

Abnormal Psychology

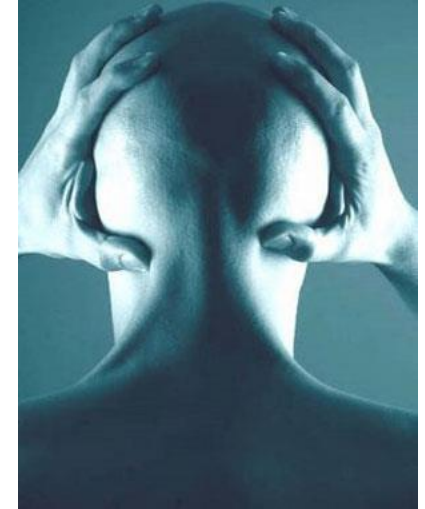
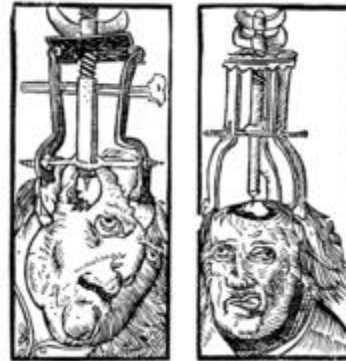
A.K.A. Psychological Disorders



A "harmful dysfunction" in which behavior is judged to be atypical, disturbing, maladaptive and unjustifiable.

Early Theories

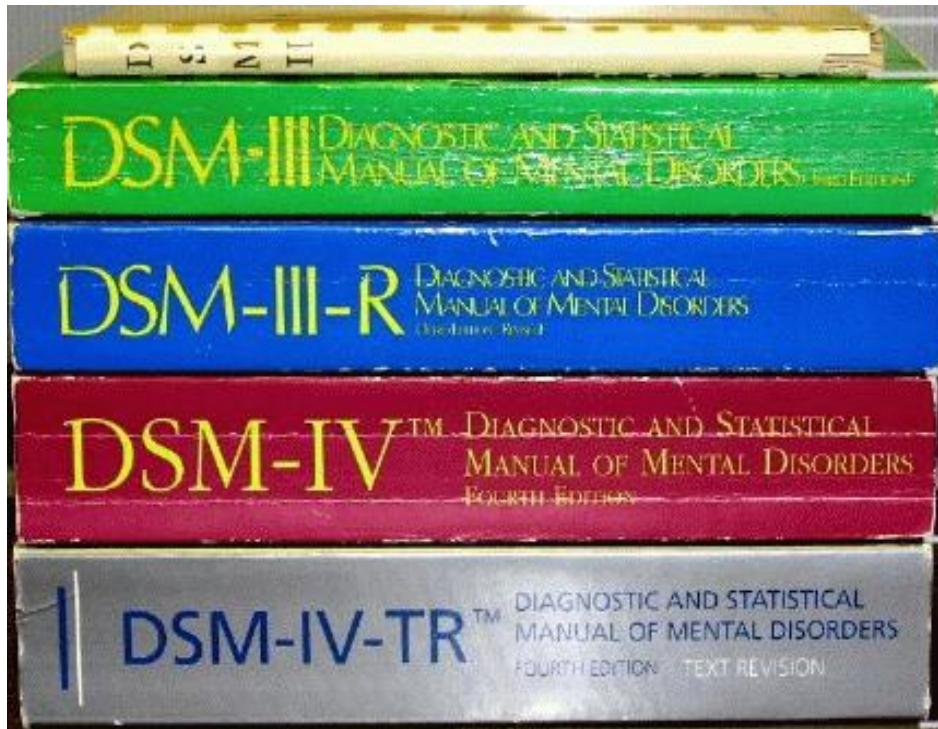
- Abnormal behavior was evil spirits trying to get out.
- Trephining was often used.



