

Welcome to ...

Demystifying Psychology (DP)

Convener - Jane Rushworth 0437 621 575

Housekeeping





U3A Benalla Demystifying Psychology 2021
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Need to talk?



Free Counselling Phone Services

- ❖ Lifeline: 13 11 14
- ❖ Suicide Helpline: 1800 187 263
- ❖ Gamblers Helpline: 1800 858 858
- ❖ Kids Helpline: 1800 55 1800
- ❖ Parentline: 1800 880 660
- ❖ Mensline 1300 78 99 78


Benalla Services

- ❖ Who? What? Where?
- ❖ Services and Organisations in Benalla.
- ❖ Go to <https://www.benallaservices.com.au/>

About Jane

- B.A. Psychology & Sociology
- B.A. (Hons) Applied Psychology
- Grad. Dip: Community Services Management
- Dip. Systems & Family Therapy
- Cert IV: Training & Assessment
- Dip. Teaching: Primary
- Education
- Psychologist – Prob. (ret)
- Drug Treatment
- Family Violence
- Child Protection
- Family Therapy
- Drought Counselling
- Research & Development
- Organisational Development
- Farming, Small Business, Politics.

What are we
aiming for .. How
will we get there?



This ... Aim . . . to that





How



- ❖ 5 face-to-face 10:00 – 12:00, 1st Tue.
- ❖ 5 Zooms 1:00-2:45 3rd Fri.
- ❖ Explore theories about how and why we think and act.
- ❖ Enjoy light-hearted shared discussions.
- ❖ Apply theories to everyday life.



Aim not to...

Participate in group/individual counselling.

Qualify as psychologist/counsellors/therapists.

“Over share”

Disclaimer: I'm no longer practicing as a psychologist (prob) / counsellor / therapist. I can't give clinical advice. I can provide support service contact details.

Concepts



What is Psychology?

- ❖ The **study** of people's behaviour, performance, and mental operations.
- ❖ The **application** of the knowledge, which can be used to understand events, treat mental health issues, and improve education, employment, and relationships.
- ❖ **Psychological work** is varied including:
 - Research Psychologists
 - Industrial-Organisational Psychologists
 - Practitioners eg: counsellors, therapists, clinical/forensic/child/couples psychologists.

Psychology aims to

- ❖ **Describe** Behaviours via research methods eg: surveys, naturalistic observations, correlational studies, case studies, self reports.
- ❖ **Explain** Behaviours ie: why do people do the things they do? What factors contribute to behaviours?
- ❖ **Predict** when, why, and how something might happen again in the future
- ❖ **Change/improve/control** to make constructive and lasting changes in people's lives.

Theories and theorists

Theories are used to provide a model for understanding human thoughts, emotions, and behaviours.

A **psychological theory** has two key components: It must describe a behaviour. It must make predictions about future behaviours.

<https://www.verywellmind.com/what-is-a-theory-2795970>

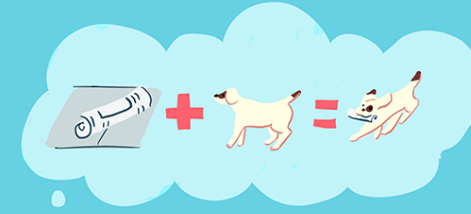
What Constitutes a Psychological Theory?



•It describes a behavior



•It makes predictions about future behaviors



•It must have evidence to support the idea



•It must be testable

verywell

<https://www.verywellmind.com/what-is-a-theory-2795970>

Theories and measurement

Who says? Where's the proof?

- Psychological measurement/assessment/testing is the development of procedures to measure people's characteristics like intelligence or personality. It can be used for researching or for predicting a future behaviour.
- Psychological Research methods - research design, data analysis and interpretation.
- Statistical techniques analyse experimental data to reach objective conclusions based on obtained data eg: correlation.

5 Methods of Psychological Research

1. **Naturalist Observation**, e.g. Observing behaviour in their natural environment.
2. **Survey Method**, e.g. pre and post survey.
3. **Case Study**, e.g. following a single case over a period of time.
4. **Correlational Design**, e.g. investigates if a relationship exists.
5. **Experimental Method**. The subjects are carefully researched in their natural environment without interference by the researchers.

