

ALLIANCE UNIVERSITY

PSYCHOLOGY 101 | General Psychology

Chapter 1 Short Answer Questions

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2. The three features central to Carl Rogers's client-centered therapy are unconditional positive regard, genuineness, and empathy. He believed that for a therapist to be more effective in their work, they need to be real and empathetic with their clients. That clients who receive this type of therapy are more capable of dealing with their own problems. I agree with Rogers's belief regarding empathy being a core feature in client-centered therapy.

I believe that when therapists are real with their clients while being empathetic it develops a deeper level of trust. Clients may feel that when someone is not authentic they may not trust them. Especially, if they feel they have not experienced real-life problems as they have. Relatability to me also plays a factor in trust between clients and therapists.

8. The five trait dimensions in the Five Factor model are used to account for personality variation because they are deemed sufficient to capture the variations of the personality seen across individuals. Meaning, research has found that when focusing on personality traits, measuring them, and determining how these traits interact in a particular situation the results can determine how a person will behave.

17. If I were to pursue a career in psychology I would prefer to work outside an academic setting. The reason being is that I love to help people where they are, such as in their community. My calling has been to serve people who have suffered from adversity, domestic violence, abuse, trauma, poverty, and injustice. Those who have faced these particular trials are more prevalently found near their homes and/or familiar spaces in their communities. I firmly believe in and practice meeting people where they are at not

only mentally but physically. Meaning to physically travel to them within their community to provide services.

I have found great success in ministering and serving people outside in public places such as clinics, waiting rooms, supermarkets, cafes, restaurants, libraries, parks, public transportation, and apartment lobbies, as well as workspaces, conferences, and events. God's grace and Holy Spirit have given me the strength to serve in spaces others would not dare to go, where people are experiencing heavy spiritual warfare such as domestic violence and drug-infested environments.

18. I am an advocate for therapy and believe that psychologists do make a difference in people's lives.

Psychologists who are also Christians, I believe make an even greater impact because they have the best of both worlds combining the practical and spiritual. I believe God has given Psychologists the blessing to study cognitive, emotional, and social processes and behavior to help people deal with a variety of problems. They can diagnose, counsel, and provide various support to those in need of healing.

Psychologists serve in different areas such as clinical, counseling, developmental, forensic, school, and rehabilitation.

For example, a School Psychologist can help students strengthen their reading comprehension through assessments, evaluations, and performance plans in an IEP after identifying any education disorders and/or developmental disorders. They can also collaborate with social workers to provide counsel and support to the students and their parents.

21. As a Christian, I enjoyed reading the first chapter of Psychology. It was fascinating to read about the origin of the term Psychology rooted in Greek mythology, discovering it means the study of the soul or "mind". About the Greeks believed that Psyche being a mortal woman who was envied by the goddess Aphrodite, sent her son Eros to deceive Psyche to fall in love with him. He was the "ugliest man" in the world. The story proceeds to Eros accidentally falling in love with Psyche, he showers her with gifts, she

betrays his trust, and Aphrodite gives her impossible tasks to complete. When Psyche perseveres to complete all the tasks she is reunited with Eros and becomes a goddess.

As a Christian, I compared Aphrodite to the devil and how he places stumbling blocks that seem impossible to overcome in front of us. Eros can be seen as a Jesus-like figure if we were to look at it from the stance of an unbeliever who doesn't want to accept Christ. He looks like someone you reject no matter how much He loves you and showers you with gifts, you reject Him. But in the end you "accept" Him and become "one" with him through love.

I was most intrigued to learn the terminology referring to the various techniques and theories of psychology. Rogers's technique of client-centered therapy resonated with me the most because it focuses on empathy, which is one of my gifts, unconditional positive regard, and genuineness. This technique I look forward to using this in my practice.