**Unit 8: Clinical Psychology**

**12-16% AP Exam Weighting**

Psychologists who study psychological disorders, along with practitioners who treat disorders, often utilize a particular theoretical perspective. Each perspective attempts to explain the origin of a disorder and/or determine the best method for treatment. These explanations and treatments build on the history, theories, and perspectives introduced in the first two units as well as on cognitive psychology in particular. Through observing behavior and engaging in discussion that illuminates a client’s thought process, psychologists gather information and draw conclusions. For some psychologists, a single perspective cannot fully explain a disorder. This leads them to more integrated perspectives to understand and treat psychological disorders

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| **Essential Questions:** |
| * Why is psychological perspective necessary in the treatment of disorders?
* How are psychological disorders treated?
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| **Unit Outline and Learning Targets** |
| **8.1 Introduction to Psychological Disorders-** *Skill: Define and/or apply concepts.*1. Recognize the use of the most recent version of the Diagnostic and Statistical Manual of Mental Disorders (DSM) published by the American Psychiatric Association as the primary reference for making diagnostic judgments.
2. Describe contemporary and historical conceptions of what constitutes psychological disorders.
3. Discuss the intersection between psychology and the legal system.

**8.2 Psychological Perspectives and Etiology of Disorders-** *Skill: Apply theories and perspectives in authentic contexts.*1. Evaluate the strengths and limitations of various approaches to explaining psychological disorders.
2. Identify the positive and negative consequences of diagnostic labels.

**8.3 Bipolar, Depressive, Anxiety, Trauma-and Stress Related, and Obsessive-Compulsive and Related Disorders-** *Skill: Explain behavior in authentic context.*1. Discuss the major diagnostic categories, including anxiety disorders, bipolar and related disorders, depressive disorders, obsessive-compulsive and related disorders, and their corresponding symptoms.

**8.4 Somatic Symptom and Dissociative Related Disorders-** *Skill: Explain behavior in authentic context.*1. Discuss the major diagnostic categories, including dissociative disorders, somatic symptom and related disorders, and trauma- and stressor related disorders and their corresponding symptoms.

**8.5 Neurodevelopmental and Schizophrenic Spectrum Disorders-** *Skill: Explain behavior in authentic context.*1. Discuss the major diagnostic categories, including neurodevelopmental disorders, neurocognitive disorders, schizophrenia spectrum, and other psychotic disorders, and their corresponding symptoms.

**8.6 Feeding and Eating, Substance and Addictive and Personality Disorders-***Skill: Explain behavior in authentic context.*1. Discuss the major diagnostic categories, including feeding and eating disorders, personality disorders, and their corresponding symptoms.

**8.7 Introduction to Treatment of Psychological Disorders-** *Skill: Define and /or apply concepts.*1. Describe the central characteristics of psychotherapeutic intervention.
2. Identify the contributions of major figures in psychological treatment.

**8.8 Psychological Perspectives and Treatment of Disorders-** *Skill: Apply theories and perspectives in authentic contexts.*1. Describe major treatment orientations used in therapy and how those orientations influence therapeutic planning.
2. Summarize effectiveness of specific treatments used to address specific problems.
3. Discuss how cultural and ethnic context influence choice and success of treatment (e.g., factors that lead to premature termination of treatment).
4. Describe prevention strategies that build resilience and promote competence.

**8.9 Treatment of Disorders from the Biological Perspectives-** *Skill: Analyze psychological research studies.*1. Summarize effectiveness of specific treatments used to address specific problems from a biological perspective.

**8.10 Evaluating Strengths, Weaknesses, and Empirical Support for Treatments of Disorders-** *Skill: Analyze psychological research studies.*1. Compare and contrast different treatment methods.
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| **Vocabulary to Master:** (you should be able to define each of these terms by test day)  |
| **8.1 Introduction to Psychological Disorders-**Deviance, Dysfunction and DangerPsychopathologyPsychosisComorbidity**8.2 Psychological Perspectives and Etiology of Disorders**Biological ModelCognitive ModelBehavioral ModelPsychoanalytic ModelDiathesis-Stress ModelRosenhan Study**Define the specific disorders as well as each category!***Anxiety Disorders*Agoraphobia **8.3 Bipolar, Depressive, Anxiety, Trauma-and Stress Related, and Obsessive-Compulsive and Related Disorders**Mood Major Depressive Disorder Persistent Depressive Disorder Bipolar I and IIAnxiety  Panic Disorder Agoraphobia Generalized Anxiety Disorder Social Anxiety Disorder Specific Phobia Disorder*Trauma Disorders* Acute Stress Disorder Post-Traumatic Stress Disorder*Obsessive Compulsive Disorders* Body Dysmorphic Disorder Hoarding Disorder Obsessive-Compulsive Disorder | **8.4 Dissociative and Somatic Symptom and Related Disorders***Dissociative Disorders* Dissociative Amnesia Dissociative Identity Disorder*Somatic Disorders* Illness Anxiety Disorder Somatic Symptom Disorder**8.5 Neurodevelopmental and Schizophrenic Spectrum Disorders***Neurodevelopmental Disorders* ADHD Autism Spectrum Disorder*Schizophrenia Spectrum Disorders* Delusions Hallucinations Schizoaffective Disorder**8.6 Feeding and Eating, Substance and Addictive and Personality Disorders***Feeding and Eating Disorders* Anorexia Nervosa Binge-Eating Disorder Bulimia Nervosa*Personality Disorders*Cluster A - odd or eccentric. Paranoid personality disorder  Schizoid personality disorder  Schizotypal personality disorderCluster B dramatic or emotional Antisocial personality disorder  Borderline personality disorder  Histrionic personality disorder Narcissistic personality disorder Cluster C (anxious or fearful.Avoidant personality disorder Dependent personality disorder Obsessive-compulsive personality  | **8.8 Psychological Perspectives and Treatment of Disorders**Eclectic Approach*Insight Therapy*Psychoanalysis Dream Analysis Free Association TransferencePerson-Centered Therapy Active Listening Unconditional Positive RegardGestalt Therapy Empty Chair Technique*Behavioral Therapy**Classical Conditioning* Systematic DesensitizationFlooding *Aversion Therapy**Operant Conditioning* Behavioral Contracting Token Economy*Cognitive Therapy*Stress Inoculation Therapy Beck’s Cognitive Therapy Negative Self-Talk Rational-Emotive Behavior Therapy*Biomedical Therapy*Antianxiety DrugsAntidepressant DrugsAntipsychotic DrugsElectroconvulsive Therapy (ETC)

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| **Key People to Know:** (you should recognize these names and be able to list their contributions to psychology by test day) |
| **David Rosenhan****Aaron Beck****Albert Ellis****Sigmund Freud****Mary Cover Jones****Carl Rogers****B.F. Skinner** **Joseph Wolpe** |

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