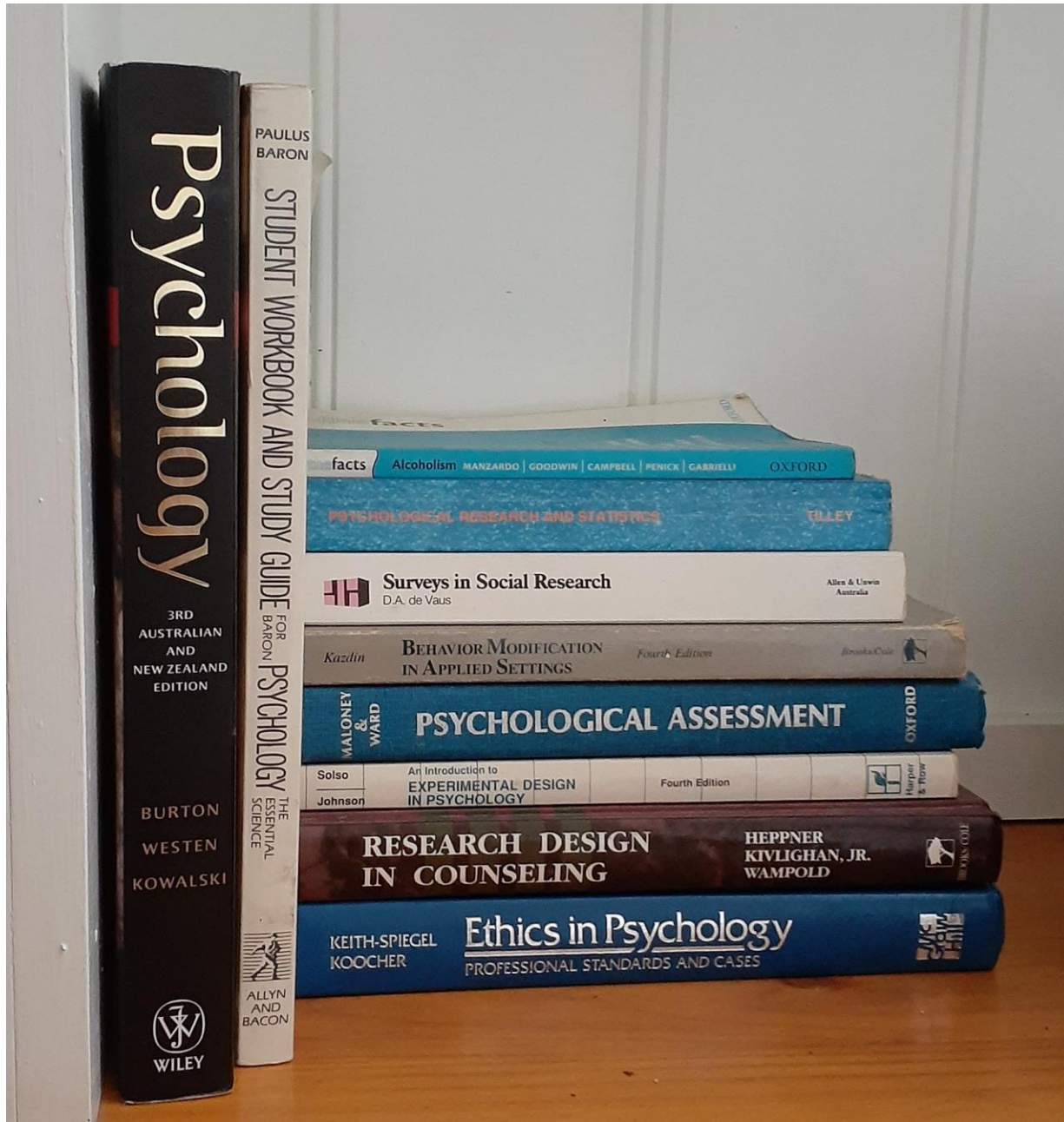




Welcome to Demystifying Psychology Course (DPC)

