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#1- The four D's are Deviance, Distress, Dysfunction and Danger.

For Deviance, it can be defined as a behavior, trait, or belief that departs from a norm and generates a negative reaction in a particular group. For me, defining something as deviant requires us to examine the group's norms and how the group reacts to the behavior. Deviance is when you break the norms and it's also different from one culture to the next. It can also change over time because what might have been deviant 10, 20 years ago is no longer necessarily deviant. For example, homosexuality. When I was younger, I was growing up that homosexuality was something extremely deviant and not really talked about. However, for now it changed. Homosexuality are being accepted in some countries especially in the US. Although they are unacceptable and considered abnormal for muslim countries. Another example that is considered deviant for some cultures, but not in other countries is marriage at a young age. In my country, Haiti, it is considered deviant for a young couple at age 16 years old to get married. They find it abnormal, while for other cultures it is normal and acceptable. That is the reason why deviance varies from culture to culture. Some deviant behavior that are considered abnormal in every culture are murder, robbery, or any illegal act that disturbs the society.

Distress refers to whether a trait or behavior causes pain, or upsets the person who is experiencing it, it is stressful and generally these traits, or behaviors are something that people wish they didn't have. For example if someone has antisocial personality disorder and they inflict harm upon other people, but they don't feel any remorse in that case I would consider it as distress even if the person who is engaging in these behaviors is not the one experiencing the distress.

Dysfunction: When we say that a symptom is dysfunctional, it means that it's maladaptive, or interferes with normal life. It brings the term of how we determine what normal is. Also we can say that something is dysfunctional if it interferes with the person's ability to

form social relationships, or interferes with their job performance, everyday tasks.

Danger: For me I think when something represents a danger to the person, or other people. Any individual imposing a risk of danger to oneself or the other is considered to be abnormal. In other words, dangerous or violent behaviors. For example if someone is trying to kill themselves, committing suicide is abnormal. Or if someone trying to cut or harm themselves with a knife or either attack someone else it is also considered as abnormal.

#2- For me I think if a friend says to me that he or she feels lousy and he/she doesn't know why. I would probably think that they might be going through something. Sometimes a friend might not feel good but don't know how to deal with it. Illness problems can be one of the causes that can produce it. So for me, the first thing I would do is to ask my friend the reason why he/she feels like that so I can know how to address the situation. So I would treat my friend with sympathy. Listen carefully without interrupting so I can have a better idea of how to offer myself to help. After that I would probably offer them to do some fun activities because sometimes it can help you feel better such as go for a walk, listen to music, have discussions about the problem and give solutions that can make them feel better, and offer myself as a companion. After that, if my friend feels better, I would ask him/her to continue doing it whenever he/she feels lousy or even choose a time where we both are available to do it together.

#4- In abnormal psychology, the somatogenic and psychogenic perspectives are explanations of abnormal behaviors. For somatogenic it is an abnormality that is caused by a biological disorder or illness. It can also refer to something that is wrong with your brain, or chemical imbalance. For example someone that has a damage in her brain and makes them do things that are socially inappropriate. Whereas psychogenic perspectives refer to psychological factors such as emotional problems. For example, having a conversation with yourself in public.

#11- Case study is a research design that is used in the descriptive type studying or analyzing the subject based on a person or an event. The purpose of it is to understand the participant's experience and interpret the causes or effects. The advantages of it is that it gives you a detailed study based on the event or person, it can be researched, even if the participants

are not present. The disadvantage is that the cause and effect cannot be explained. Whereas the single subject experiment is a type of quasi static experiment, which contains scientific research, and the subject is the experiment itself. The advantage is that the cause and effect can be explained and the disadvantage is that it cannot apply to a larger population.

Chapter Three

#21- If a clinician has only 15 minutes to conduct a preliminary clinical interview, he or she must try to gather a brief history of the client's life, important relationships he or she holds, the presenting feelings, thoughts, and behavior of the client. This will give a fair idea of the probable causes of the client's present condition and the intensity of his/ her problem.

#19- Reliability and validity are both that indicate a particular method or test something. Reliability refers to consistency of measure whereas validity refers to accuracy of a measure. Reliability of DSM is important because it is a classification system that is used to provide diagnosis for mental disorders. So I think in order for DSM to be a reliable classification system, it needs to provide the same diagnosis each time. This diagnostic reliability is necessary for practicing psychology and provides reliable diagnosis of disorders, and if the classification system is reliable that means it needs to be valid as well.

Validity of a classification system is important because it provides measures regarding what is supposed to be measured. So if the classification system includes criteria which help to define and differentiate between disorders, then DSM would be considered to have diagnostic validity making it appropriate for use.

#33- Before we have to know the meaning of psychotherapy. Psychotherapy is the process or a therapy when an individual gets help in treatment related to mental issues. Usually they get treated from a psychiatrist, mental health provider, or counselor. It is the process when an individual learns about the moods, feelings based on his/ her behavior. Majority of people suffer from mental health problems such as stress, anxiety, negative behaviors, bipolar disorder and so on. Also many studies show that psychotherapy is much more effective than antidepressant medication. There are many types of psychotherapy such as: Cognitive behavioral

therapy, interpersonal therapy, family focused therapy, and dialectical behavioral therapy. So for me personally I think that individual psychotherapy is effective regarding various mental issues. With an effective therapist it is much better than medicines. Psychotherapy leads to success in terms of anxiety and mild depression. The elements that need to be present in terms of psychotherapy are encouragement, focus on self-esteem and advising.

#23- TAT also known as Thematic Apperception test. It is a type of projective test where a person is asked to interpret ambiguous stimuli on the basis of which their personality, motives, emotions etc is analyzed. For example if a person is doing a procedure where he is asked to look at a series of cards given to them, interpret them, and make a story. So the person is supposed to ask some questions such as, what is going on in the picture? Who are these people and how they are related etc. In terms of TAT, it is one of the most widely used by various psychologists. TAT can be used to understand the unconscious thought process, desire, inner conflicts etc. Also mood or thought disorders. Interpretation can also help in terms of understanding the basic theme the person taking the test is trying to show. So some notes such as what is the type of conflict going on and what is happening at the moment? What has led to this situation? And the type of relationship between the people in the picture.