**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**