**Psychology 1A Final Topics. S 21**

**Unit 7**

**Consciousness and Its Altered States**

**PERCEPTION 116-126**

 **Gestalt Laws**

 **Linear Perspective**

**PERSPECTIVES: Psychoanalysis, Behaviorism, Humanism, Cognitive Psy, Biology, Sociocult (e.g. prejudice**

**CONSCIOUSNESS definition**

**CHARACTERISTICS OF ALTERED STATES OF CONSCIOUSNESS**

**PSYCHOACTIVE DRUGS 152-163**

 **Mode of operation**

 **Factors affecting the effects of a drug**

 **Addiction**

 **Physiological/physical**

1. **Tolerance/habituation**
2. **Physical withdrawal symptoms**

 **Psychological**

1. **Belief cannot function without it**
2. **Drug comes first**
3. **Withdrawal: anxiety, depression, aggression**

**A slippery slope. SEE p. 162**

 **RISK FACTORS FOR ADDICTION**

1. **Genetics; Epigenetics**

**Behavioral Genetics**

 **Twin Studies**

 **Family Studies**

 **Adoption Studies**

1. **Personality**

**Addictive personality**

**Freud?**

1. **Behaviorism**
2. **Family**

**Abuse**

**Drug Use: Vicarious Reinforcment**

1. **Overcoming social inhibitions**
2. **Stress: inner and outer**
3. **Culture**
4. **Drug itself**
5. **Drug availability**
6. **Predispositional Model**

 **Treatment**

1. **12 steps**
2. **Psychotherapy**
3. **Controlled Use**
4. **Hypnosis**
5. **Reinforcement for Sobriety**
6. **Pharmacology**

**Drugs and ASC Characteristics???**

**DREAMS AND SLEEP 133-145**

1. **Prophetic**
2. **Psychological Health and Hidden Meaning**

 **Freud: Manifest and Latent Content**

 **Displacement**

 **Projection**

 **Distortion**

 **Condensation**

 **Symbols: personal and universal**

 **Jung**

 **Perls**

1. **Activation Synthesis**
2. **Dreams for Survival. P.140**
3. **Fun**

**REM SLEEP. 20% SLEEP TIME. Pages 134, 135.**

 **Stages of sleep and EEG. Figure 2, p. 134**

**REM and health. 1. Deprivation and signs of psy disorder**

 **2.Rebound effect**

 **Neurology and Dreams. Prefrontal Cortex less active; Limbic System more active**

**ASC Characteristics and Dreams???**

**HYPNOSIS. P. 147**

 **Induction**

 **Susceptibility. P. 147**

 **Neo-Dissociation Theory**

 **Uses:**

1. **Pain control**
2. **Change bad habits**
3. **Psychological disorders**
4. **Criminal investigation**
5. **Improve athletic and exam performance.**

**ASC characteristics?**

**Unit 8**

**Stress, the response and Stressor, the stimulus**

**General Adaptation Syndrome. P 426**

1. **Alarm.**
2. **Resistance**
3. **Exhaustion**

**STRESSORS 421-423**

 **General Principles**

 **Types of Stressors**

1. **Personal**
2. **Background stressors/daily hassles**
3. **Pressure – internal and external**
4. **Conflict**
5. **Frustration**
6. **Anger**
7. **Ill health . 427**
8. **Severe/ cataclysmic**

**POST TRAUMATIC STRESS DISORDER**

 **Signs**

 **Risk Factors**

 **Treatment**

1. **Group Therapy**
2. **Individual Therapy**
3. **Simulation; exposure**
4. **Dogs**