Perspectives and Disorders

Psychological School/Perspective	Cause of the Disorder
Psychoanalytic/Psychodynamic	Internal, unconscious drives
Humanistic	Failure to strive to one's potential or being out of touch with one's feelings.
Behavioral	Reinforcement history, the environment.
Cognitive	Irrational, dysfunctional thoughts or ways of thinking.
Sociocultural	Dysfunctional Society
Biomedical/Neuroscience	Organic problems, biochemical imbalances, genetic predispositions.

DSM IV



- **Diagnostic Statistical Manual of Mental Disorders:** the big book of disorders.
- DSM will classify disorders and describe the symptoms.
- DSM will **NOT** explain the causes or possible cures.

Two Major Classifications in the DSM

Neurotic Disorders

- Distressing but one can still function in society and act rationally.



Psychotic Disorders

- Person loses contact with reality, experiences distorted perceptions.



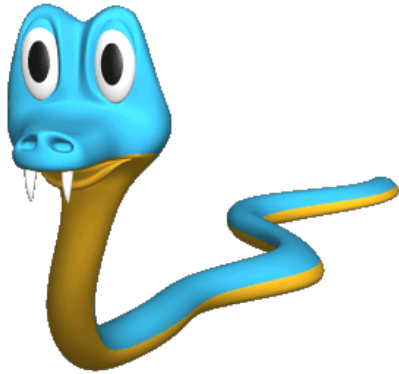
John Wayne Gacy

Anxiety Disorders

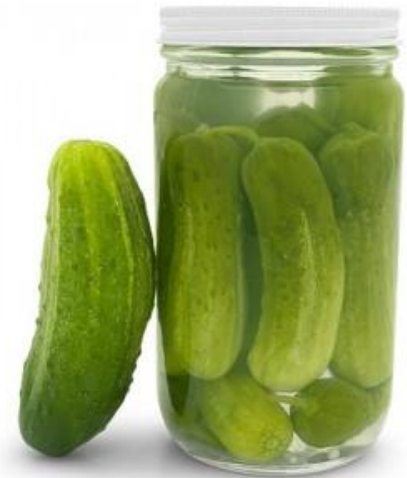
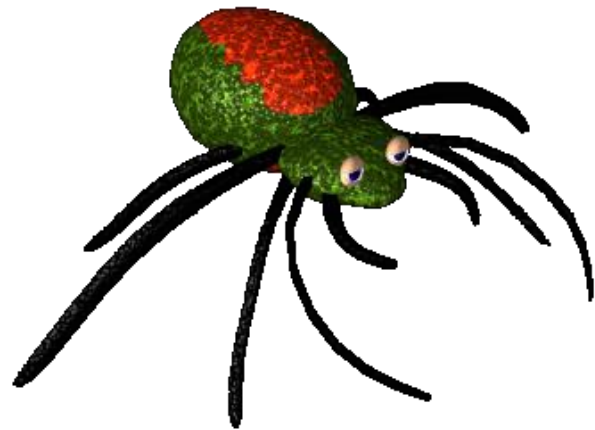
- a group of conditions where the primary symptoms are anxiety or defenses against anxiety.
- the patient fears something awful *will* happen to them.
- They are in a state of intense apprehension, uneasiness, uncertainty, or fear.



Phobias



- A person experiences sudden episodes of intense dread.
- Must be an irrational fear.
- [Phobia List](#)



Generalized Anxiety Disorder

GAD



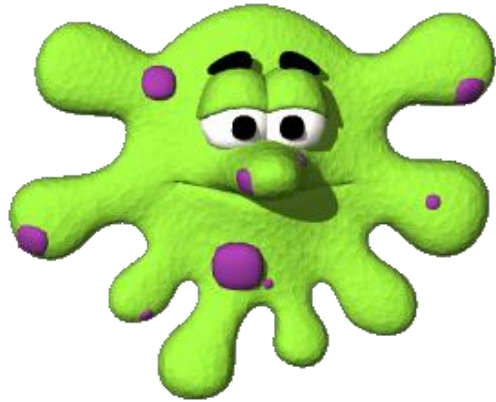
- An anxiety disorder in which a person is continuously tense, apprehensive and in a state of autonomic nervous system arousal.
- The patient is constantly tense and worried, feels inadequate, is oversensitive, can't concentrate and suffers from insomnia.

