

Week One

"Exploring Different Fields of Psychology"

## **"Exploring Different Fields of Psychology"**

### **Monday: Overview**

Psychology is a big subject with many different parts. Some parts study how people learn in school and how to help kids with learning or behavior problems. Other parts help people with their feelings and mental health. There is also a part that helps businesses make better ads and a part that studies how people drive. Finally, there is a part that helps lawyers answer legal questions using psychology.

There are about 2.5 million psychology graduates employed in the US. Educators, social workers, healthcare workers, counselors and consultants are among the many professionals that have one or more psychology degrees. Others you may not have guessed include clergy, marketing professionals, police officers, military specialists, and flight attendants.

Many people who study psychology don't become psychologists because it takes a lot of education and passing a tough test to become one. Even if you have a degree in psychology, you can't be called a psychologist without going through these steps. However, learning about psychology can help you understand yourself and others better. You don't have to become a psychologist to benefit from taking a psychology class or getting a psychology degree.

All types of psychology want to help people, whether it's by making them feel better, helping them learn, or improving their work. They use scientific research to make smart decisions, work with people to identify problems, and understand that everyone is different. They also understand how different environments can affect how people feel and think. Psychology is a team effort that involves many people and fields. They understand that mental health is just as important as physical health and care about improving people's lives.

The American Psychological Association (APA) is a largest group of psychologists in the United States. They have over 157,000 members, like scientists, teachers, doctors, and students. They work together to learn more about the mind and help people who need it. The APA has 54 divisions (or, interest groups). For example: Division 7 is Developmental Psychology, Division 14 is Industrial and Organizational Psychology, and Division 46 is Media Psychology and Technology. (<https://www.apa.org/about/division>).

The Association for Psychological Science (APS) is the scientific home of thousands of leading psychological science researchers, practitioners, teachers, and students from around the world. The APS has about 50,000 members. The APS is dedicated to advancing scientific psychology across disciplinary and geographic borders. (<https://www.psychologicalscience.org/>).

Becoming a psychologist requires a lot of study and passing a tough test. However, anyone can benefit from studying psychology, even if they don't want to become a psychologist. It's a great way to learn more about yourself and other people!

# "Understanding Learning and School Psychology"

## Education and School Psychology

Some psychology workers help others understand how people learn and how to help those who have trouble learning.

Educational psychology is the study of how people learn in school. It examines how different teaching methods affect reading skills and why people learn differently in various situations. It's based on scientific research in psychology, including studying how our brains work and how we learn.

School psychologists, with their unique skill set, play a pivotal role in student success. These professionals, well-versed in child development and learning, conduct comprehensive assessments of students' academic performance. They provide valuable guidance to teachers and parents, and devise strategies to enhance students' learning outcomes.

School psychologists sometimes give educational psychology assessments to some students. These assessments are tests trained professionals give to identify students' strengths and weaknesses and how they learn best. These assessments involve interviews, tests, and questionnaires to evaluate learning styles and social-emotional patterns.

School counselors with psychology degrees play a significant role in guiding students through their educational journey. They analyze data to identify students' needs and collaborate with families, teachers, and school leaders to promote success. They work in elementary, middle, and high schools.

Teachers, school psychologists, counselors, and administrators usually take at least some of their college classes in psychology or even have an advanced degree in psychology. Students might need to realize how much psychology concepts contribute to their learning.

### Questions

1. How can learning about educational psychology help teachers create better ways to teach students who learn differently?
2. What are some hard parts of helping kids with behavioral and learning problems for school psychologists?
3. How can facts from research in school psychology make school better for all kids?

## **"Psychology for Improved Mental Health"**

### **Wednesday: Personal Well-Being Psychology**

Taking care of both our minds and bodies is important for our overall health. Different types of psychology, like clinical psychology, counseling psychology, medical psychology, and health psychology, all work together to help people feel better.

Clinical psychology helps improve mental health. Clinical psychology is a type of therapy that helps people feel better mentally and emotionally. Clinical psychologists may do research, teach, or work in different jobs. They work with individuals, families, or small groups to talk about problems, and find new ways to think, feel, or act.

Counseling psychology helps people manage stress and feel better. Counseling psychology improves overall wellness. Counseling psychology is a type of psychology that helps people improve their well-being and manage stress. It focuses on an individual's strengths, relationships, education, career development, and personality and uses scientific findings to find the right treatment for their clients.

Medical psychology is a type of psychology that helps people with both physical and mental disorders. Psychiatrists are medical doctors that can conduct psychotherapy. It uses different methods to help improve a patient's health. Medical psychologists are unique because they can prescribe medication to help treat mental illness.

Health psychology studies how biology, behavior, and social surroundings affect health. Health psychologists work with medical professionals to help people stay healthy and follow their treatment plans. They use techniques like cognitive behavioral therapy and behavior modification to help patients, believing that mental health is closely connected to physical health.

### **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?

## **"Psychology in the Business World"**

### **Thursday: Business Psychology**

In the business world, companies want to do their best work. Sometimes, they ask psychologists for help. Psychologists know how people think and feel. They can use this knowledge to make ads that people will remember. They can also make workspaces that are comfortable and safe.

Advertising and marketing psychology is used in business. Businesses work with psychologists to create ads that use scientific methods to influence people's emotions and make the ads more memorable. These methods include studying how people think, feel, and make decisions and using things like violence, humor, and sex to get people's attention.

Environmental psychology is a type of psychology that studies how people interact with their surroundings. It examines noise and temperature to determine how well an environment works for its users. Environmental psychology can be used to design spaces that work well for their intended purpose.

Human factor psychologists use data from experiments to design processes and objects that complement human behavior. One example is ergonomics, which improves work environment designs such as offices and manufacturing shops. Another field of human factors is engineering psychology, which studies how humans interact with processes and machines to create items and systems that work well with human limitations.

Industrial and Organizational (I-O) Psychology is a field that applies psychology to the workplace. It includes recruitment, training, performance appraisal, job satisfaction, and motivation. I-O Psychology also covers work behavior, occupational stress, accident prevention, management, retirement planning, and unemployment. The field is not easily separated into two disciplines, and I-O psychologists are generally rounded in industrial and organizational psychology, with some specialization.

### **Questions**

1. What are some problems that might happen if businesses use psychology to make people feel a certain way about their ads, and is it the right thing to do?
2. How can the study of environmental psychology help make public places work better for people who have disabilities?
3. What do you imagine occupational health psychology could do to stop workplace violence and help workers feel better both mentally and physically?

## **“Different Types of Advisory Psychology”**

### **Friday: Advisory Psychology**

There are dozens of different types of advisory psychology jobs. Three are described here. Sports psychology helps people perform better in sports by teaching them skills like goal setting and relaxation. Traffic psychology studies driver behavior to improve traffic congestion and prevent accidents, while forensic and legal psychology uses psychological methods to answer legal questions.

Sports psychology is a type of psychology that helps people perform better in sports and exercise. It teaches skills like setting goals, relaxing, and focusing. It can also help people handle emotions and injuries that come with sports.

Traffic psychology is a type of psychology that studies how people behave while driving. Studies of driver behavior help researchers find ways to improve things like traffic congestion and prevent accidents. Some traffic psychologists also work to educate and motivate drivers to be safer on the road.

Forensic and legal psychology uses psychological methods to answer legal questions. Forensic psychologists analyze individuals and evaluate specific psycho-legal questions. They may be called upon to testify for issues like memory accuracy, police interrogation reliability, and child custody cases.

Can sports psychology skills be useful in other parts of life besides sports and exercise?

What are some of the problems traffic psychologists encounter when trying to make driving safer and reduce accidents?

How can forensic and legal psychology help make sure that legal cases are fair and just?

## **"Exploring Different Fields of Psychology"**

### **Friday: Summary**

This week's topics highlight different parts of psychology and how they help people. There are a few parts of psychology like education and school psychology, personal well-being psychology, and business psychology. Each part helps people in different ways. Some parts help people feel better mentally and emotionally, some help kids learn better in school, and some help businesses make better ads. The week's lessons also have some questions to help you think more about each part of psychology and how it affects your life.

