

Learning objectives

Chapter 15: psychological disorders

1. Define psychological disorder and explain what is meant by normal and abnormal.
2. Describe the five criteria that can be used to help determine abnormal behavior. Define the DSM-IV and state its purpose.
3. Distinguish between the six current perspectives that attempt to explain the causes of psychological disorders and the method of treatment each perspective would prescribe.
4. Discriminate between schizophrenia and multiple personality.
5. Define mood disorder. Define and describe major depression and bipolar disorder. Discuss the biological and cognitive explanations of the causes of mood disorders.
6. Compare the cognitive traps presented in the Cognitive Perspective of depression with Seligman's explanatory style and ABC method for learning optimism as described in Chapter 14.
7. Define anxiety disorder.
8. Discuss the possible causes of phobias. Describe how a phobia can be learned through classical conditioning as presented in Chapter 5.
9. Define somatoform disorder.
10. Define dissociative disorder.
11. Define sexual and gender identity disorders.
12. Define personality disorder.

Learning objectives

Chapter 16: Therapies

1. Define psychotherapy.
2. Describe the main strategies used to treat abnormal behavior. Briefly explain the main focus, approach, and the assumptions that each of the following therapies makes about abnormal behavior: insight (psychodynamic and humanistic), behavioral, cognitive, biomedical.
3. Discriminate between the various behavioral methods of therapy, provide an example of each and specify the type of learning (classical or operant) on which each method is based.
4. Distinguish between clinical psychologist, psychiatrist, psychoanalyst, counseling psychologist, and social worker.