorder" that the text authors decide upon?

B. George Albee, a past president of the American Psychological Association, remarked, "Appendicitis, a brain tumor, and chicken pox are the same everywhere, regardless of culture or class; mental conditions, it seems, are not." Why is it often difficult to get psychologists to agree on specific diagnoses?

C. Because of DSM's powerful influence, it is important to be aware of its limitations. Analyze the four limitations discussed in the textbook:

D. In 1967, after the DSM had been in use for 15 years, Abraham Kaplan wrote that, "If you give a small boy a hammer, it will turn out that everything he runs into needs pounding." How does Kaplan’s quote relate to the DSM and the dangers of over-diagnosis?

4. Anger, Coping, Personality Disorders & Personal Responsibility

All of us experience anger and expressing anger (without damaging others verbally or physically) can be healthy and even beneficial for relationships! However, chronic feelings of anger, both inhibited anger and uncontrolled expressions of anger can be as emotionally devastating and unhealthy (related to personality disorders) as chronic problems with pain or depression.

A. What suggestions do our text authors make in confronting the dilemma of anger (Chapter 11, 15 & 16)?

B. Throughout history, societies have recognized and feared the few members in their midst who lack all human connection to anyone else. What diagnostic category in DSM-IV is used to refer to these types of individuals? Describe some of the contributions to this disorder.

C. The legal system is based on the assumption of personal responsibility, but a dilemma exists when considering the possibility of psychological problems and disorders. Explore and analyze this dilemma in detail and consider textbook information about this dilemma. What is your position?
5. Drug Treatments and Psychotherapy

The benefits of drug therapy are proclaimed in magazines and on television commercials and indeed psychological drugs have improved and saved many lives, but there are also serious limitations and concerns to drug therapy. For many psychological problems psychotherapy is just as, or even more effective than drug treatments. In some cases drug treatment is best, in other cases therapy is best, and for still others, a combination of drugs and psychotherapy is indicated.

A. Describe the four main classes of drugs used in the treatment of mental and emotional disorders (Chapter 16) including the benefits and drawbacks of each class of drugs. For which disorders would each class be prescribed?

B. Discuss, in detail, four of the limitations of drug therapy more generally.

C. Murray is convinced that his term paper just isn't good enough, and so it would be better to take an incomplete. His therapist, Albert Ellis (RET) suggests that he try a different approach. What might Murray end up doing, as a client of Dr. Ellis?

D. What are some concerns involved with choosing safe and effective psychotherapy? What can a person expect to accomplish in therapy? What should a person NOT expect?