### **Questions**

1. What are some common goals of different types of psychology?
2. What are some different types of psychology we covered and how do they help people?
3. How do psychologists use scientific research to inform their work?

## Week One: Pre- and Post-Quiz

- 1) What is educational psychology?** (d)
- a) The study of how people learn psychology
  - b) The study of how people behave
  - c) The study of how people behave in school
  - d) The study of how people learn
- 2) What is clinical psychology?** (a)
- a) Therapy that helps people feel better mentally and emotionally
  - b) It studies how biology, behavior, and surroundings affect dreams
  - c) A person's ability to manage stress in a hospital
  - d) It cures people with physical and mental disorders
- 3) What is the goal of environmental psychology?** (a)
- a) To identify how to make a work environment better
  - b) To study how people interact with their surroundings
  - c) To create ads that use scientific methods to influence people's emotions
  - d) To help students with learn about the world and sustainability
- 4) What is the main thing school psychologists do?** (c)
- a) Improve people's physical health
  - b) Create better ads for community involvement
  - c) Help students with learning and behavior problems
  - d) Help teachers their manage stress and feel better
- 5) How can businesses use psychology to improve their work?** (d)
- a) By creating ads that people will remember
  - b) By studying how people think and feel
  - c) By making workspaces that are comfortable and safe
  - d) All of the above
- 6) How can school psychologists make schools better for everyone?** (d)
- a) By using research to figure out the best ways to help students
  - b) By checking how well students are doing in school
  - c) By giving advice to teachers and parents
  - d) All of the above
- 7) What is health psychology?** (b)
- a) A type of psychology that studies how people interact with their surroundings
  - b) A type of psychology that helps people with both physical and mental disorders
  - c) A type of research that evaluates adult well-being and stress management
  - d) A type of psychology that helps businesses create better ads



**8) What is the goal of advertising and marketing psychology in business? (a)**

- a) To create ads that use scientific methods to influence people's emotions and make the ads more memorable
- b) To study how people think, feel, and make decisions
- c) To make workspaces that are comfortable and safe
- d) To examine noise and temperature to determine how well an environment works for its users

**9) Why is psychology a team effort that involves many people and fields? (d)**

- A) Because mental health is just as important as physical health
- B) Because different environments can affect how people feel and think
- C) Because everyone is different
- D) All of the above

**10. Which of the following is the most effective way to learn about psychology? (c)**

- A) Watching episodes of "Dr. Phil"
- B) Reading tarot cards
- C) Take a psychology class
- D) Asking your magic 8-ball

Week Two

"Understanding Mental Health"

## "Explore Talk Therapy for Wellness"

### Psychotherapy

#### Monday: Introduction

Do you know someone worried, upset, or stressed out? Sometimes, these feelings can make it hard to do things people normally enjoy. Talk therapy, which is also called psychotherapy, is a way to help people feel better. There are different kinds of talk therapy, like behavioral, cognitive-behavioral, humanistic, psychodynamic, and holistic therapy. A therapist can help someone figure out what's causing their feelings and teach them new ways to handle situations. It's okay to ask for help; talk therapy can be a great way to start feeling better.

Psychotherapy is a fancy word for counseling that helps people deal with their feelings and emotions. Therapists use different types of psychotherapy techniques to help people overcome their problems and lead happier lives. Psychotherapy is a process where a trained therapist helps with specific or general issues. Various professionals, including psychologists, psychiatrists, and counselors, offer psychotherapy.

While there are many different types of psychotherapy, they all share a common thread of communication and collaboration to solve problems. This inclusive approach is reflected in the diverse range of professionals who can offer psychotherapy, including counselors, psychologists, and nurses.

*To become a licensed therapist, you need to earn a bachelor's and master's degree, complete a set amount of supervised clinical experience hours, and obtain licensure. State licensure/certification is required for most counseling practitioners.*

#### Examples of Struggles

Adjustment disorder  
Anxiety disorder  
Bipolar disorder  
Depression  
Eating disorders  
Obsessive-compulsive disorder (OCD)  
Phobias  
Post-traumatic stress disorder (PTSD)  
Substance abuse or addiction

**Note:** While it is tempting to label people - DON'T. For example, avoid labeling someone as bipolar or as OCD. People can have bipolar disorder or OCD disorder. Having a disorder is different than "being" that disorder. SpongeBob might have the flu – but SpongeBob is not the flu. SpongeBob has OCD disorder – but SpongeBob is not OCD.

# "Psychotherapy: A Path to Well-Being"

## Monday: Types of Psychotherapy

*To become a licensed therapist, you need to earn a bachelor's and master's degree, complete a set amount of supervised clinical experience hours, and obtain licensure. State licensure/certification is required for most counseling practitioners.*

Cognitive behavioral therapy helps people understand how their thoughts and feelings affect their behavior. Cognitive therapy helps people identify negative thoughts and replace them with positive ones. Humanistic therapy helps people explore their thoughts and emotions to reach their full potential. Behavioral therapy uses rewards and punishments to help people change their bad habits. Psychoanalytic therapy helps people understand how past experiences may affect their current behavior.

Each type of psychotherapy offers a unique approach to providing relief and comfort. If someone is feeling down or struggling with their emotions, talking to a therapist can be a source of relief. It can help people work through their problems and pave the way for improved well-being, instilling a sense of hope.

For many people, talking to a therapist, also called psychotherapy, is a good way to deal with mental health problems and ongoing stress that make it hard to function in their daily life. Different kinds of therapy, like behavioral, cognitive, humanistic, and holistic therapy, can be used to treat various problems.

A therapist can help someone determine what's causing their problems and teach them new ways to handle them. Talking to a therapist can provide comfort and support during challenging times and help individuals work through their problems and improve their overall well-being.

Key take-away: Psychotherapy offers various approaches to improve well-being. Seeking professional help from a therapist provides comfort and support during challenging times.

### Questions

1. What do you think are the pros and cons of different types of therapy?
2. Why is it important for people to talk to a therapist when their going through a tough time?  
How can we encourage people to seek help when they need it?
3. How do our culture and society affect how we feel about therapy and getting help? Why might some people be hesitant to seek therapy?

**1. What is the definition of psychotherapy? (b)**

- a) A type of medication to treat psychological disorders
- b) A talk therapy technique to help people change behaviors, thoughts, and emotions
- c) A form of physical therapy for mental distress
- d) Intentionally viewing psychological thrillers to achieve mental health

**2. Which of the following professionals can offer psychotherapy? (c)**

- a) Surgeons
- b) Dentists
- c) Psychologists
- d) Veterinarians

**3. What is the goal of cognitive behavioral therapy? (a)**

- a) To identify negative thoughts and replace them with positive ones
- b) To explore thoughts and emotions to reach full potential
- c) To use rewards and punishments to change bad habits
- d) To understand how past experiences may affect current behavior

**4. What is the main thread that all types of psychotherapy have in common? (b)**

- a) Medication
- b) Communication
- c) Exercise
- d) Relaxation techniques

**5. How can psychotherapy help individuals struggling with their emotions? (b)**

- a) By providing medication to alleviate symptoms
- b) By offering a safe space to discuss their feelings
- c) By using physical therapy to improve mental health
- d) By performing surgery to cure mental illness

## **"Understanding DSM-5: Mental Health"**

### **Tuesday: The DSM-5**

The DSM-5 is a book about mental health and brain problems. It's made by the American Psychiatric Association (APA). They help people who have these kinds of issues. The book's full name is "The Diagnostic and Statistical Manual of Mental Disorders," but people call it the DSM. It has almost 1,000 pages. The first version was published in 1952. Major updates happened in 1968, 1980, 1987, 1994, 2000, and most recently in 2019.

