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## Unit 1 Essay Questions

### Question #37 (Ch. 3)

Throughout our lives, we get into many relationships with other people, some romantic while others are just interpersonal. Many times, we have to deal with the loss of these relationships and we must cope with ourselves through the loss of them. I have had a couple relationships throughout my life where I have had to come to terms with the loss of them. Roughly four months ago, I ended a two year relationship with a girl that I thought would never let me down. Unfortunately, I found out she had been unfaithful to me on multiple occasions, so I ended things as soon as I found out. I coped with losing her by initiating no contact and removing anything and everything from my life that reminded me of her. I also did my best to not self isolate and keep putting myself out there in meeting new people and hanging out with people in my life who love me. My main coping mechanism was distracting myself as much as possible with wonderful people and hobbies and activities that I enjoy doing.

I was not surprised by the emotional, cognitive, and behavioral aftermaths of the ending of my relationship. I knew it would be hard to get over someone who was a huge part of my life, but it was still difficult regardless. There are other “problems in living” besides divorce that we may run into over our time spent on this earth, another big example is the loss of someone in our lives due to suicide. Many people seek professional help when someone close to them commits suicide, they might feel guilt and need assistance coping with the loss of a close person. Another example is when we have trauma from an event or person, someone may seek professional help in order to work through their thoughts and feelings to heal. There are many examples of things that would be resolved in professional help.

### Question #35 (Ch. 3)

According to Freud, dreams serve a purpose of being a gateway or precursor to our subconscious mind and the thoughts that come from the deep mind. Essentially, he believed that dreams are the manifestation of us fulfilling our dreams, when we are unable to fulfill a desire in the real world, they manifest themselves in our dreams where they can be completed. They are a result of the dreamer's mental state and culminate as a look into our desires and ambitions as humans.

The reason many psychologists have decided to ditch the psychodynamic approach in favor of the humanistic approach is because the former tends to view humans in the scope of being naturally bad, or looking strictly at the darwinian side of human thoughts. Also, the psychodynamic approach tends to view human behavior as deterministic with little free will, it states how humans are largely dictated by unconscious factors with which we have little to no control over. Therapists in the mid twentieth century sought a new method of therapy that facilitated human growth and allowed the therapist to be warm and presently involved with their clients. While the psychodynamic approach focused more on the darwinistic view of humans, humanistic psychologists focus on the "human experience", or being present and in the moment with their client, disregarding their genetics or subconscious.

Humanistic psychologists reject the idea that humans are naturally bad, instead believing that humans naturally strive to do good. In the middle of the twentieth century, humanistic psychology started largely out of a rebellion against the psychodynamic approach, which largely dominated human psychology. The therapist in humanistic psychology always strives to be positive and supportive of the client, because they believe the client is in control of their destiny and not reliant on unconscious factors within themselves.

### Question #18 (Ch. 1)

We as humans create certain expectations for situations in our lives, these expectations can be negative or positive and drastically affect our behavior before and after the outcomes of these situations. For example, during my junior year of high school, I had a massive crush on a girl in my mathematics class. I let this idea of me and her getting together grow in my mind unchecked. After half a year of waiting, I decided to ask her to be my date to junior prom. I was ecstatic when she agreed to come with me. In my young mind, I created an expectation for my date that she and I would work out and be together after junior prom was over. This expectation was further strengthened in my mind since we had been talking for nearly half a year, so it was that much more devastating when she turned me down after the night was over. Our thinking about situations will drastically change our responses to events that happen in reality.

Knowledge of the placebo effect is extremely important in conducting scientific research because it allows the researcher to see how the brain will react to specific triggers in the brain. In the video, the client with parkinsons was given both a placebo and an actual drug in varying intervals, it was shown that dopamine was released in the same parts and amounts with both. Investigators control the placebo effect with many different strategies, one way is by introducing control groups, a basic way of doing this is splitting the participants into two groups and telling them they will all receive the same medication, when in reality group one receives the placebo and group two receives the actual drug. Researchers can then study the results of the two groups in order to determine the effectiveness of placebo treatment with a specific disease.

