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PSY342: Psychopathology: OA

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January 25, 2023

Chapter 1:

#10: A case study is a descriptive story about a person's life and psychological problems. It also includes a person's history, present circumstances, and symptoms. Sometimes they might even describe why the psychological issues developed and what treatment the person was offered and why. Case studies are helpful because they help you brainstorm new ideas about behavior. As stated on page 23 of our textbook, case study disadvantages are written by biased observers who choose what to include in a case study to see their treatment succeed, case studies rely on subjective evidence, and case studies provide little basis for generalization. A single-subject experimental design is a method of research where one participant is observed twice, before and after the manipulation of an independent variable. one main significant difference is that in a single-subject experiment, one participant is scanned twice. Then in a case study, the single participant is only observed once it is not observed before and after the manipulation of an independent variable.

#11: Three ways case studies can be helpful to everyone else besides the one being studied is that the readers of the case study can learn how to identify what are the symptoms or the

psychological problem the person has in the case study, why the specific psychological problem developed, the treatment needed to help the person with their psychological issues. If a case study is about depression, you can tell that the person's symptoms are sadness, emptiness, angry outbursts over minor things, having no interest in all normal activities, insomnia, or just wanting to sleep all day, having no appetite. The readers of the case study will be able to tell where the depression came from and what type of treatment the person needs for their depression to go away.

#8: The disadvantages determined by the insurance company for managed care programs are the cost of sessions, the number of sessions a client may be reimbursed for and that the therapist choose its clients. The advantages of this health plan are that the program provides free screenings for depressive disorders, and anyone with a preexisting condition is allowed membership by law because of the Affordable Care Act. In private psychotherapy, the client pays directly to the therapist, which can be an advantage or disadvantage because you can get a good number of sessions for a reasonable price which is an advantage or overpriced, and not enough sessions for the price that is being paid.

#2: If a friend says they are feeling lousy, my friend is probably depressed because they are feeling so down. . After having a conversation, I have provided psychological therapy because I allowed the person to talk k out their issues and listen and give advice when they ask for my

input. This was out of respect for my friend, of course, because you do not want the person to feel like you are judging them because that will push them further away and mess up the friendship. I know that feeling out messing up a friendship over something small. I lost my best friend since 5th grade over jealousy.

Chapter 3

#21; If the clinical only had 15 mins to get the interview done, then you need to ask lots of personal questions like what is the client lifestyle, current feeling, current issues and current relationships and jot down everything in your notes to make a detailed description to get a good feel about the person .

#34: Learned behavior can be unlearned with the help of therapist because the therapist can change the client thinking to positive and help find solutions if they are depressed and Cognitive Behavioral Therapy is know to work because they have seen many positive results in their clients. Cognitive behavioral therapy happens in short time and known to see speedy results as the client and therapist learn new skills and become wiser. Systematic desensitization known as exposure therapy gradually exposure a person to an environment or a specific situation where the person anxiety is developed. The exposure therapy can be done through virtual reality if it's too expensive, difficult, or embarrassing to recreate. This help people who have phobias.

#28: A drawing test is when the client must draw human figures and talk about them These drawing test are known to be used to test the function of children .. The most popular one is

Draw A Person test (DAP), the client is first told to draw a person then a person of the opposite sex.

#37: Grief is a difficult process to go through. I admit it was a very hard loss when my paternal grandmother passed away we were very close she was my favorite grandma. I was her princess. I was her only granddaughter. My brother was her only grandson. My dad was her only son. I went through most of the stages of grief the shock, angry at God of why he just let her suffer and not heal her from all her pain so she can see her grandchildren become independent. This is one reason to see a therapist because they can help ease your pain a little and tell you what to do when you feel sad. I didn't go to a therapist but I found ways to cope by journaling my feelings, listening to music remembering my paternal grandparents are in a better place and no longer suffering and I want to honor them by being successful. I also talk to my mom who is like my therapist and studied psychology.