The DSM-5 organizes mental disorders into about twenty chapters with a total of 300 mental illnesses. Each chapter covers several disorders that are similar. For example, in the anxiety disorder chapter, there are twelve categories of anxiety and phobias. In the obsessive-compulsive disorder (OCD) chapter, there are five categories.

The DSM-5 is not just a book but a powerful tool in the hands of healthcare professionals. It is a cornerstone in the diagnosis of mental health problems, used by a wide range of professionals, including psychiatrists, clinical psychologists, social workers, licensed professional counselors, medical doctors, and nurses. Its importance in the field cannot be overstated, as it helps identify and understand a myriad of mental health and brain-related conditions, making it an essential resource for mental health professionals.

Even though the DSM is important, there are some criticisms. The first one is that "labeling people" can sometimes be harmful. Also, the DSM emphasizes symptoms and things that can be observed rather than things like one's social environment. Third, some experts think that descriptions of some disorders have the "bar set too low" and other descriptions are too complex.

Key takeaway: The DSM-5 is a book about mental health disorders published by the American Psychological Association (APA). It is a valuable diagnostic tool for healthcare professionals in identifying and understanding various mental health conditions.

### **Questions**

Can you explain some ways that the DSM-5 might not be the best way to diagnose mental health problems?

How has the DSM-5 helped psychology researchers find new treatments for mental health issues?

What are some things people should be careful about when using the DSM-5 to diagnose mental health problems, and how can they fix these issues?

**1. Who publishes "The Diagnostic & Statistical Manual of Mental Disorders"?** (b)

- a) American Psychiatric Association
- b) American Psychological Association
- c) American Medical Association
- d) American Counseling Association

**2. Approximately, how many pages does the DSM-5 have?** (c)

- a) 5 pages each for Diagnosis, Statistics, and Memorandums.
- b) 200 pages
- c) 1,000 pages
- d) 2,000 pages

**3. How many major updates have occurred in the DSM since it was first published?** (b)

- a) none
- b) 6
- c) 29
- d) 29 by the ACA and 6 by the APA

**4. How are mental disorders organized in the DSM-5?** (a)

- a) Into different categories and chapters
- b) Alphabetically
- c) According to their severity
- d) According to their prevalence

**5. Who uses the DSM-5?** (c)

- a) Only psychiatrists
- b) Only medical doctors
- c) A wide range of healthcare professionals
- d) Only social workers

## “Understanding Cognitive Behavior Therapy”

### Wednesday: CBT

*To become a licensed therapist, you need to earn a bachelor's and master's degree, complete a set amount of supervised clinical experience hours, and obtain licensure. State licensure/certification is required for most counseling practitioners.*

Psychotherapy is a type of counseling that helps people deal with their feelings and emotions. It is also called talk therapy. There are different types of talk therapy, which may use some unfamiliar words. One type that is commonly used is called cognitive behavior therapy (CBT). CBT is helpful for many mental health needs listed in the DSM, but not all of them.

Talk therapy can be useful for people who have mental health issues such as anxiety and depression. Some common problems that teenagers face include depression, ADHD, eating disorders, and anxiety. Licensed professional counselors (LPCs) often use CBT to help adolescents understand and improve these issues.

CBT is a way to help people feel better by changing their negative thoughts. It is based on scientific evidence that shows it works well for many people. During CBT, people may write down their thoughts and do some work outside of therapy. This helps them get better. Sometimes, a feelings wheel can help with this.

CBT (Cognitive Behavioral Therapy) is a type of therapy that is commonly used today. It helps people to understand the link between their thoughts and feelings. CBT teaches skills that replace negative or harmful thoughts with more positive ones. This can help to relieve negative emotions and improve overall well-being.

Negative feelings can be caused by a “core belief”. There are a few things that can get in the way of positive thoughts, like thinking the worst will happen, seeing things as all good or all bad, ignoring the good things, putting labels on things, making excuses for our feelings instead of looking at the facts, and only seeing things one way.

<https://psychcentral.com/health/emotion-wheel#what-is-it>

<https://www.wikihow.com/Use-Cognitive-Behavioral-Therapy>

What are the important ideas of CBT that can help people deal with their negative thoughts and feelings better?

How is CBT different from other types of therapy, and why do people use it so much?

Can CBT be used to help with any kind of mental health problem, or are there some that it is better at treating than others?



**1. What is psychotherapy?** (b)

- a. A type of medication
- b. A type of counseling
- c. A type of exercise
- d. A type of surgery

**2. What is another name for talk therapy?** (a)

- a. Psychotherapy
- b. Cognitive Behavior Therapy
- c. Mindfulness-based Stress Reduction
- d. Psychodynamic Therapy

**3. What are some common mental health issues that teenagers face?** (a)

- a. Depression, ADHD, eating disorders, and anxiety
- b. Out-of-the-box ideas, philanthropy, and social media
- c. Addition, division, hypotenuse, and data analysis (ADHD)
- d. None of the above

**4. Why do therapists ask patients to write down their thoughts during CBT?** (d)

- a. To keep a record of their progress
- b. To share it with others
- c. To analyze their handwriting
- d. To help them get better

**5. What is a core belief?** (a)

- a. A belief that is at the center of a person's emotional & psychological well-being
- b. A belief that is shared by a group of people
- c. A belief that is based on scientific evidence
- d. A belief that is influenced by external factors

## “Part 1: Understanding Other Therapies”

### Wednesday: Major Therapy Types

*To become a licensed therapist, you need to earn a bachelor's and master's degree, complete a set amount of supervised clinical experience hours, and obtain licensure. State licensure/certification is required for most counseling practitioners.*

Psychotherapy is a way for psychologists to help people who have problems. There are different types of psychotherapy. One type helps people understand their thoughts and feelings they might not be aware of. Another type tries to change behavior by using rewards and punishments. A third type helps people change negative thoughts into positive ones. A fourth type helps people make good choices and reach their full potential. The last type is a mix of all the other types based on each person's needs.

- 1. Psychoanalysis therapy** helps people understand their unconscious thoughts and feelings.
- 2. Behavior therapy** tries to change behavior by using rewards and punishments.
- 3. Cognitive therapy** helps people change negative thoughts into positive ones.
- 4. Humanistic therapy** helps people reach their full potential by making good choices.
- 5. Integrative or holistic therapy** is a mix of all the others based on a person's needs.

For example, the first type – psychoanalysis – is concerned with the unconscious mind and dreams. Dr. Sigmund Freud was the founder of psychoanalysis. He was born in 1856 in Austria (now called the Czech Republic) and died in 1939. Burrhus Frederic Skinner—more commonly known as B.F. Skinner—is credited with the development of Behavior Therapy. CBT does not make use of Freud's theory or approach. CBT partially makes use of Skinner's theory and approach to therapy.

Can you identify what category CBT would fall into? If you look at the name of CBT it contains two types: Cognitive and behavioral. So, CBT could be considered an integrative or holistic therapy because it is partially from two types. It is helpful to categorize a therapy because categories help identify therapies with similar emphasis.

What are the different types of psychotherapy, and how do they differ from one another?

How does CBT differ from psychoanalysis and behavior therapy in terms of its approach to helping people change negative thoughts and behaviors?

What are the benefits of an integrated approach to therapy, and how might it be more effective than a single approach?