In terms of psychotherapy, the placebo effect allows us to look deeper at how the human mind works and potential avenues for treatments of conditions, physical or mental. The placebo effect has been proven to improve in certain instances, it is crucial that we understand and utilize

it to its maximum potential so we can best treat clients. For example, the client in the video was able to reap the benefits of parkinsons treatment with the use of placebo, this same strategy can be implemented in various treatments of other disorders!

### Question #1 (Ch. 1)

Psychological abnormality is commonly defined using “the four D’s”: deviance, danger, dysfunction, and distress. Each word describes a specific aspect of abnormal behavior as a whole, and each has examples of when it may even be considered normal to act in that way.

Deviant is a word that describes a person or situation as departing from accepted social standards and norms. We as a society establish norms, they can be decided consciously or unconsciously, and behavior that goes against what we established is deviant and therefore “deviant”. However, decisions and actions that would normally be considered deviant can be considered normal under specific circumstances. Normally, it would be considered deviant to cry oneself to sleep every night, however, most would consider this a normal response to a traumatic event such as a breakup or loss of a loved one.

Dangerous behavior is where one becomes potentially to themselves or others. An example is a mentally ill homeless person on the streets who is threatening people with a broken bottle, this behavior is abnormal and dangerous because others are actively in harm's way. Some situations might even consider dangerous behavior to be normal. A person who recently lost a loved one or got out of a long term relationship may cope with it by eating their feelings away and inadvertently gaining weight, thus putting themselves in active danger health-wise.

Dysfunctional tendencies are behaviors that actively interfere with tasks of daily living, it impairs an individual’s ability to care for themselves or partake in society. In Japan, there is a rising issue of men shutting themselves in their rooms for years on end and being complete

hermits to society, these men have been deemed “hikikomori”. While they aren’t interfering with their ability to care for themselves, they actively choose to withdraw from society. An example of this behavior being considered normal is a traumatized war veteran, they might choose to self isolate and drink their feelings away, which makes sense considering the trauma they live with on a daily basis.

Distress is a concept that explains how deviating behavior must also be accompanied with distress in order to be considered abnormal. Simply acting abnormally from accepted societal norms is not enough to be considered abnormal behavior, the individual must also be in a state of mental or physical distress. For example, a subculture of the internet calls themselves “furries”, they enjoy dressing as anthropomorphic animals and attending conventions with other like-minded individuals. To outsiders, this behavior is abnormal, but individuals within the subculture are generally positive and happy with their behavior, so their behavior likely wouldn’t be considered abnormal to these individuals.

#### Question #27 (Ch. 3)

Clinical interviews are essentially face to face encounters between clinicians and their clients, they are used to establish rapport and baseline data that will be used to further care for the client with personalized treatments. It is used to gather basic background data and create a relationship between interviewer and interviewee. Although clinical interviews have lots of good qualities, there are also specific limitations that can hinder their effectiveness.

One of the biggest limitations to clinical interviews is that they might produce inaccurate data or impressions. For example, someone with lots of trauma under the surface may initially present themselves as strong and steadfast because they are uncomfortable talking about their struggles, the clinician will be thrown for a loop and will require more digging and investigation

in order to reveal the true nature of their client. It ultimately comes down to the client how they present themselves and what they share about their lives, not doing so will skew the results and may result in ineffective care.

Another major drawback of clinical interviews is there might be errors made on the part of the interviewer themselves. Information they gather may be skewed or even ignored due to interviewer bias, everyone perceives information differently and subtly important information from the client may be completely missed or misinterpreted from different perspectives. At the same time, attention may also be given to information that isn't relevant to the client, since first impressions are a major source of bias, too much weight can be given to unnecessary information. The interviewer might also be a source of bias in the sense that the client will react differently to different interviewers. An interviewer may come off as cold and uncaring, this could nudge the client to share less information about themselves, as opposed to an interviewer who presents themselves warmly and openly to help the client.

#### Question #25 (Ch. 3)

Intelligence tests are exams that indirectly measure the quality of intelligence within a specific individual. They are designed to gauge an individual's ability to comprehend, reason, and judge effectively. There are many forms of intelligence test, and most generally require the use of various verbal and nonverbal skills. While they have been shown to produce great results backed up with data, there are three major shortcomings that may hinder data and produce a result that is different from reality.

