

ABNORMAL PSYCHOLOGY & MENTAL HEALTH

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WHY?

Abnormal behavior is defined as whatever is not normal--whatever that is. How different is someone who is "abnormal" different from you and me. What differences are quantitative and what differences are substantive? We will look at situations where abnormal behavior occurs, different types of abnormal behavior, and their treatment. Even someone with a basically healthy personality can also encounter difficulties from time to time, and we will study methods for coping with stress and maintaining a healthy lifestyle.

Outcomes: Students will

- A. develop a working definition of "normal" behavior
- B. identify different types of mental disorders and their symptoms
- C. describe and understand what different types of mental health care workers do
- D. describe and compare different treatments of mental disorders

Resources

- A. text
 - 1. chapter 18, red 502-537; blue p. 502-533
 - 2. chapter 19, red 538-565; p. 534-557

Outline

- I. What's Normal?
- II. Categorizing Illness: DSM-IV
 - A. Disorders of Childhood
 - 1. Attention Deficit Hyperactivity Disorder (ADHD)
 - 2. Autistic Disorder
 - B. Anxiety Disorders
 - 1. Panic
 - 2. Phobic
 - 3. Obsessive-Compulsive
 - C. Somatoform Disorders
 - 1. Conversion
 - 2. Hypochondriasis
 - D. Dissociative Disorders
 - 1. Amnesia
 - 2. Fugue
 - 3. Dissociative Identity
 - E. Mood disorders
 - 1. Dysthymic
 - 2. Major Depression
 - 3. Mania
 - 4. Bipolar Disorders
 - 5. Mood Disorders
 - F. Schizophrenia

1. Types
 - a) Catatonic
 - b) Paranoid
 - c) Undifferentiated
 2. Causes
 - G. Personality disorders
 1. Antisocial
 2. Borderline Personality
- III. Treatment
- A. Mental Health Professionals
 - B. Psychotherapy
 1. Free Association
 2. Transference
 - C. Humanistic Therapy
 1. Client-Centered
 2. Unconditional Positive Regard
 - D. Behavioral Therapy
 1. Systematic Desensitization
 2. Aversive Conditioning
 3. Token Economy
 - E. Cognitive Behavioral Therapy
 - F. Group Therapy
 - G. biological approaches to treatment
 1. Chemotherapy
 2. Electroconvulsive Shock
 3. Surgery

Vocabulary

Chapter 18

agoraphobia
 amnesia
 antisocial personality disorder
 anxiety
 Attention Deficit Hyperactivity Disorder (ADHD)
 Autistic Disorder
 anxiety disorder
 bipolar disorder
 borderline personality disorder
 catatonic schizophrenia
 clang associations
 compulsion
 conversion disorder
 delusion
 Diagnostic & Statistical Manual of Mental Disorders IV (DSM-IV)
 dissociative disorders
 dissociative identity disorder
 dopamine
 dysthymic disorder
 flight of ideas
 fugue
 hallucinating
 hypochondriasis

major depression
 mania
 mood disorders
 obsession
 obsessive-compulsive disorder
 panic disorder
 paranoid schizophrenia
 personality disorder
 phobic disorder
 psychosis
 psychotic episodes
 schizophrenia
 selective forgetting
 serotonin
 sociopath
 somatoform disorder
 specific phobia
 thought disorder
 undifferentiated schizophrenia
 word salad

Chapter 19

Albert Ellis
 aversive conditioning
 awfulize
 behavioral therapy
 chemotherapy

client-centered therapy
 clinical psychologists
 cognitive behavioral therapy
 counseling psychologists
 electroconvulsive therapy (ECT)
 encounter groups
 free association
 group therapy
 humanistic therapy
 internalized sentences
 irrational ideas
 lobotomy
 nondirective therapy
 Philippe Pinel
 psychiatric nurses
 psychiatric social workers
 psychiatrists
 psychoanalysis
 psychosurgery
 psychotherapies
 rational motive therapy
 systematic desensitization
 token economy
 transference
 unconditional positive regard