

***AP Psychology – Learning Goals
Myers’ Psychology for AP: Units XII & XII
Psychological Disorders & Treatment***

Discuss how we draw the line between normality and disorder.
Discuss the controversy over the diagnosis of attention-deficit/hyperactivity disorder.
Contrast the medical model with the biopsychosocial approach to psychological disorders.
Describe how and why clinicians classify psychological disorders, including the role of the <i>Diagnostic and Statistical Manual of Mental Disorders</i> . Contrast this with legal classifications of behavior (e.g., sanity v. insanity).
Explain why some psychologists criticize use of diagnostic labels.
Discuss the prevalence of psychological disorders, and summarize the findings on the link between poverty and serious psychological disorders.
Identify the different anxiety disorders (5) and differentiate between them.
Describe obsessive-compulsive disorder .
Describe post-traumatic stress disorder .
Describe how the learning and biological perspectives explain anxiety disorders, OCD, and PTSD.
Contrast depressive disorders with bipolar disorders .
Describe how the biological and social-cognitive perspectives explain mood disturbances like depressive disorders and bipolar disorders.
Discuss the factors that affect suicide and self-injury, and identify important warning signs to watch for in suicide-prevention efforts.
Describe the patterns of thinking, perceiving, and feeling that characterize schizophrenia .
Contrast chronic and acute schizophrenia .
Discuss how brain abnormalities and viral infections help explain schizophrenia.
Discuss the evidence for genetic influences on schizophrenia, and describe some factors that may be early warning signs of schizophrenia in children.
Describe somatic symptom and related disorders .
Describe dissociative disorders , and discuss why they are controversial.
Explain how anorexia nervosa, bulimia nervosa, and binge-eating disorder demonstrate the influence of psychological and genetic forces.
Contrast the three clusters of personality disorders, and describe the behaviors and brain activity that characterize antisocial personality disorder .

Discuss how <i>psychotherapy</i> , <i>biomedical therapy</i> , and an <i>eclectic approach</i> to therapy differ.
Discuss the goals and techniques of psychoanalysis , and describe how they have been adapted in psychodynamic therapy .
Identify the basic themes of humanistic therapy , and describe the specific goals and techniques of Rogers' client-centered approach .
Explain how the basic assumption of behavior therapy differs from those of psychodynamic and humanistic therapies, and describe the techniques used in exposure therapies and aversive conditioning .
State the main premise of therapy based on operant conditioning principles, and describe the views of its proponents and critics.
Discuss the goals and techniques of cognitive therapy and of cognitive-behavioral therapy .
Discuss the aims and benefits of group and family therapy.
Discuss whether psychotherapy works as interpreted by clients, clinicians, and outcome research.
Describe which psychotherapies are most effective for specific disorders.
Discuss how alternative therapies fare under scientific scrutiny.
Describe the three elements shared by all forms of psychotherapy.
Discuss how culture, gender, and values influence the therapist-client relationship.
Identify some guidelines for selecting a therapist.
Explain the rationale of preventative mental health programs.
Identify and describe the drug therapies, and explain how double-blind studies help researchers evaluate a drug's effectiveness.
Describe the use of brain stimulation techniques and psychosurgery in treating specific disorders.
Describe how, by taking care of themselves with a healthy lifestyle, people might find some relief from depression, and explain how this reflects our being biopsychosocial systems.

Key People (be able to describe their contributions in abnormal psychology):

- Dorothea Dix
- David Rosenhan
- Mary Cover Jones
- Joseph Wolpe
- Sigmund Freud
- Carl Rogers
- Fritz Perls
- B.F. Skinner
- Aaron Beck
- Albert Ellis