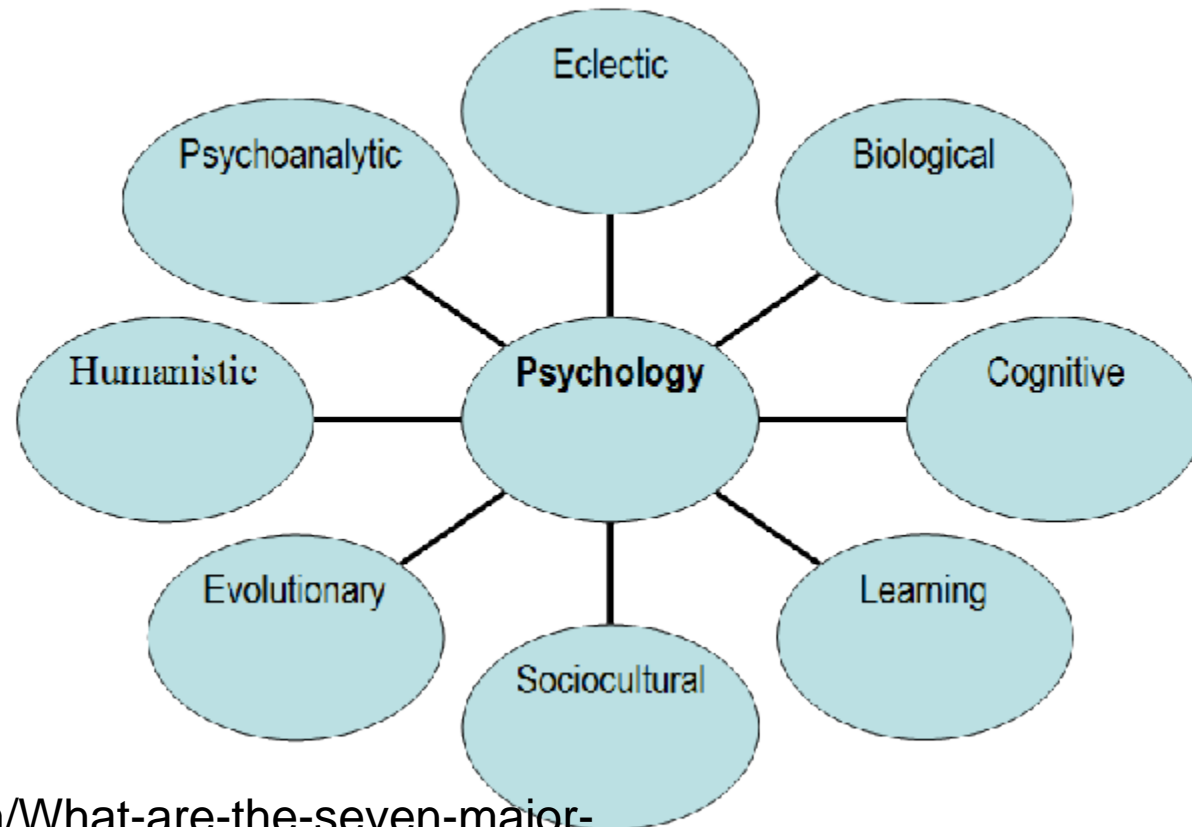
<https://allpsych.com/psychology101/experiment/>