**1. Which psychotherapy helps people understand their unconscious thoughts? (d)**

- a) Behavior therapy
- b) Cognitive therapy
- c) Humanistic therapy
- d) Psychoanalysis therapy

**2. Who is the founder of psychoanalysis? (b)**

- a) Burrhus Frederic Skinner
- b) Dr. Sigmund Freud
- c) Abraham Maslow
- d) Carl Rogers

**3. Which psychotherapy tries to change behavior using rewards & punishments? (c)**

- a) Cognitive therapy
- b) Humanistic therapy
- c) Behavior therapy
- d) Psychoanalysis and psychodynamic therapies

**4. Which psychotherapy helps people make good choices & their full potential? (b)**

- a) Behavior therapy
- b) Humanistic therapy
- c) Cognitive therapy
- d) Psychoanalysis and psychodynamic therapies

**5. What is integrative or holistic therapy? (d)**

- a) A type of therapy that tries to change behavior by using rewards and punishments
- b) A type of therapy that helps people understand their thoughts and feelings
- c) A type of therapy that helps people change negative thoughts into positive ones
- d) A mix of all the other types of psychotherapy that is based on each person's needs

## **“Part 2: Understanding Other Therapies”**

### **Thursday: Pseudoscience and Ethics**

What do spinning chairs, tranquilizing chairs, the Utica crib, bloodletting, blistering, purging, leeching, dental removal, and prefrontal lobotomy have in common?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4679160/#>

What is pseudoscience? Some treatment claims may seem scientific but are false. These claims can trick people who aren't experts, and sometimes even experts, into believing that they're backed up by evidence. Unlike real sciences, these false claims usually don't have methods to make sure that the evidence is fair and not biased. This means that people who make these claims often only look for evidence that supports what they already believe and ignore anything that doesn't.

Many treatments that were previously considered effective for psychiatric disorders are now recognized as useless or harmful. The first sentence in this section contains several examples. As an example, this history of Utica Psychiatric Center is disconcerting but interesting. The center opened in 1843 and closed in 1977. The Utica crib was used at the facility until 1887. An important social reformer and writer – Clarissa Caldwell Lathrop – was subjected to confinement at the Utica facility for 26 months. She wrote about her experiences and her unlawful imprisonment there.

[https://en.wikipedia.org/wiki/Clarissa\\_Caldwell\\_Lathrop](https://en.wikipedia.org/wiki/Clarissa_Caldwell_Lathrop)

[https://en.wikipedia.org/wiki/Utica\\_Psychiatric\\_Center#](https://en.wikipedia.org/wiki/Utica_Psychiatric_Center#)

In the early 1970s psychiatry developed a specific code of ethics to address the unique ethical dilemmas and complexities arising in psychiatric practice. Also, an ethics report called “The Belmont Report” was published in 1978. Psychology majors learn about the code of ethics and The Belmont Report.

The APA code of ethics says to be helpful and not hurt anyone, be loyal and responsible, be honest, treat people fairly, and respect other people's rights and feelings. The actual words are complicated sounding, but mean the same thing: beneficence and nonmaleficence, fidelity and responsibility, integrity, justice, and respect for people's rights and dignity.

The ethical principles in The Belmont report are respect for persons, beneficence, and justice. The principles are very similar to the APA code of ethics.

<https://www.apa.org/ethics/code>

[https://en.wikipedia.org/wiki/Belmont\\_Report](https://en.wikipedia.org/wiki/Belmont_Report)

## Questions

1. The APA code of ethics prioritize fairness and respect? **True**
2. The Belmont Report was published during WWII in the 1940s? **False**
3. The Utica crib used until the center's closure in 1977? **False**
4. Pseudoscience claims are based on fair and unbiased evidence? **False**
5. **What is pseudoscience?** **(c)**
  - a) A scientific process that is used to validate claims
  - b) A set of beliefs that are based on personal opinions
  - c) Treatment claims that may seem scientific but are false
  - d) The use of undercover pseudonyms in experiments
6. **What are the ethical principles discussed in The Belmont Report?** **(b)**
  - a) Roman soldier regard for honesty, retaliation, and non-adherence
  - b) Respect for persons, beneficence, and justice
  - c) Integrity, false loyalty, and rules of warfare by Belmont the Great
  - d) Principles of how Belmont overthrew the Roman Empire
7. **What is the purpose of the APA code of ethics?** **(b)**
  - a) To make sure that psychiatric treatments are effective
  - b) To provide guidelines for ethical psychiatric practice
  - c) To promote pseudoscientific claims about psychiatric disorders
  - d) To contradict explanations given in The Belmont Report

What might happen if the effects of treatments for mental health are ignored for patients?

How can doctors make sure they are helping their patients while also being careful about the risks of treatments for mental health?

What can be done to make sure treatments for mental health are fair and safe for patients, and always put the patient first?

## **“Part 3: Understanding Other Therapies”**

### **Friday: Exposure Therapy and EMDR**

Exposure therapy is a good way to treat extreme feelings of worry or fear. This way of helping people is based on things we know about how our brains learn to be afraid and how we can learn not to be afraid anymore. EMDR requires special training. <https://www.emdria.org/>

The technical way of saying this is that "exposure therapy is the gold-standard treatment approach for pathological anxiety. This therapeutic approach builds on principles of extinction training from traditional fear conditioning and extinction protocols."

<https://pubmed.ncbi.nlm.nih.gov/37532963/#>

Eye movement desensitization and reprocessing (EMDR) is an evidence-based form of psychotherapy that is frequently used with veterans with PTSD symptoms. Even though it is used often, it remains controversial within the psychological community. Francine Shapiro designed the therapy in 1987 to alleviate the distress associated with traumatic memories such as post-traumatic stress disorder.

Eye movement desensitization and reprocessing (EMDR) therapy is a valid way of treating trauma and negative experiences for some patients. This differs from some treatments because patients don't have to do homework or talk about the bad event in detail. For those who find it effective, EMDR is a fast and efficient way to help them.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033/#>

### **Questions**

What is exposure therapy, and how does it help people overcome extreme feelings of worry or fear?

What is the controversy surrounding Eye Movement Desensitization and Reprocessing (EMDR), and why do some psychologists question its effectiveness?

How does EMDR differ from other forms of therapy, and what are some of the benefits and drawbacks of this approach?

ACT: Acceptance and Commitment Therapy. This therapy uses mindfulness and acceptance to help people feel better.

CAT: Cognitive Analytic Therapy. This therapy combines Cognitive Behavioral Therapy and psychoanalysis to help people understand their thoughts and feelings.

CBT: Cognitive Behavioral Therapy. This therapy focuses on understanding emotional triggers and developing tools to avoid or deal with them.

CMT: Concentrative Movement Therapy. This therapy uses movement to explore emotions.

DNMS: Developmental Needs Meeting Strategy. This therapy helps people resolve emotional wounds from childhood.

DBT: Dialectical Behavior Therapy. This therapy uses questions and answers to help people become more aware of their thoughts and feelings.

ECT: Electroconvulsive Therapy. This therapy uses small electric shocks to the brain to help with depression and inappropriate behaviors.

EFT: Emotionally Focused Therapy. This therapy is designed for individuals, couples, or families who want to feel better emotionally.

EMDR stands for Eye Movement Desensitization and Reprocessing. This therapy involves recounting a difficult episode while following a light or sound to help process emotions.

ERP: Exposure and Response Prevention. This therapy helps people with phobias overcome their fears in a gentle way.

FAP: Functional Analytic Psychotherapy. This therapy uses the relationship between the client and therapist to encourage positive change.

IBP is Integrative Body Psychotherapy. This therapy uses breathing and poses to help people deal with difficult emotions.

ISTDP is Intensive Short-Term Dynamic Psychotherapy. This short-term therapy uses homework and home study to help people make lasting changes.

IFS: Internal Family Systems Model. This therapy helps people understand how their family dynamics affect their behavior and emotions.

MBCT: Mindfulness-Based Cognitive Therapy. This therapy combines mindfulness and cognitive therapy to help people feel better.

MBSR: Mindfulness-Based Stress Reduction. This therapy uses mindfulness to help people deal with stress.

MBT: Mentalization-Based Treatment. This therapy is designed for people with borderline personality disorder.

MDT: Mode Deactivation Therapy. This therapy helps people move past difficult emotions and behaviors by setting goals.

MI: Motivational Interviewing. This therapy helps people prepare for change.

PCIT is Parent-Child Interaction Therapy. This therapy examines the relationship between parents and children to help improve communication.

PCT: Person-Centered Therapy. This therapy is a type of talk therapy that helps people examine their feelings, behaviors, and attitudes.

