Learning Guide Unit 8

Reading Assignment

- Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). *Psychology*. OpenStax College, Rice University. Download for free at https://openstax.org/details/books/psychology.

Read the following:

- Chapters 15 and 16

Video Resources

- Insel, T. (2013, January). *Toward a new understanding of mental illness* [Video]. TEDxCalTech. https://www.ted.com/talks/thomas_insel_toward_a_new_understanding_of_mental_illness
    - This video uses well-known diseases to highlight how little progress has been made in early detection and treatment of mental illness. Brain scans are shown along with science to dispel the common assumption that the only way to detect mental illness through behavior differences. And the brain differences occur before the behavior changes, so this is an area of potential future hope for being able to detect and treat mental illness.

- Chibanda, D. (2017, November). *Why I train grandmothers to treat depression* [Video]. TEDWomen2017. https://www.ted.com/talks/dixon_chibanda_why_i_train_grandmothers_to_treat_depression
    - This video shares a solution that was actually put into practice in Zimbabwe for helping with depression by utilizing trained volunteer grandmothers.