Pre and post measurement

Modern Psychology - Perspectives

Perspectives in Psychology

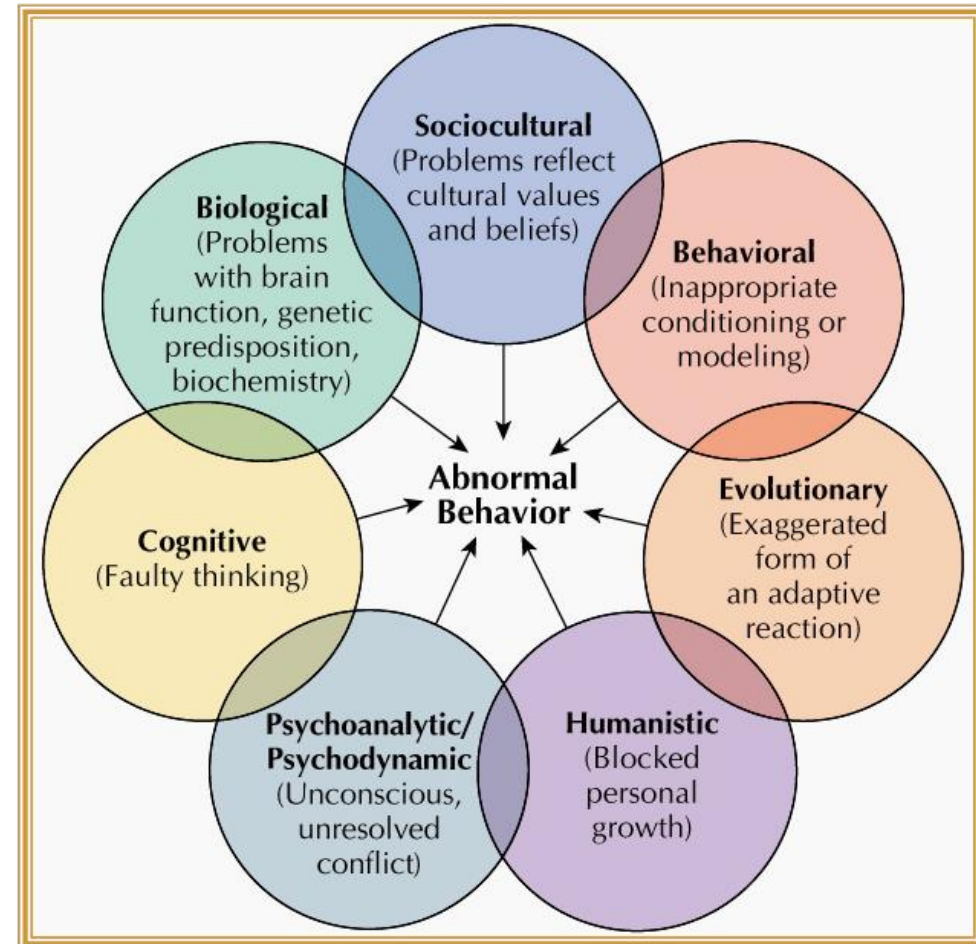


<https://www.quora.com/What-are-the-seven-major-perspectives-in-psychology>

Explaining “abnormal” behaviour

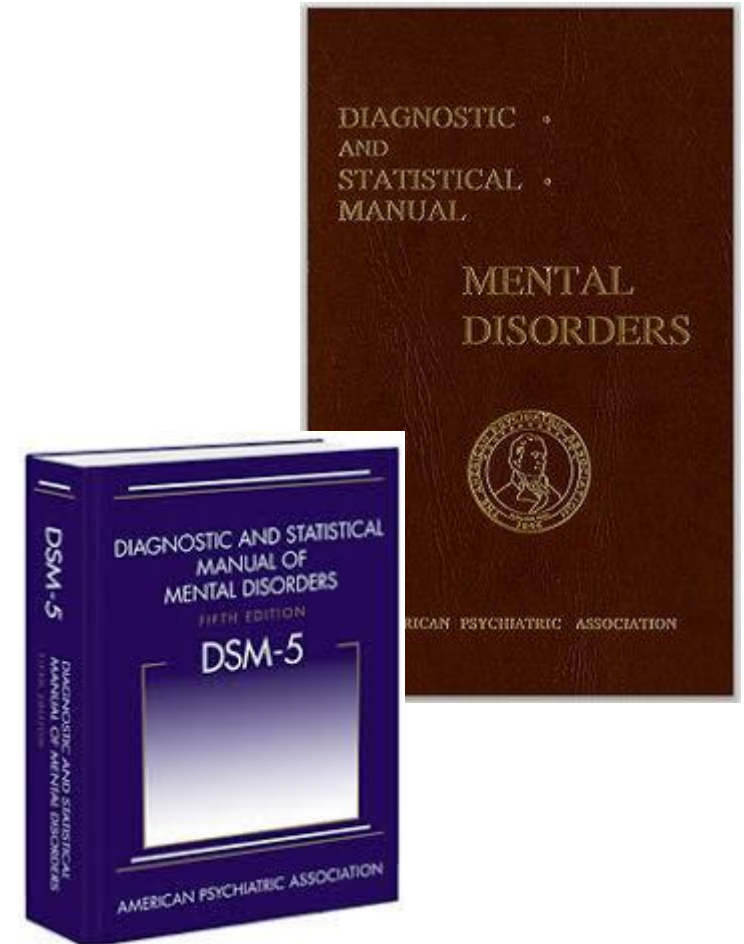


WHY CAN'T YOU BURY YOUR BONES IN THE GARDEN LIKE OTHER DOGS?
https://www.cartoonstock.com/directory/s/strange_behaviour.asp