PE: Prolonged Exposure Therapy. This therapy helps people overcome their fears by spending time with them.

REBT Is Rational-Emotive Behavior Therapy. This therapy helps people resolve emotional and behavioral problems.

SFBT Is Solution-Focused (Brief) Therapy. This therapy focuses on one issue and one solution to help people feel better.

SDT Is Status-Dynamic Psychotherapy. This therapy helps people change their lives by changing their status.

TFP: Transference Focused Psychotherapy. This therapy is for people with borderline personality disorder and involves therapy twice a week.



## Week Two Pre and Post Test

- 1. What is talk therapy?** (a)
- a) A way to help people feel better
  - b) A type of medication
  - c) A form of exercise
  - d) A type of surgery
- 2. What is psychotherapy?** (a)
- a) A fancy word for counseling
  - b) A type of medication
  - c) A type of surgery
  - d) A type of exercise
- 3. Which professionals offer psychotherapy?** (d)
- a) Only psychologists
  - b) Only counselors
  - c) Only psychiatrists
  - d) Various professionals including psychologists, psychiatrists, and counselors
- 4. What is behavioral therapy?** (d)
- a) A type of medication
  - b) Helps people understand how their thoughts and feelings affect their behavior
  - c) A way to help people reach their full potential
  - d) Uses rewards and punishments to help people change their bad habits
- 5. What is cognitive behavioral therapy?** (a)
- a) Helps people understand how their thoughts and feelings affect their behavior
  - b) A type of medication
  - c) A way to help people reach their full potential
  - d) Uses rewards and punishments to help people change their bad habits
- 6. What is the DSM-5?** (a)
- a) A book about mental health and brain problems
  - b) A type of medication
  - c) A type of surgery
  - d) A type of exercise
- 7. How many chapters are there in the DSM-5?** (d)
- a) Five
  - b) Ten counting the Index
  - c) Ten
  - d) Twenty

**8. Who publishes the DSM-5?** (a)

- a) American Psychological Association
- b) American Counseling Association
- c) American Psychiatric Association
- d) American Medical Association

**9. What is one criticism of the DSM-5?** (b)

- a) It is too short
- b) It emphasizes social environment too much
- c) It doesn't cover enough disorders
- d) Labeling people can sometimes be harmful

**10. What is the DSM-5?** (a)

- a) A book for diagnosing mental health problems
- b) A list of dangers and side effects of five medication groups
- c) A type of surgery for diet, stomach, and muscles
- d) Five distinctive & sequential mental exercises

**11. What is pseudoscience?** (b)

- a) A scientific field that deals with the study of ghosts
- b) A set of beliefs or practices that are presented as scientific but lack empirical evidence
- c) A type of therapy that helps people overcome their unrealistic fears
- d) A type of medication that treats mental health disorders

**12. What is EMDR?** (c)

- a) A type of medication that treats mental health disorders
- b) A type of surgery that treats mental health disorders
- c) A type of therapy that helps people overcome traumatic experiences
- d) A type of exercise that helps people relax

**13. Is EMDR a scientifically proven therapy?** (a)

- a) Yes, there is empirical evidence that supports its effectiveness
- b) No, it is a pseudoscientific therapy that lacks empirical evidence
- c) It is unclear whether EMDR is effective or not
- d) EMDR is not a therapy

Week Three

"Developmental Psychology"

## **“Understanding Human Development Psychology”**

### **Monday: Human Development Overview**

This week, we are examining human development psychology. Developmental psychology is one area undergraduate psychology programs emphasize and often require.

Developmental psychology is important because it studies how humans learn, grow, and change. People go through different stages of development in their lives, and developmental psychologists observe and analyze how individuals develop and change at different points in their lives.

This module discusses four theories and models related to human development. One theory is mostly about babies, and another is mostly about adolescents. One covers newborn children through teenagers, and one of them cover human development from infancy to old age.

Understanding Developmental Psychology is helpful to many dozens of careers—even parenting. Teaching and parenting are two examples that benefit from understanding human development and life stages.

Good parenting doesn't require a class in psychology, of course. But parents establish boundaries and rewards and punishments for their children (that's behavioral psychology). Teachers use different techniques to help students learn (that's cognitive psychology). Even when parents and teachers are just naturally helping children grow and learn, they are using forms of psychology—maybe without thinking about it.

But, coming back to how developmental psychology is helpful, it can help us understand ourselves, understand others, help us be better workers and bosses, and when someone becomes a parent they might be better prepared to help their children grow and learn. Plus, developmental psychology is interesting.

Research psychologists have studied how humans think and behave. They have different ideas, but they all have important ideas to share. This week, we will learn about developmental psychology, which is about how humans learn, grow, and change throughout their lives. We will learn about four theories and models that help us understand human development.

Developmental psychologists study human growth and development over the lifespan, including physical, cognitive, social, intellectual, perceptual, personality and emotional growth. This knowledge is useful for many careers, including teaching and parenting. Parents and teachers use psychology to help children learn and grow. Understanding developmental psychology helps us have better relationships and communication with others. And it's also just interesting!

1. Why is developmental psychology important? How does it help us understand human behavior and growth?
2. Can you think of any examples in your own life where you have used principles of psychology to interact with others or achieve a goal?
3. Why do you think studying developmental psychology is helpful for a variety of careers, such as police work, and marketing? How might this knowledge benefit individuals in these professions?

**1. What is developmental psychology? (b)**

- a) The study of how animals grow and change
- b) The study of how humans learn, grow, and change throughout their lives
- c) The study of how humans communicate with each other
- d) The study of how humans think about the world

**2. Why is developmental psychology important? (b)**

- a) It helps us understand how animals think and behave
- b) It helps us understand how humans learn, grow, and change
- c) It helps us understand how plants grow and change
- d) It helps us understand how humans communicate with each other

**3. Which careers might benefit from an understanding of developmental psych? (d)**

- a) Journalism
- b) Teaching
- c) Law
- d) All of the above

**4. What is one benefit of understanding developmental psychology? (a)**

- a) It helps us have better relationships and tolerance with others
- b) It helps us understand how plants grow and change
- c) It helps us understand how animals think and behave
- d) It helps us know when farmers will grow crops or raise livestock.

**5. How can parents & teachers use psych to help children grow and learn? (c)**

- a) Establishing boundaries and rewards for good behavior
- b) Using different techniques to help students learn
- c) Both a and b
- d) None of the above

## **“Understanding Psychosocial Development Stages”**

### **Tuesday: Psychosocial Development**

Erik Erikson's stage theory of psychosocial development helped create interest and research on human development through the lifespan, which also help make him one of the most famous psychologists in history. Erikson explored development throughout life, including events of childhood, adulthood, and old age.

Erikson believed that personality developed in a series of stages. He described the impact of social experience across the whole lifespan. Erikson was interested in how social interaction and relationships played a role in the development and growth of human beings.

Erikson's theory was based on what is known as the epigenetic principle. This principle suggests that people grow in a sequence that occurs over time and in the context of a larger community. People grow and develop in a specific order over time, and this growth is influenced by the community around them. This process is known as the epigenetic principle. He coined the phrase “identity crisis.”

As we grow up, we go through different stages of life that help us become who we are. In each stage, we face a problem that can either help us grow or hold us back. These problems are all about developing important parts of ourselves. We have a good chance to succeed or fail during these times.

If people successfully deal with the conflict, they emerge from the stage with psychological strengths that will serve them well for the rest of their lives. If they fail to tackle with these conflicts, they may not develop the skills needed for a strong sense of self.

In this theory the life stages are infancy, early childhood, preschool, school age, adolescence, young adulthood, middle adulthood, and maturity.

(birth–18 months; 2–3; 3–5; 6–11; 12–19; 20–40; 40–65; 65–death)

1. What are the main ideas presented by Erikson's stage theory of psychosocial development?
2. How does this thinking contribute to the understanding of human development?
3. What are some examples of conflicts that people might face during the different stages of life?

