Psychology 250—Abnormal Psychology

Topic 1

Abnormality: Past and Present

Mind Map of Essential Knowledge (Vocabulary and Concepts)

**Definition**
- Behavior is unusual
- Behavior violates social norms
- Faulty interpretation of reality
- Person is suffering or in distress
- Behavior is maladaptive or self-defeating
- Behavior is dangerous

**Cultural influences on defining abnormal behavior**

**Historical Perspectives**

**Causes**
- The Demonological Model (possession)
- Early Medical Model (imbalance of bodily humors)
- Witchcraft

**Contemporary Perspectives**

**Causes**
- Biological—genes, germs or faulty biochemistry, neuroanatomy as factors in abnormal behavior
- Psychological—abnormal behavior caused by stress, faulty thinking, poor learning, impaired relationships or other psychological process
- Sociocultural—abnormal behavior rooted in social problems and differences in economic status, gender, race, ethnicity, or lifestyle
- Biopsychosocial—abnormal behavior is an interplay of biological, psychological and sociocultural forces

**Methods of Treatment**
- Biomedical Therapies
  - Drugs, ECT, Psychosurgery
- Psychotherapies
  - Psychodynamic—Conflict, Anxiety, and Defense Mechanisms (often unconscious) uncovered through psychoanalysis—free association, dream analysis, transference
  - Behavior Therapy—Faulty learning changed through systematic desensitization, flooding, selective reinforcement/punishment, modeling, etc.
  - Humanistic Therapy—through unconditional positive regard, empathy, and genuineness, therapists coach clients to work through their problems
  - Cognitive Therapy—therapist helps clients become aware of and change conscious and unconscious short term mental events, (including expectations, appraisals, and attributions) and long term mental events such as attitudes and beliefs
  - Cognitive-Behavioral Therapy—a combination of cognitive and behavior strategies
  - Eclectic Therapy—integration of a variety of approaches
- Group, Family, and Couple Therapy

**Multicultural Issues in Psychotherapy**
- (African, Hispanic, Asian, & Native Americans)
- Ethnic Group differences in Use of Mental Health Services

**Who treats?** Psychologists, Psychiatrists, Social Workers, Psychoanalysts, Counselors, Nurses

**Where is treatment done?** Private clinics, hospitals, and community