DSM - Diagnostic Statistical Manual

- Psychiatry and Psychology's "Bible".
- 1952 DSM-I. Listed about 60 different disorders.
- 1968 DSM-II Both of these editions were strongly influenced by the psychodynamic approach.
- 1980 DSM III
- 1987 DSM III-R
- 1994 DSM IV
- 2000 DSM IV –R
- 2013 DSM – 5 takes a lifespan perspective recognizing the importance of age and development on the onset, manifestation, and treatment of mental disorders.



Demystifying The DSM



Something to ponder

TABLE 1

SUMMARY OF CHANGES IN THE *DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS (DSM)*, BY EDITION

Version	Year Published	Number of Diagnoses	Page Count
DSM-I	1952	106	130
DSM-II	1968	182	134
DSM-III	1980	265	494
DSM-IV	1994	297	886
DSM-IV-TR	2000	365	943

Note. TR = text revision.

A white ceramic cup filled with a light brown liquid, likely tea, sits on a matching white saucer. Two golden-brown, rectangular biscuits are placed on the saucer to the right of the cup. The background is a plain, light color.

**See you in
10 minutes!**

Ethics & Psychology

Australian Psychological Society

Australian Psychological Society – APS - *Code of Ethics*. Aims to safeguard the welfare of clients of psychological services and the integrity of the profession. Since 2010 all psychologists should abide by it.

- Justice
- Respect
- Informed consent
- Privacy
- Confidentiality
- Release of information to clients
- Collection of client information from associated parties

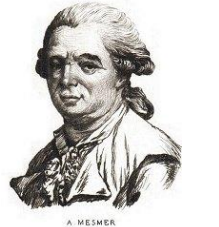
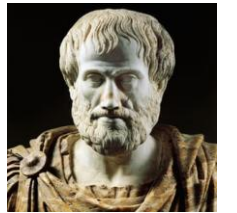
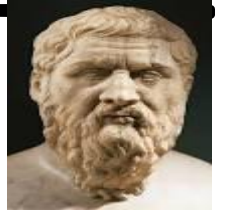
Unethical experiments



History of psychology

History of Psychology 387BC-1799

- 387 BC Plato suggested that the **brain** is the mechanism of mental processes.
- 335 BC Aristotle suggested that the **heart** is the mechanism of mental processes.
- 1774 AD Franz Mesmer – mesmerism as a cure for some mental illness – hypnosis.
- 1793 Philippe Pinel released the first mental in-patients for more humane treatment of the mentally ill.



History of Psychology 1800 - 1899

- 1808 Franz Gall - phrenology.
- 1848 Phineas Gage – acquired brain injury.
- 1859 Charles Darwin - evolution & ‘Survival of the Fittest.’
- 1861 Paul Broca - left frontal lobe & language.
- 1874 Carl Wernicke – effect of damaged frontal lobe.
- 1878 G. Stanley Hall - first US Ph.D. in psychology & APS.
- 1879 Wilhelm Wundt - formal laboratory of Psychology at Leipzig.
- 1886 Sigmund Freud - personality theory.
- 1890 New York State passes the State Care Act & psychiatric research.