**1. What is the idea in Erikson's theory? (d)**

- a) People grow and develop in a specific order.
- b) Personality develops in stages.
- c) The community influences growth.
- d) All of the above.

**2. What are the stages of life in Erikson's theory? (d)**

- a) Childhood, adulthood, and old age.
- b) Infancy, preschool, adolescence, and maturity.
- c) Infancy, early childhood, school age, and maturity.
- d) Infancy, early childhood, preschool, school age, adolescence, young adulthood, middle adulthood, and maturity.

**3. What happens if people fail to deal with conflicts in Erikson's theory? (b)**

- a) They develop psychological strengths.
- b) They don't develop skills for a strong sense of self.
- c) They become more resilient.
- d) They don't face any challenges.

**4. What is the impact of social experience on human development in Erikson's theory? (b)**

- a) No impact.
- b) Plays a role in development and growth.
- c) Impacts only during childhood.
- d) Impacts only during old age.

**5. What is the main contribution of Erikson's theory? (c)**

- a) Impact of social experience.
- b) Epigenetic principle.
- c) Personality develops in stages.
- d) All of the above.

## **“Understanding Psychosocial Development Stages”**

### **Wednesday: Cognitive Development**

Jean Piaget was an important psychologist who taught us much about how kids learn and grow. His ideas about how our brains develop made him famous. He helped us understand how children think and learn, and his research has helped us make better schools. Even Albert Einstein was amazed by Piaget's ideas, calling them so smart that only a genius could have thought of them.

A developmental psychologist is a psychologist who studies how people grow and change throughout their lives. They examine physical, cognitive, social, intellectual, perceptual, personality, and emotional changes. They want to understand what causes people to grow and change. Cognitive psychology is the study of how our brains work. It looks at how we perceive things, think, remember, pay attention, use language, solve problems, and learn. Sometimes, it helps to contrast and compare different viewpoints of psychology with each other.

Cognitive versus physiological psychology concerns how we think about situations, whereas physiological psychology concerns how our body reacts. For example, we can get high marks on a report card and think about how hard we worked—then jump for joy.

Cognitive versus psychosocial psychology is about how we think about situations. In contrast, psychosocial psychology is how we interact with others and our relationships. We can get high marks on a report card and think about how hard we worked – tell our friends about it.

Babies learn by playing. They learn by playing with their parents, siblings, and by themselves. Babies and small children like to repeat doing, watching, and saying things repeatedly. Young children can watch the same movie dozens of times and enjoy it each time.

Adolescents learn through positive relationships with mentors and teachers. They have choices when challenged, praised, and presented with novel and unexpected lessons. Teens might read a book or see a movie a few times, but they often won't read it or watch it again immediately after just one time.

Humans begin learning in different ways—or stages when the brain matures. Piaget's stages of development are called sensorimotor, preoperational, concrete operational, and formal operational (birth–2; 2–7; 7–11; 12–up).

Babies learn about colors, texture, taste, sound, and smell (the senses). Young children have fun imaginations, and something called conservation is developed. Elementary students learn well with physical things and concrete situations. Abstractions are difficult for k-6 kids. Preteens and adolescents can grasp logic and reasoning. They can imagine hypothetical situations – and apply concepts in one area to concepts in new places.



The lesson discusses the work of psychologist Jean Piaget and how he contributed to our understanding of how children learn. It also explores various types of psychology and the different stages of development that humans go through. The lesson emphasizes that play is how babies learn, and positive relationships with mentors and teachers are how adolescents learn. Lastly, it mentions that humans start learning in various ways as their brains mature, and Piaget named the stages of development as sensorimotor, preoperational, concrete operational, and formal operational.

1. How does Piaget's theory of cognitive development help us understand the way children learn and grow?
2. In what ways do babies and young children learn differently from adolescents?
3. How can comparing different viewpoints of psychology help us better understand human growth and development?
4. Jean Piaget was a famous psychologist who taught us about how children think and learn.  
Answer: **True.**
5. Developmental psychology only examines social changes in individuals. **False.**  
*Developmental psychology examines physical, cognitive, social, intellectual, perceptual, personality, and emotional changes.*
6. Babies and small children tend to enjoy doing, watching, and saying things repeatedly.  
Answer: **True.**
7. Adolescents can understand abstract concepts well, but they have difficulty imagining hypothetical situations. **False.** *Adolescents can imagine hypothetical situations and apply concepts in new ways.*

## “Understanding Psychosocial Development Stages”

### Thursday: Attachment Theory

Attachment theory is a way of explaining how people form close relationships with others. It talks about the special connections we have with our parents when we are young and how they can affect our relationships as we grow up. Basically, it says that we are born with a natural need to form strong bonds with our caregivers, and these bonds can shape our relationships throughout our lives.

Attachment is an emotional bond with another person. Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He suggested that attachment also serves to keep the infant close to the mother, thus improving the child's chances of survival.

According to John Bowlby, attachment is an instinct that children are born with, rather than a learned behavior. Throughout history, children who stayed close to someone who could protect and comfort them were more likely to survive and grow up.

Bowlby believed that this led to the development of a motivation system that helps children regulate attachment. Unlike some psychologists who thought that the need for food was the main reason for attachment, Bowlby and others showed that response and support were more important.

Then Mary Ainsworth did an important study called the "strange situation" which showed that there are three main attachment styles: secure, ambivalent-insecure, and avoidant-insecure. Later, researchers named Main and Solomon added a fourth attachment style called disorganized-insecure attachment based on their research.

**Secure** attachment style is when babies have caregivers that consistently take care of their needs, which helps them become adults who can have healthy relationships.

**Anxious** attachment style is when babies have caregivers that don't always take care of their needs, which can lead to adults who are clingy or don't trust others.

**Avoidant** attachment style is when babies don't get enough emotional support from their caregivers, which can make adults emotionally distant.

**Disorganized** attachment style is when babies grow up in a traumatic environment, which can lead to adults who have unpredictable or intense relationships.

1. How can a grown-up's ability to understand and respond to a baby's feelings affect the way the baby feels about being close to them?
2. What can someone who gets nervous about being close to others do to feel more comfortable in a relationship?
3. Why is it important for someone who doesn't like getting too close to others to pay attention to how they feel so they can understand why they feel that way?

**4. What is attachment theory? a**

- a) A way of explaining how people form close relationships with others.
- b) A way of explaining how people form distant relationships with others.
- c) A way of explaining how people form toxic relationships with others.
- d) A way of explaining how people form no relationships with others.

**5. According to John Bowlby, what is attachment? a**

- a) An instinct that children are born with.
- b) A learned behavior that children pick up from their parents.
- c) A way of understanding the world around us.
- d) A type of relationship that can only be formed in adulthood.

**6. What is the main difference between the secure attachment style and the anxious attachment style? a**

- a) Secure attachment style is when babies have caregivers that consistently take care of their needs, while anxious attachment style is when babies don't get enough emotional support from their caregivers.
- b) Secure attachment style is when babies don't get enough emotional support from their caregivers, while anxious attachment style is when babies have caregivers that consistently take care of their needs.
- c) Secure attachment is when babies grow up in a traumatic environment, while anxious attachment is when babies have caregivers who don't always care for their needs.
- d) The secure attachment style is when babies have caregivers who don't always care for their needs, while the anxious attachment style is when babies grow up in a traumatic environment.

**7. What is the disorganized attachment style? a**

- a) When babies grow up in a traumatic environment, it can lead to adults who have unpredictable or intense relationships.
- b) When babies don't get enough emotional support from their caregivers, which can make adults emotionally distant.
- c) When babies have caregivers who don't always take care of their needs, it can lead to adults who are clingy or don't trust others.
- d) When babies have caregivers who consistently take care of their needs, it helps them become adults who can have healthy relationships.

