Focus Questions

1. A friend comes to you and confides that they are struggling with what sounds like Major Depressive Disorder. Review their symptoms with them and why they may be vulnerable, address possible causes, and tell them about their treatment options. Organize your discussion of the causes and treatments around the Biological, Cognitive, and Learning Models.

2. You've been asked to lead a discussion about bipolar disorder. Organize your presentation around the following major headings: 1. Symptoms, 2. Causes, 3. Treatments, 4. Effects on social, educational, and occupational functioning, and 5. Effects on the family. Except under causes, you should discuss at least 3 subtopics in each of the categories listed.

3. The cognitive model for depression has had a major impact on our understanding and treatment of these disorders. Use specific examples from your own life that represent the concepts of a.) the cognitive triad (negative thoughts about yourself, your ongoing experience, and your future), b.) cognitive distortions (e.g. arbitrary inference, selective abstraction, overgeneralization, magnification/minimization, or personalization), c.) learned helplessness (the expectation that bad things will happen to you and there is nothing you can do about it) and d.) attribution style (your tendency to take
responsibility for your successes and failures and to attribute them to reasons that are permanent and persistent).