

EXPECTED LEARNING OUTCOMES

Topic 8: Psychological Perspectives on Psychopathology

Key Terms You Should Be Able to Define and Apply:

(in order they appear in the text)

Part IIIB

Classical conditioning
Operant conditioning
Observational learning
Attributions
Cognitive errors
Negative affectivity
Attachment
Self-actualization
Temperament
Self systems
Coping styles
Insight
Psychodynamics
Interpretation
Empathy
Unconditional positive regard
Empiricism
Behavior therapies
Cognitive restructuring
Cognitive behavior therapies

Unit 24

Behaviorism
Skinner box
Reinforcement/Reinforcer
Discriminative stimulus
Interoceptive cue/Exteroceptive cue
Hypervigilance
Automatic thoughts
Learned helplessness
Expectancies
Gambler's fallacy
Theory of mind

Unit 25

Oedipal conflict/Oedipus complex
Repression
Libido
Sublimation
Neo-Freudian
Object-relations theory
Experiencings
Authentic/Inauthentic existence
Existential anxiety
Introjection
Primary gain/Secondary gain

Unit 26

Behavioral contracting
Systematic desensitization
Aversive counter-conditioning/Aversion therapy
Acceptance and Commitment Therapy (ACT)
Critical incident stress debriefing
Flooding
Eye movement desensitization and reprocessing (EMDR)
Exposure and response prevention
Behavioral activation
Psycho-education
Contingency management
Abstinence violation effect
Community reinforcement
Covert sensitization
Sensate focus
Motivational interviewing
Interpersonal therapy (IPT)
Iatrogenic

Key Concepts You Should Be Able to Understand:

(in order they appear in the text)

Unit IIIB

- Summarize the major domains that are of interest to psychologists
- Compare and contrast psychodynamic and humanistic approaches
- Explain how behavioral and cognitive approaches represent a substantial departure from psychodynamic and humanistic approaches

Unit 24

- Describe Watson and Raynor's study of "Baby Albert" and explain its significance
- In behavioral terms, explain how reinforcement and punishment are differentiated
- Explain and illustrate the difference between positive and negative reinforcers
- Explain what Skinner means by selection by consequences and how it operates at three levels
- Explain the two-factor theory and how it is applied to an understanding of phobias and OCD
- Explain how depression can be understood in terms of reinforcement
- Describe how learning might play a role in substance use disorders
- Explain the process by which a paraphilic disorder can be explained in terms of conditioning
- Apply the processes associated with how fear conditioning can be applied to an understanding of antisocial personality disorder
- Explain the possible role of catastrophic misinterpretations in panic disorder
- Describe the role that cognitive misinterpretations and errors might play in depressive disorders
- Give examples of attributions that one might expect to see in a depressed person
- Summarize what is known about possible neuropsychological markers in schizophrenia

Unit 25

- Summarize Freud's ideas about the role of unconscious motivation and the sexual basis of symptoms
- Give specific examples of how a mechanism of defense can be linked to a particular psychopathology
- Summarize Freud's ideas about fixation, regression, and psychosexual development and their links to psychopathology
- Compare and contrast Adler's ideas/individual psychology and Jung's ideas/analytical psychology with Freudian psychoanalysis
- Describe the key ways in which humanistic psychology differs from psychoanalytic and psychodynamic views
- Explain how the case of little Hans illustrates Freudian explanations of phobias

Unit 26

- Summarize the case of Ann and how it illustrates the application of specific behavioral principles in behavior therapy
- Compare and contrast the methods of systematic desensitization and aversive counter-conditioning and how they might be applied
- Describe the exposure and response prevention method of treating OCD
- Summarize specific behavioral and cognitive methods used in the treatment of depression
- Summarize the opposing positions in the controlled-drinking controversy
- Explain the relapse prevention approach in the treatment of substance use disorders
- Describe how cognitive and behavioral methods might be applied to the treatment of bulimia
- Describe the applied behavior analysis (ABNA) approach in the treatment of autism spectrum disorders
- Describe how cognitive and behavioral methods might be applied to the treatment of somatic symptom-related disorders
- Describe how cognitive and behavioral methods might be applied to the treatment of sexual dysfunctions