The first major limitation of intelligence tests is that they are affected by factors that don't have anything to do with intelligence but affect it indirectly. A good example of this is a testaker who is extremely nervous and anxiety ridden, their focus would be very off and the

results of the test might be different from their actual intelligence because they couldn't give their one hundred percent. A drowsy or unmotivated individual might also fall into the same situation where their results are skewed due to outside factors.

A second weakness of intelligence tests is that the people taking them can be affected by cultural or language barriers. The intelligence tests themselves might contain biases that throw certain groups of people off and skew the results in that manner. A non-english speaker might be at a natural disadvantage to a native english speaker in an intelligence test conducted in the USA for example.

Lastly, another major weakness of intelligence tests is that members of certain minority groups can be deemed as less intelligent due to their lack of familiarity or comfortability with tests conducted in this manner. For example, a recent immigrant to the United States may take an intelligence test in order to qualify for a job, but they might score lower than a native simply because the native is familiar with this style of test taking and has that natural advantage over them.

#### Question #5 (Ch. 1)

The somatogenic perspective and the psychogenic perspective are both ideologies that seek to explain the root cause of abnormal psychological functioning. While the somatogenic perspective believes that abnormal behaviors are rooted in physical causes, psychogenic ideologists believe that psychological sources are the cause of abnormal behaviors.

The somatogenic perspective puts the blame for abnormal psychological functioning on the physical attributes of the individual, factors include age, fatigue, and brain damage or imbalances. One major piece of evidence in support of the somatogenic viewpoint is that general paresis is caused from an organic disease, syphilis, which in turn leads to symptoms that affect

individuals on a mental level. Richard von Krafft-Ebing showed that his patients with general paresis could have only gotten it from a previous case of syphilis, which means that it originated from physical factors specifically. The somatogenic perspective also has great support due to the fact that effective medications had been established in the later half of the twentieth century.

The psychogenic perspective paints the source of abnormalities as rooted in psychological traits, rather than the physical qualities of the individual. One practice that favors the psychogenic perspective is the use of hypnosis, the act of placing an individual in a trance-like state in which inhibitions are lowered and their mental problems can be treated. Using hypnosis, Friedrich Anton Mesmer was shown to benefit his patients with hysterical disorders, further strengthening the idea that abnormalities are caused by psychological roots. Later, researchers began experimenting with Mesmer's ideas and showed that hypnosis could give patients mental disorders, but at the same time, they could also have them removed.

### Question #3 (Ch. 1)

Thomas Szasz was a clinical theorist who lived from 1920 to 2012, he was born in Budapest, Hungary and passed away in Manlius, NY. He contributed to abnormal psychology with his idea that societal deviations weren't problems within the individual themselves, rather it was a label society put on them for not agreeing with their standards of living. This idea was coined the "problems in living", the idea that society was the source of mental illness and that most people who were categorized and mentally ill were only labeled that way by society. He also stated that a psychiatric diagnosis was meaningless without a proper diagnosis of a neurological disease or damage.

An ancient contributor to the study of abnormal psychology was Hippocrates, who was a Greek physician that lived from 460 to 377 BC. His contribution to abnormal psychology

consisted of tracing the root of mental illness, he often taught how illnesses always had a root cause, he used his studies of brain pathology to demonstrate how mental illnesses are similar to traditional forms of diseases. Just like traditional diseases, the symptoms of mental illnesses can be treated and lowered with the proper physical treatment. Hippocrates believed that in order to improve or get rid of psychological abnormalities, you must treat the underlying physical issues.

A third and final contributor to the study of abnormal psychology was French physician Philippe Pinel; he lived from 1745 to 1826. He contributed to the idea that mentally ill patients were no different from patients with traditional diseases and sicknesses. On that note, he believed the mentally ill patients needed to be treated with kindness and positivity, rather than resorting to negative reinforcement in an attempt to “cure” them. Using this ideology, he offered the patients therapeutic relationships and conditions in the form of support, comfortable living, and the ability to freely roam the hospital grounds. Even though he worked at an all male facility, he was later able to bring his revolutions to another mental hospital in Paris for females.