Panic Disorder

- An anxiety disorder marked by a minutes-long episode of intense dread in which a person experiences terror and accompanying chest pain, choking and other frightening sensations.



Obsessive-compulsive disorder



I am not obsessive
I am not obsessive
I am not obsessive
I am NOT OBSESSIVE
I AM NOT OBSESSIVE
I am not OBSESSIVE
I am NOT OBSESSIVE
I AM NOT OBSESSIVE
I am not obsessive

- Persistent unwanted thoughts (obsessions) cause someone to feel the need (compulsion) to engage in a particular action.
- Obsession about dirt and germs may lead to compulsive hand washing.



Post-traumatic Stress Disorder a.k.a. PTSD

- Flashbacks or nightmares following a person's involvement in or observation of an extremely stressful event.
- Memories of the event cause anxiety.



Somatoform Disorders



- Occur when a person manifests a psychological problem through a physiological symptom.
- Two types.....

Hypochondriasis

- Has frequent physical complaints for which medical doctors are unable to locate the cause.
- They usually believe that the minor issues (headache, upset stomach) are indicative of more severe illnesses.



"First step is the hardest. You've got to admit that you don't have a problem."

Conversion Disorder



- Report the existence of severe physical problems with no biological reason.
- Like blindness or paralysis.



Pol Pot

Dissociative Disorders

- These disorders involve a disruption in the conscious process.
- Three types....



Psychogenic Amnesia



- A person cannot remember things with no physiological basis for the disruption in memory.
- Retrograde Amnesia
- NOT organic amnesia.
- Organic amnesia can be retrograde or antrograde.



Dissociative Fugue

- People with psychogenic amnesia that find themselves in an unfamiliar environment.



Dissociative Identity Disorder



- Used to be known as Multiple Personality Disorder.
- A person has several rather than one integrated personality.
- People with DID commonly have a history of childhood abuse or trauma.

Mood Disorders

- Experience extreme or inappropriate emotion.



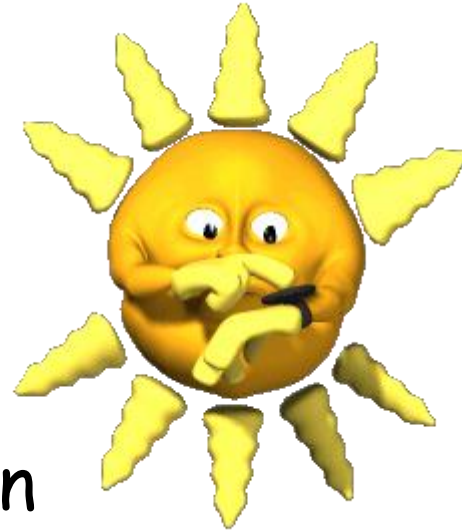
Major Depression



- A.K.A. unipolar depression
- Unhappy for at least two weeks with no apparent cause.
- Depression is the common cold of psychological disorders.

Seasonal Affective Disorder

- Experience depression during the winter months.
- Based not on temperature, but on amount of sunlight.
- Treated with light therapy.



Bipolar Disorder



- Formally manic depression.
- Involves periods of depression and manic episodes.
- Manic episodes involve feelings of high energy (but they tend to differ a lot...some get confident and some get irritable).
- Engage in risky behavior during the manic episode.

Personality Disorders

- Well-established, maladaptive ways of behaving that negatively affect people's ability to function.
- Dominates their personality.



Antisocial Personality Disorder



- Lack of empathy.
- Little regard for other's feelings.
- View the world as hostile and look out for themselves.

"I'll keep it **short and sweet** --
Family. Religion. Friendship.
These are the three demons
you must **slay** if you wish to
succeed in business."

