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Chapter 3 Question 27

While clinical interviews can be extremely helpful, there are several limitations clinicians must be aware of.

1. Validity can be an issue if a patient provides information which is inaccurate. For example some sufferers tend to present themselves and their circumstances as more favorable than they really are because they are abashed. There are others who think so poorly of themselves that they present their character in a much more negative light than is the case.
2. Conversely, the inquirer may make value judgments about the patient due to their own personal predilection in regards to age, gender and ethnicity.
3. Reliability can be another challenge for both inquisitors and their patients. If the clients feel welcomed they may provide more information. However, if they are uncomfortable due to the clinicians demeanor then they might not be so forthcoming.

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Chapter 3 Question 28

A drawing test is one of several assessments clinicians use to gain more insight as to what may be troubling a patient. The “Draw-a-Person (DAP) test” is the most commonly used drawing test to date (Comer p. 83). In this exercise the client is requested to draw one individual and then a second person of the opposite gender. Evaluators tend to utilize these tests with children more so than adults. Many aspects of the drawing are then appraised such as the placement and size of the figures, if the drawing included a background, even the strength of the strokes are all scrutinized.

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Chapter 3 Question 33

Psychotherapy is often deemed effective if there is some degree of improvement in the patient. The necessary elements which need to be present in order for this to occur is

- 1) The client factor -The patient must be highly engaged and remain motivated. They should maintain a positive mindset and reasonably anticipate what treatment will look like. The patient also needs to be at ease in close or intimate settings, having fair inter-relational skills, and be receptive to the therapist.
- 2) The therapist factor -A counselor must be genuine and provide a strong sense of welfare. Furthermore, they must be skilled and competent, under supervision while providing treatment and have faith that the method of therapy is effective.
- 3) The client-therapist factor -Both the patient and the clinician must agree to the objectives of the treatment. While the therapist needs to exhibit empathy for the patient and provide correct interpretations, they also must be warm and respectful. As an active listener, the clinician is able to guide, give wise counsel and positive observations. Above all, they must be able to manage their own thoughts and feelings about the client.

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Chapter 3 Question 37

Personally, I have struggled to process my thoughts and emotions whenever a romantic relationship was at an end. I was often very surprised by the toll these breakups took on my cognitive, emotional and behavioral health. In particular, insomnia became a major issue for me as I wrestled with overwhelming thoughts of regret.

Like Linda, many people could benefit from professional counseling to help them sort through the various types of fallout in life. The death of a loved one, the loss of a job, a forced move to a new city, bankruptcy, or catastrophes such as a house fire, a natural disaster like a tornado, hurricane or earthquake which affects many others, would all fall into the category of "Problems in Living." Speaking with a therapist can really help us get through tough times by providing us with the needed tools on how to cope with life's inevitable ups and downs.