History of Psychology 1900 – 2020

- 1900 Sigmund Freud ‘Interpretation of Dreams’ Psychoanalysis
- 1905 Alfred Binet – Intelligence test.
- 1906 Ivan Pavlov & Classical Conditioning.
- 1913 Carl G. Jung & Analytical Psychology.
- 1920 Watson/Rayner Little Albert & classical conditioning.
- 1927 Anna Freud published her first book expanding her father’s ideas in the treatment of children.
- 1932 Jean Piaget & ‘The Moral Judgment of Children’.
- 1950 Erik Erikson & personality development across the lifespan.
- 1954 Abraham Maslow & Hierarchy of Needs.
- 1967 Aaron Beck & psychological model of depression.
- 1970s Counselling psychology develops in Australia.
- 1998 emergence of e-therapy.....
- 2020

Women in Psychology

- ❖ Today, women make up nearly 75% of the members of the Australian Psychological Association, and as much as 75 percent of psychology majors.

<file:///C:/Users/Jane/Downloads/Psychology-Board---Report---Registration-Data-Table---June-2018.PDF>

- ❖ Freud, Calkins, Ainsworth, Hollingworth, Horney, Klein, Clark et al.

<https://www.verywellmind.com/women-who-changed-psychology-2795260>

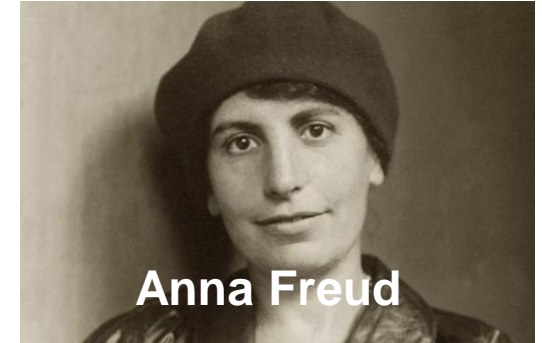
- ❖ Lorna Hodgkinson, Constance, and Ethel Stoneman.

<https://www.tandfonline.com/doi/abs/10.1080/00050069008260019>

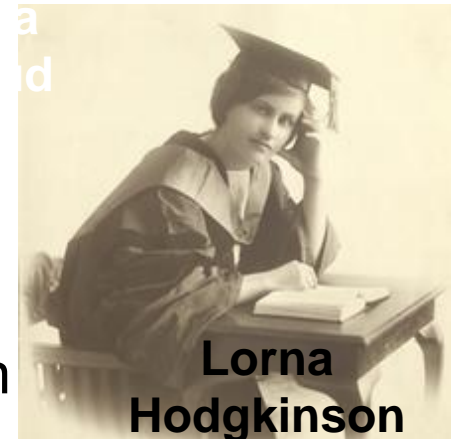
- ❖ List of Women Psychologists - https://en.wikipedia.org/wiki/List_of_women_psychologists

- ❖ “The 50 Most Influential Living Psychologists in the World” =11 women

<https://thebestschools.org/features/most-influential-psychologists-world/>



Anna Freud



Lorna Hodgkinson

Personalities & Coping Styles

- Personality -
 - one of the most theorized and most researched aspects of psychology.
 - trait or state?
 - Trait -relatively permanent individual characteristic, eg, outgoing, friendly, confident, shy
 - State - temporary change in one's personality, angry, depressed, fearful, or anxious. Usually a reaction to something.
 - AND ... a trait can be a state and visa versa.
- Personality Theory tends to focus on TRAITS

Personality Theorists say...

Perspective	Founding Theorists	The Viewpoint in a Sentence:
Psychodynamic	Sigmund Freud, Carl Jung, and others	People are viewed as struggling between their animal instincts and the pressures of socialization
Personality Trait	Gordon Allport and Hans Eysenck	People exhibit consistent psychological traits such as extraversion or deceitfulness.
Humanistic	Carl Rogers and Abraham Maslow	People are viewed as seeking personal growth and striving toward becoming their full selves.
Social-Cognitive	George Kelley and Walter Mischel	People behave according to how they cope with social pressures and solve social problems

© D. Meyer, 2015

Preferred Coping styles

Source - Des Hunt Coping Inventory – *“What Makes People Tick? – How to understand yourself and others”* Publisher: McGraw-Hill (1991)





https://commons.wikimedia.org/wiki/File:Australian_barn_owl.jpg



<https://www.nationalparks.nsw.gov.au/plants-and-animals/wedge-tailed-eagle>

Preferred coping styles . . .



<https://animals.howstuffworks.com/birds/peacock-feathers.htm>



<https://ebird.org/species/peadv1>

Thankyou
Farewell