 **9.Burnout.**

 **Personality and Stress 430, 434-435**

 **SES**

 **Gender**

1. **Stress management. Female: talk to friends**

 **Male: fight or flight**

1. **Woman report more stress. A real difference ore gender role?**

 **Coping 428-432**

1. **Reducing or eliminating stressors**
2. **Reducing or eliminating stress**

**Unit 9**

**ABNORMAL: Definition – deviation from the norm. pp 453, 454**

 **Distinction between Gifted (also deviation from the norm) and psychological disorders.**

 **Perspectives 456-458**

1. **Possessed**
2. **Psychoanalysis. 456**
3. **Behaviorism**
4. **Humanism.**
5. **Cognitive Psychology**
6. **Biology/Medical perspective**

 **7. Socio-cultural. Role of family, society, culture, sub culture. Note that Jerry was a police officer**

 **8. Predispositional Model**

 **9. Bio-Psycho-Social Model. Genetic predisposition, personality and social expectations.**

 **e.g. Man with dependent personality (overindulged at the oral stage?) plus social expectation for independence plus genetic predisposition toward depression will lead to depression in this man**

 **10. Eclectic**

**DSM 458-460**

**Prevalence: 1 in 2 over lifetime. 30% at any given time.**

**DISORDERS**

 **Schizophrenia 474**

 **Signs. Emotion, thinking, perception and sensation, behavior**

 **Risk factors**

**Mood Disorders 470-474**

 **Depression**

 **Bipolar Disorder**

 **Perspectives.**

 **LOSS**

 **Psychoanalysis. 473**

 **Behaviorism.**

 **Cognitive**

 **Biology**

 **Evolutionary Psychology. 473**

 **Why more women than men?**

 **Recent research: Men may express depression through aggressive behavior.**

 **Anxiety Disorders 463-470**

 **Phobia**

 **OCD**

 **Somatoform Disorders**

1. **Hypochondriasis. A special case of? (above)**
2. **Conversion Disorder. La Belle Indifference**

 **Dissociative Disorders**

1. **Amnesia.**
2. **Identity. 470**

 **Personality Disorders. Definition personality? P. 384**

 **Antisocial Personality Disorder**

 **Borderline.**

 **Narcissistic. More common in women than in men**

 **Childhood disorders**

 **ADHD**

 **Autism**

Unit 10

Treatments for Psychological Disorders: Psychotherapy. Behavior Therapy, Medical Treatments. See Table, p. 495

**PSYCHOTHERAPY.**

 **Freud: “The talking cure”**

 **Psychoanalysis: 496-497**

**Goal is to make conscious what is unconscious to > new possible solutions/other options**

**Interpretation: in terms of psychoanalytic theory, especially childhood**

**Techniques: free association**

 **Dream interpretation**

 **Transference READ 497**

 **Resistance**

 **Humanist Psychotherapy. Person/Client Centered Therapy. (See Unit 3) Flash. Unit 10. Rogers**

**Goal: Path to self actualization**

 **Non judgmental atmosphere**

 **Emphasis more on current situation than the past, in contrast to PsychoA**

 **Cognitive Therapy**

**Goal: change “faulty thinking”.**

**Rational Emotive Therapy**

**Activating event, BELIEF, Consequence**

 **Cognitive Behavioral Therapy**

 **Eclectic Therapy**

 **Group Therapy. All types above except Psychoanalysis**

1. **Professional Leader**
2. **Self-help, e.g.’s: 12 step programs, sexual assault, veterans**
3. **Family.**

**Advantages of groups:**

1. **All in the same boat**
2. **Exchange solutions**

**BEHAVIOR THERAPY. Goal: change problem behavior. 498-502**

1. **Deconditioning a Phobia**

 **Desensitization/Hierarchy of fears**

 **Positive reinforcement**

 **Fearless Models**

**Note: Desensitization, p. 499 and Gradual Exposure, P. 500 are the same VS Flooding**

1. **Behavior Modification p. 189**

 **Evaluating Therapy**

 **For majority of clients, some therapy is better than none.**

 **SEE GRAPH, p. 512**

 **Personality of therapist**

 **WHY DOES THERAPY WORK ASIDE FROM DIFFERENCES IN THEORY AND PRACTICE?**

 **Possible that having full attention and validation by neutral party reduces tension and enhances problem solving.**

**BIOMEDICAL THERAPY**

1. **Psychosurgery**
2. **Electroconvulsive/electroshock therapy.**

**Controversial. Why used. Page 519**

 **3.Transcranial Magnetic Stimulation.**

**DRUGS**

1. **Antipsychotics.**
2. **Antidepressants. SEE Figure 5, p. 505**
3. **Mood Stabilizers**
4. **Anti-anxiety**

