

Psychology

Robert Fieldsman

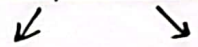
Def :-

“Study of thoughts, emotions, human behaviour, actions, interactions.”

Scientific study of human behaviour and mind.

- Depression / Anger Issues
- Personality Disorders
- ADHD / OCD
- PTSD
- Relationship Issues
- Lack of proper parental counselling
- Bipolar Disorder (Genes, Drug Addiction)
- ⇒ Social Anxiety
- ⇒ Separation Anxiety
- ⇒ Exam Anxiety

Depression



Less Severe Clinical

Goals Of Psychology :-

- Description (to Describe)

Describe human behaviours (what is happening)

- Observation of actions
For example :- onset behaviour of student
- Explanation :- why?
Reasons behind behaviour
- Predicting Behaviour :- How/might / It might happen
Next outcome
- Changing Behaviour :- what to do to get change?
Rehabilitation of patients

Identification :-

- 1- Direct personal investigation
- 2- Knowing his/her history.
- 3- Finding reasons (parents, colleagues, siblings)
- 4- Reaching conclusion
- 5- Therapy

- Case of female with no son.
- Cases of relationships
- Cases of suicidal thoughts

Recovery Time :- May take 2-3 sessions
or even 20 years.

Bipolar is first treated with medication, then therapy

Major Topics

- Def
- Terms
- Goals
- Identification of problem
- Recovery

ADHD:- Neurodevelopment disorder in children

May act without thinking of conclusion, hyper active, impulsivity.

OCD:- Obsessive Compulsive disorder

person faces uncontrollable & recurring thoughts

Fear of that you may attack someone. Namaz 10 times.

PTSD:- Post traumatic Stress Disorder

Develops in people who have experienced shocking, scary, dangerous event.

Memory loss

Alzheimer :- Memory loss

loss of ability to carry on conversation & respond to environment.

Disease involves parts of brain that control thought, memory and language.