Abnormality: Past and Present

**Focus Questions**

1. Compare the past perspectives on the causes and treatments of abnormality with the current perspectives. Given what you know now about the history of treatment and current perspectives, what might future thinking be about abnormal behavior and its treatment?

2. In your own words describe the 4 contemporary perspectives on the causes of abnormal behavior. For each of the perspectives, make sure to include a specific example of an abnormal behavior that could reasonably be explained by that perspective.

3. A college freshman recently came to the counseling center describing high levels of nervousness about her adjustment away from home and her ability to succeed with her coursework. Describe at least 3 possible treatment approaches a therapist might take with her (from the 8 therapies described on the mindmap). Which approach do you think might work best?