

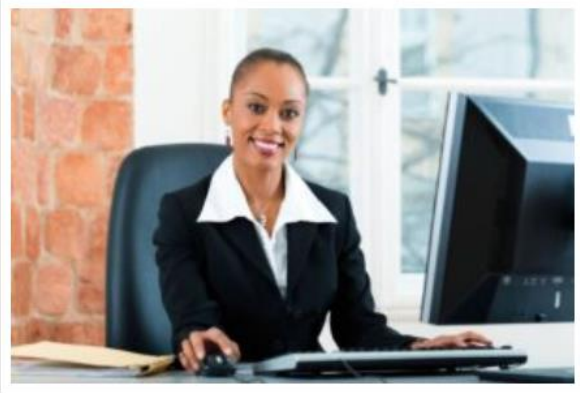
2. About this Course

Learning Objectives

By the end of this section, you will be able to:

- Recognize the Lessons Are Flexible
- Identify Key Aspects Applicable to Your Curriculum

22. PERSONAL WELL-BEING PSYCHOLOGY



Questions

How is **clinical psychology** different from **counseling psychology** in the way it helps people with mental health problems?

How does **health psychology** differ from **medical psychology** in treating physical and mental disorders?

How do different fields of psychology overlap, and how can they work together to help people with mental and physical health issues?

Health and Well-Being

Health psychology is a branch of psychology that studies how different factors like biology, behavior, and social surroundings can affect a person's health. Health psychologists work with medical professionals to help people stay healthy and follow their treatment plans. They believe that mental health is closely connected to physical health and that by taking care of our mental health, we can also take care of our physical health.

Critical thinking questions are included throughout the curriculum. These can be used for individuals, small groups, or class discussion. Most pages include hyperlinks to outside sources such as YouTube, the APA, and Wikipedia as a supplement.

TOPICS



Applied Psychology

- [Lesson 10 Psychology science](#)
- [Lesson 11 Business psychology](#)
- [Lesson 12 Advisory psychology](#)
- [Lesson 13 Education psychology](#)
- [Lesson 14 Online book](#)

Therapeutic Psychology

- [Lesson 20 Therapy types](#)
- [Lesson 21 Talk therapy](#)
- [Lesson 22 Well being](#)
- [Lesson 23 CBT](#)
- [Lesson 24 EMDR](#)
- [Lesson 25 Therapy list](#)

Human Development

- [Lesson 30 Overview](#)
- [Lesson 31 Psychosocial \(life time\)](#)
- [Lesson 32 Cognitive \(infant teen\)](#)
- [Lesson 33 Attachment \(infants\)](#)
- [Lesson 34 Identity \(teens\)](#)

Psychological Theory

- [Lesson 40 Intro 7 theory types](#)
- [Lesson 41 Psychodynamics](#)
- [Lesson 42 Cognitive](#)
- [Lesson 43 Behavioral](#)
- [Lesson 44 Humanistic](#)
- [Lesson 45 Biological](#)
- [Lesson 46 Socio-cultural](#)
- [Lesson 47 Evolutionary](#)
- [Lesson 48 Seminal theories](#)

Special Topics

- [Lesson 50 Psychology ethics](#)
- [Lesson 51 Pseudoscience](#)
- [Lesson 52 DSM 5](#)

Related Pages on This Site

[Scientific method \(quantitative\)](#)

[Light & color \(psychological applications\)](#)

[Teacher resources \(e.g., FERPA\)](#)

[Virtual textbooks \(links\)](#)

Select a topic of interest.

Copy/paste the URL into Google Classroom or as a link in an email (for example).



honeycuttscience.com/mental-health/