*We can't with certainty pinpoint someone's attachment style from their public image, statements, and behavior. But it is possible to take a reasonable guess. The celebrity names listed here are only a guess based on their public image and what they have said publicly. These examples are only intended for academic discussion, not as certainties.*

**Secure attachment style:**

Celebrities with secure attachment style are confident, independent, self-sufficient, and able to form trusting relationships. One example of a celebrity who seems to exhibit secure attachment style is Michelle Obama. Others may be Dolly Parton, Tim McGraw, Jay-Z, Kendrick Lamar, and Rafael Nadal.

**Anxious-preoccupied attachment style:**

Celebrities with anxious-preoccupied attachment style tend to be clingy, needy, and constantly seek reassurance from their partners. One example of a celebrity who seems to exhibit an anxious-preoccupied attachment style is Taylor Swift. Others might be Carrie Underwood, Drake, Nicki Minaj, Selena Gomez, and Lana Condor.

**Dismissive-avoidant attachment style:**

Celebrities with dismissive-avoidant attachment style tend to be emotionally distant, independent, and avoid getting too close to others. One example of a celebrity who seems to exhibit dismissive-avoidant attachment style is Keanu Reeves. Others might be Kanye West, Garth Brooks, Miranda Lambert, Eminem, Lucy Liu, Cameron Diaz

**Fearful-avoidant attachment style:**

Celebrities with fearful-avoidant attachment style tend to be afraid of getting too close to others and fear abandonment. One example of a celebrity who seems to exhibit fearful-avoidant attachment style was Marilyn Monroe. Others might be Kristen Stewart, Reba McEntire, Tupac Shakur, Kid Cudi, Bruce Lee, and Lorde.

## “Understanding Psychosocial Development Stages”

### Friday: Identity Status

Erik Erikson's theory of psychosocial development suggests that people start to question their identity during adolescence, but the process of self-discovery continues throughout life. The fifth stage of ego in this theory is called "identity versus role confusion," and it happens between the ages of 12 and 18. During this stage, teenagers become more independent and try to figure out who they are.

James Marcia published research in the late 1960s about Identity vs. Role confusion in psychosocial development. Identity vs. role confusion is a stage characterized by asking "Who am I," and learning more about one's goals, values, and beliefs. School counselors can use the theory to help adolescents with career consultation and collaboration.

<https://files.eric.ed.gov/fulltext/EJ1326053.pdf>

Marcia's theory has four "statuses" that require an explanation. The words used types are not fully meaningful without an explanation. The words are diffusion, foreclosure, moratorium, and achievement.

Identity achievement is when someone has actively explored and examined different values and beliefs and that are most important to them. They can sort out who they want to be and what their life's purpose is. They realize what their priorities are. Young teens don't usually have "Identity Achievement" yet. Older teens and young adults usually have mostly sorted out their values, life's direction, and what is important to them.

The word identity means more than how that word is often used today. Identity refers to a broad range of development areas, such as career goals, personal values, purpose, or relationships. Achieving an identity requires solving challenges that an adolescent must face and resolve.

Identity diffusion (D) indicates that the adolescent has not yet made commitments regarding a one or more developmental areas. They may not have considered alternative career goals, for example. (No commitment and no consideration of important personal decisions).

Foreclosure (F) means that the adolescent has made a commitment without exploration. (An apparent commitment appears to have been made but hasn't considered alternatives).

In moratorium (M), the adolescent is in a state of active exploration and has made no commitment, or at best an unclear one. This is sort of the opposite of foreclosure. (No commitments have been made in one or more important areas of their life, but they are actively considering alternatives).

Identity achievement (A) signifies that the adolescent (or, young adult) has finished a period of active exploration and has made a related commitment.

**Examples:**

**D** “I don’t know what I’m going to be. I could be a lot of things, I guess.”

**F** “I’m going to be an influencer/pro football player/a movie star/rich.” These teens think they know what they want to “be” but they haven’t really explored what it takes to become that thing and whether they are willing to work toward it. It’s kind of like wishing or hoping.

**M** “I’ve always known I’ll be a cop – everyone in my family is a cop and that’s what everyone wants me to be really that’s the only thing I’ve ever thought about.”

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**A** “Well, I’ve had some summer jobs that I didn’t really like but I did like talking to people and hearing their stories and I really like to travel. I’m going to try and be a journalist for one of the magazines I really like. There are five of them that I would really like to work for. I don’t want to get married or have kids yet until I’ve seen more of the world.”

**A** “I’ve got an old truck and can fix things by myself if I need to. I like working on things, especially cars. I get good grades, especially in math and my folks want me to be an accountant for Uncle Jerry’s business, but I am going to enroll at tech school then move to be to a city near the ocean. I’d be able to buy a boat, fish, and fix people’s car. I could probably paint houses too as a side job and save up for my own house.”

Some examples of values include compassion, courage, honesty, family, religion, curiosity, flexibility, adventure, culture, diversity, respect, beauty, tradition, creativity, kindness, leadership, education, and security. There are hundreds of different jobs and thousands of places to live.

Some measures of Identity Achievement are being independent, fitting in with cultural norms, having a stable job and finishing or continuing education, knowing what kinds of friends and family someone wants, and where and how they plan to live. An adolescent or young adult doesn’t have to have everything figured out to be considered “Identity Achieved” – but they will have tried on several different hats, thoughtfully considered options, and have some clear goals for their future.

1. How does the theory of psychosocial development help adolescents with career consultation and collaboration?

2. What are the four "statuses" in Marcia's theory of psychosocial development, and how do they differ from each other?

3. Why is it important for adolescents to explore different values and beliefs while identifying their priorities and life's purpose?

**4. According to Erik Erikson's and James Marcia's theories of psychosocial development, at what age do people begin to explore their identity (e.g., personal values, future careers, and plans for independence)?**

- a) Between 6 and 11
- b) Between 12 and 18
- c) Between 19 and 25
- d) Between 26 and 40

**5. Which of the following is not one of the four "statuses" in James Marcia's theory of psychosocial development?**

- a) Identity achievement
- b) Identity confusion
- c) Identity diffusion
- d) Identity foreclosure

**6. What does the term "identity diffusion" mean in Marcia's theory of psychosocial development?**

- a) The adolescent has made a commitment without exploration
- b) The adolescent has finished a period of active exploration and has made a related commitment
- c) The adolescent is in a state of active exploration and has made no commitment
- d) The adolescent has not yet made commitments regarding one or more developmental areas

**7. Which of the following is not a measure of identity achievement?**

- a) Being independent
- b) Fitting in with cultural norms
- c) Having a stable job
- d) Not having any friends or family

*Identity achievement (A) signifies that the adolescent (or young adult) has finished a period of active exploration and has made a related commitment.*

**Examples:**

**D:** "I don't know what I'm going to be. I could be a lot of things, I guess."

**Consider these scenarios:** a group of teenagers who dream of becoming influencers, pro football players, movie stars, or simply rich. While they may know what they want to 'be,' they have yet to truly explore the path to achieving these dreams or consider whether they're willing to do the necessary work. It's akin to wishing or hoping.

**M:** "I've always known I'll be a cop—everyone in my family is a cop, and that's what everyone wants me to be. That's the only thing I've ever thought about."

**A:** "Well, I've had some summer jobs that I didn't like, but I did like talking to people and hearing their stories, and I like to travel. I will try to be a journalist for one of the magazines I like. There are five of them that I would like to work for. I don't want to marry or have kids until I've seen more of the world."

**A:** "I've got an old truck and can fix things myself if necessary. I like working on things, especially cars. I get good grades, especially in math, and my folks want me to be an accountant for Uncle Jerry's business. Still, I will enroll at a tech school and then move to a city near the ocean. I'd be able to buy a boat, fish, and fix people's cars. I could paint houses too as a side job and save up for my own house."

Some examples of values include compassion, courage, honesty, family, religion, curiosity, flexibility, adventure, culture, diversity, respect, beauty, tradition, creativity, kindness, leadership, education, and security. There are hundreds of different jobs and thousands of places to live.