**Lithium.**

**Controversial: Use of psychiatric drugs with children and teens**

**PREVENTION**

1. **Primary**
2. **Secondary. Services for those at risk. (HOW DETERMINED?)**
3. **Tertiary**

**Unit 11**

**Developmental Psychology:** Chapter 9

 **Prenatal Environmental Influences**

 Diet

 Teratogens:

 x-ray

 environmental hazards

 pathogens

 drugs

 Stress

 Conditioning: classical, operant

 **The Newborn:** 340-344

 Reflexes:

 startle, Babinski, grasp, rooting sucking swallowing

 Senses: vision, audition, taste, smell, touch

 Imitation. P 342

 Temperament: “a basic, inborn characteristic way of responding”

 p.349 INBORN?

 Activity Level

 **Attachment:** 344-348: Development of Social Behavior

 Secure

 Insecure: Avoidant, Ambivalent, Disorganized

 **Parent-Child Relationships:** 248-250:

 Parenting Styles and Social Development. Figure 8. P 349

 Authoritarian, Permissive, Authoritative, Indifferent

 **Personal-Social Development:** Erik Erikson: 350-351, 362-366

 Age Stage Theory. 8 Stages

 Trust-Mistrust

 Autonomy-Doubt

 Initiative-Guilt

 Industry-Inferiority

 Identity-Role Confusion

 Intimacy-Isolation

 Generativity-Stagnation

 Integrity-Despair

 **Cognitive Development:** 351-356

 Piaget. Age Stage Theory. 4 Stages

 Sensory-Motor

 Pre-operational

 Concrete Operations

 Formal Operations

 Information Processing

 Vygotsky

**Moral Development:** 360-362

**Stages of Grief and Loss:** 377-378

 Denial, Anger, Bargaining, Depression, Acceptance

**Unit 12. Expanded Outline**

**Social Psychology:** Chapter 14

 Helping Behavior vs Bystander Apathy

 Population Density/Diffusion of Responsibility

 Recognition of an emergency

 Fear

 Good mood in bystander

 Empathy in bystander

 Personality of bystander

 Appearance of person in emergency

 **Attitudes: Formation and Modification:** 529-534

 Definition

 ABC of attitudes

 Learning:

 Classical Conditioning

 Operant Conditioning

 Social Learning Theory – family, culture, media

 Changing Attitudes:

 Message Source

 Message – one sided or two sided

 “Target” – intelligence, SES

 **Prejudice and Overcoming Prejudice: 549-553**

 **Negative attitude**

 **ABC?**

 **Formation**

 **Effects on those against whom prejudice is directed**

 **Reducing Prejudice**

 **Cognitive Dissonance:** 532-533

 **Attribution Theory**: 535-538

 **Liking and Loving:**555-559

 Gender Role, Gender Identity

 **Groupthink:** 542-543 confirmation bias

 **Obedience to Authority:** 546-547

 **The Stanford Prison Experiment:** 543-544: Conformity to Social

 Roles

 Situation, disposition

 **Aggression:** 559-561, 564

1. Instinct
2. Reinforcement and vicarious reinforcement
3. Frustration Aggression Theory
4. Biology
5. Unit 11
6. Culture
7. Role of Peaceful conflict resolution
8. Anger Management 564

**Who is likely to be the most peaceful, least aggressive person?**

1. **Gender**
2. **Secure attachment**
3. **Parenting**
4. **Path to self-actualization**
5. **Hardy personality**
6. **Peaceful Conflict resolution**