Dependent Personality Disorder

- Rely too much on the attention and help of others.



Histrionic Personality Disorder



- Needs to be the center of attention.
- Whether acting silly or dressing provocatively.

Narcissistic Personality Disorder

- Having an unwarranted sense of self-importance.
- Thinking that you are the center of the universe.



Obsessive -Compulsive Personality Disorder



- Overly concerned with certain thoughts and performing certain behaviors.
- Not as extreme as OCD anxiety.

Schizophrenic Disorders

- About 1 in every 100 people are diagnosed with schizophrenia.

Symptoms of Schizophrenia

1. Disorganized thinking.
2. Disturbed Perceptions
3. Inappropriate Emotions and Actions



Disorganized Thinking



- The thinking of a person with Schizophrenia is fragmented and bizarre and distorted with false beliefs.
- Disorganized thinking comes from a breakdown in selective attention.- they cannot filter out information.

Delusions (false beliefs)

- Delusions of Persecution



- Delusions of Grandeur



Disturbed Perceptions

- hallucinations-
sensory experiences
without sensory
stimulation.



Inappropriate Emotions and Actions



- Laugh at inappropriate times.
- Flat Effect
- Senseless, compulsive acts.
- **Catatonia-**
motionless Waxy
Flexibility

Positive v. Negative Symptoms



Positive Symptoms

- Presence of inappropriate symptoms

Negative Symptoms

- Absence of appropriate ones.

Types of Schizophrenia



Disorganized Schizophrenia

- disorganized speech or behavior, or flat or inappropriate emotion.
- Clang associations
- "Imagine the worst
Systematic, sympathetic
Quite pathetic,
apologetic, paramedic
Your heart is prosthetic"



Paranoid Schizophrenia



- preoccupation with delusions or hallucinations.
- Somebody is out to get me!!!!



Catatonic Schizophrenia

- Flat affect
- Waxy Flexibility
- parrot like repeating of another's speech and movements



Undifferentiated Schizophrenia



- Many and varied Symptoms.

Other Disorders

- Paraphilias (pedophilia, zoophilia, hybristophilia)
- Fetishism
- sadist, masochist
- Eating Disorders
- Substance use disorders
- ADHD



The Rosenhan Study



- Rosenhan's associates were Malingering symptoms of hearing voices.
- They were ALL admitted for schizophrenia.
- None were exposed as imposters.
- They all left diagnosed with schizophrenia in remission.
- What are some of the questions raised by this study?

Therapy

- It used to be that if someone exhibited abnormal behavior, they were institutionalized.
- Because of new drugs and better therapy, the U.S. went to a policy of **deinstitutionalization**.



Psychoanalytic Therapy



- Psychoanalysis (manifest and latent content through... hypnosis free association, dream, interpretation).
- Unconscious
- Transference
- Other therapies will result in **symptom substitution**.



Humanistic Therapy

- **Client-Centered Therapy** by Carl Rogers
- These are **non-directive therapies** and use **active listening**.
- Self-actualization, free-will and unconditional positive regard.
- **Gestalt Therapy** by Fritz Perls encourage clients to get in touch with whole self.



Behavioral Therapies



Counterconditioning

- Classical Conditioning
 1. Aversive Conditioning
 2. Systematic desensitization
 3. Flooding

Operant Conditioning

- Token Economy



Cognitive Therapy

- Change the way we view the world (change our schemas)
- Aaron Beck
- Albert Ellis and Rational Emotive Therapy



Somatic Therapies



Psychopharmacology

- Antipsychotics (thorazine, haldol)
- Anti-anxiety (valium, barbiturates, Xanax)
- Mood Disorders (serotonin reuptake inhibitors)
- Bipolar (lithium)

Somatic Therapy

- Electroconvulsive Therapy (ECT)- for depression.
- Psychosurgery
 1. Prefrontal lobotomy



Group Therapy

