Select Concepts from Monday

✓ Maturation and Critical Periods
  ✓ Brain development guided by genes; interacts with experience
  ✓ Critical or sensitive periods for various abilities (e.g., language)

✓ Piaget’s Stages of Cognitive Development
  ✓ Sensorimotor (birth-2 years); no object permanence
  ✓ Preoperational (2-7); represent world with words, imagination
  ✓ Concrete operational (7-12); mastered conservation
  ✓ Formal operational (12+); Abstract logic, Moral reasoning

✓ Harry Harlow
  ✓ Vivid but controversial monkey rearing experiments
  ✓ Demonstrated the importance of physical creature comfort in developing secure attachment

✓ Kohlberg’s Moral Reasoning (Preconventional, Conventional, Postconventional)
Select Concepts from Wednesday

✓ Abnormal Behavior = Mental Illness = Psychopathology
   ✓ To diagnose, must be: Deviant, Distressing, Dysfunctional
   ✓ Diathesis-Stress model
   ✓ DSM-5: the “bible” of mental disorders

✓ Schizophrenia
   ✓ Severe Psychosis affecting about 1% of the population
   ✓ Several types of Symptoms, including:
     ✓ Delusions
     ✓ Thought Disorder
     ✓ Blunted/Flat Affect or Inappropriate Affect
     ✓ Hallucinations, typically Auditory
     ✓ Negative Symptoms

✓ Delusions
   ✓ Non-bizarre = most folks would think implausible
   ✓ Bizarre = most folks would think impossible
Select Concepts from Monday

✓ Major Depression: 2+ weeks most of day nearly every day
  ✓ Core symptoms, Somatic Symptoms, Cognitive Symptoms
  ✓ Suicide: Women attempt more often; men kill selves more often

✓ Manic Episode: abnormally elevated, expansive, or irritable mood
  ✓ Grandiosity, decreased need for sleep, flight of ideas, pursuing pleasurable activities that can have high costs (e.g., reckless driving, shopping sprees, sexual sprees)

✓ Anxiety Disorders
  ✓ Panic Disorder
  ✓ Agoraphobia
  ✓ Specific Phobias
  ✓ Social Anxiety Disorder
  ✓ Generalized Anxiety Disorder

✓ Obsessive-Compulsive Disorder
Select Concepts from Wednesday

✓ Psychotherapy
  ✓ Typical client receiving psychotherapy is better off than 80% of those untreated.

✓ Insight-oriented or Psychodynamic
  ✓ Goal to make the unconscious conscious
  ✓ Goal to make long-standing deep changes

✓ Behavioral
  ✓ Uses exposure and response prevention

✓ Cognitive-behavioral
  ✓ Identify distorted cognitions
  ✓ Challenge automatic thoughts
  ✓ Replace with rational response