Measures of Identity Achievement can be seen in various aspects of a person's life. These include being independent, conforming to cultural norms, having a stable job, or pursuing further education, knowing the type of relationships one desires, and planning for future living arrangements. It's important to note that an adolescent or young adult doesn't need to have everything figured out to be considered 'Identity Achieved.' However, they should have explored different options.



Week Four

"Research, People, and Theory"

## “Different Fields, Models, and Theories”

### Monday: Research in Psychology Part 1

**Different Fields.** In the first week of this course, we became acquainted with The American Psychological Association (APA), the largest group of psychologists in the United States. They have over 157,000 members, like scientists, teachers, doctors, and students. They work together to learn more about the mind and help people who need it. The APA has 54 divisions (or interest groups). For example, Division 7 is Developmental Psychology. We talked about psychology in various fields like teaching, business operations, marketing, and research.

**Different Treatments.** In the second week of this class, we briefly covered different types of treatment licensed professionals use, such as CBT, Exposure Therapy, and EMDR. We also talked about pseudoscience and ethics.

**Different Development Theories.** Last week, we learned about Human Development Psychology (APA Division 7) from various viewpoints. We touched on Erik Erikson's stage theory of psychosocial development (from birth to old age) and James Marcia's theory of teenager Identity Status. We also touched on John Bowlby and Mary Ainsworth's theory of attachment (about infants and babies and their caretakers). We also discussed Cognitive development (the brain's thinking development) compared to psychosocial development (social and relationship development).

**Other Important Theories.** Not all psychological theories are about human development. Hundreds of studies, papers, and dozens of theories exist about human attitudes, motivations, business change, decision-making, resilience, spirituality, conflict management, family dynamics, neuropsychology, consulting, personality, relationships, trauma, addiction, sports, media, and many others. Theories that stand the test of time are called seminal works or seminal theories. These are pivotal landmark studies that have had significant importance over decades.

**Hundreds of Models and Theories.** There are too many models and theories developed by different researchers in the field of psychology and organizational behavior to list. But some of them like Lewin's Change Model, Maslow's Hierarchy of Needs, and Kübler-Ross's Five Stages of Grief stand out from others. These models have been developed using different research methodologies and have contributed significantly to understanding human behavior and motivation in the workplace.

**Note:** *Psychologists are not expected – nor could they – know all the theories and models.*

## **Sample List of Seminal Research, Models, and Theories**

**Lewin's Change Model** – Kurt Lewin (1935) – a model

**Hierarchy of Needs** – Abraham Maslow (1943) – a model

**The Big Five** – D. W. Fisk (1949) – quantitative research

**Hierarchy of Cognitive Reasoning** – Benjamin Bloom (1956) – a model

**Five bases of power** – John French and Bertram Raven (1959) –phenomenological

**Motivation-Hygiene motivation theory** – Frederick Herzberg (1959) –phenomenological & GT

**Social-cognitive theory** – Albert Bandura (1961) quantitative (two observers with a Likert scale)

**Five Stages of Grief** – Elisabeth Kübler-Ross (1969) - phenomenological

**Vroom-Yetton contingency model** – Vroom-Yetton (1973) – mathematical model

**Locke and Latham goal setting theory** – Dr Edwin Locke and Dr Gary Latham (1990)

**8-Step Change Model** – John Kotter (1996) qualitative

Almost all psychology majors encounter the theories and models listed here. Business majors encounter several of them in their business studies. Medical students and teachers learn about several of these too! In college, taking at least one or two psychology classes is a useful part of seeing the world in a new or interesting way.

The main point for this module is that psychology is a science. Just like biology, chemistry, and physics, psychology disciplines rely on prior research, models, and theories. Undergraduate psychology degrees are social science degrees. Notice the word “science” is used. There are a lot of overlaps between humanities and social sciences – but “science” is a key word.

Some psychology majors even become statisticians. An advanced degree in Industrial and Organizational psychology is a STEM degree! Graduate degrees in psychology require research and a good grasp of research methods and statistics.

## “Qualitative and Quantitative Studies”

### Tuesday: Research in Psychology Part 2

When you are in school, you might be asked to do a research paper. This is true for many subjects, like science, business, history, and more. You will need to find information and write about it. When you use information from other places, you need to give credit to those sources. This is called citing.

Even if you don't have to do it, it's good to know how to cite sources. There are different ways to do it, like APA, MLA, and Chicago Style. Each one is just a different way to write the information. At the end of your paper, you will make a reference list of all the sources you used. In the text of your paper, you will also put in citations to show where you got your information.

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For example, Bailey (2014) contrasts the value of qualitative research, whereas other papers contrast the value of quantitative studies to their qualitative investigations (McLaughlin et al., 2022).

#### REFERENCES

Bailey, L. F. (2014). The origin and success of qualitative research. *International journal of market research*, 56(2), 167–184. <https://doi.org/10.2501/IJMR-2014-013>

McLaughlin, H., Teater, B., Devaney, J., Forester, D., Scourfield, J., & Carpenter, J. (2022).

Quantitative research methods for social work: making social work count, *The British journal of social work.*, 52(3), 1793–1795. <https://doi.org/10.1093/bjsw/bcaa116>

## EXAMPLES OF DIFFERENT CITATION STYLES

*In sequence, these are APA, MLA, Chicago, and AMA format. Compare them and find differences and similarities.*

Bailey, L. F. (2014). The origin and success of qualitative research. *International journal of market research*, 56(2), 167-184. <https://doi.org/10.2501/IJMR-2014-013>

Bailey, Lawrence F. "The Origin and Success of Qualitative Research." *International Journal of Market Research*, vol. 56, no. 2, 2014, pp. 167-184.

Bailey, Lawrence F. "The Origin and Success of Qualitative Research." *International Journal of Market Research* 56, no. 2 (2014): 167-184.

Bailey LF. The origin and success of qualitative research. *International journal of market research*. 2014; 56:167-184.

## TYPES OF LITERATURE

Professors have different guidelines for research projects in graduate school. The most common sources of information for these projects are peer-reviewed journal articles and seminal models and theories. Seminal theories are important because they are the foundation of knowledge that has stood the test of time. Peer-reviewed articles are papers that go through a strict review process by experts before they are published in a reputable journal. This makes them a reliable source for student papers.

Studies and journal articles usually fall into two categories: quantitative and qualitative. Quantitative studies use numbers and math to support their findings, while qualitative studies rely on observations, interviews, and non-numeric information. Mixed-method studies use both quantitative and qualitative approaches.

There are also two other types of studies: meta-analysis and systematic review. Both are research about research. They gather information from previous studies on a topic and combine their results.

1. Why do you think it's important to cite sources when writing a research paper? What would happen if you didn't cite your sources?
2. How are quantitative and qualitative studies different? Can you think of an example of each type of study?
3. What is a reference list and where does it appear in a research paper? What is the purpose of a reference list?
4. APA format is the only type of citation format that students might encounter during their academic career.

False. APA is just one of many citation formats, including MLA, Chicago Style, and AMA.

5. Peer-reviewed journal articles are not a reliable source of information for student papers.

False. Peer-reviewed articles are a reliable source of information, as they go through a strict review process by experts before they are published in a reputable journal.

6. Seminal models and theories are not important for research projects in graduate school.

False. Seminal theories are important because they are the foundation of knowledge that has stood the test of time.

7. Mixed-method studies use only quantitative approaches to support their findings.

Mixed-method studies use both quantitative and qualitative approaches.

8. Research papers are the only assignments that require students to cite sources.

False. Citing sources is often required in many different subjects, including biology, business, chemistry, criminal justice, education, history, medical laboratory science, and English classes, and even in some high school classes.

3. Emotion Experiment: In this experiment, students can examine how different situations and stimuli can elicit different emotions. They can test their emotional responses to different types of music, images, or scenarios, and analyze how these emotions are expressed and regulated.

Content

Intimate

Loving

Nurturing

Relaxed

Sentimental

Serene

Thankful

Trusting