Convener: Jane Rushworth 0437 621 575 janerushworth2101@gmail.com



Borrow Box

Donated by
Jane and Bill Parris

Complete the "Borrowers" sheet

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

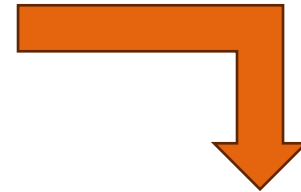
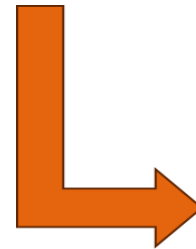
- ❖ Who? What? Where?
- ❖ Services and Organisations in Benalla.
- ❖ Go to <https://www.benallaservices.com.au/>

Margaret Floy
Washburn (1871 –
1939) first woman
PhD in psychology.
Actions influence
thoughts



Aim ...

A light-hearted dabble into theories of human behaviour and mental processes and how these impact on our thoughts, feelings and actions.



How



5 face-to-face sessions and
1 course review session

10:00 – 12noon 3rd Tues (U3A Room 1 @ Seniors Building)

18 July, 15 August, 19 September, 17 October, and 21 November.

Course review 28 November.



Explore theories about how and why we think and act.



Apply theories to everyday life.



Enjoy light-hearted shared discussions.

Aim not
to..

Participate in group/individual
counselling.

Qualify as psychologist,
counsellor, therapist.

“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

Episode 1

INTRO TO PSYCHOLOGY





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, couple 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



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



A **psychological theory** has two key components:

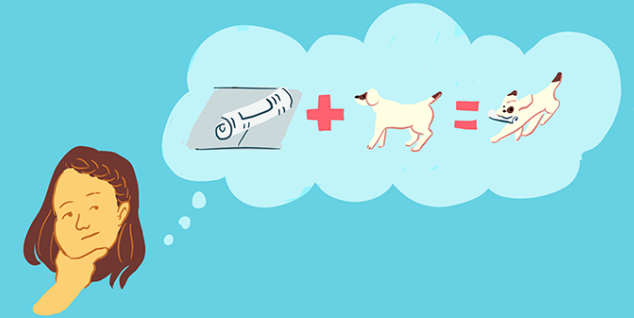
It must describe a behaviour.

It must make predictions about future behaviours.

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 include research design, data analysis and interpretation.



Statistical techniques analyse experimental data to reach objective conclusions based on the obtained data eg: correlation ie. The relationship between two variables.

5 Methods of Psychological Research

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

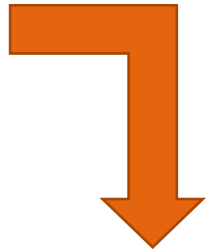
<https://allpsych.com/psychology101/experiment/>

See you in 5 minutes



This Photo by Unknown Author is licensed under [CC BY-NC](#)

Pre and post measurement



FEEDBACK

COURSE – U3A Demystifying Psychology 2020

Date: 21/02/2020

Location: Benalla

START OF DAY Instructions: Thinking about how confident you feel about a topic, place a **X** on the line for each topic.

SAMPLE: Place a **X** like this if you feel very confident.

☹️ _____ 😊 _____ X ☹️

Place a **X** like this if, like Sgt. Schultz, you “know nothing”.

☹️ _____ X _____ 😊 _____

Topic 1: What is Psychology?

☹️ _____ 😊 _____

Topic 2: History and schools of Psychology

☹️ _____ 😊 _____

Topic 3: Ethical considerations

☹️ _____ 😊 _____

Topic 4: Theoretical explanations

☹️ _____ 😊 _____

Topic 5: Measuring – theories and progress

☹️ _____ 😊 _____

Topic 6: Diagnostic Statistical Manual – DSM

☹️ _____ 😊 _____

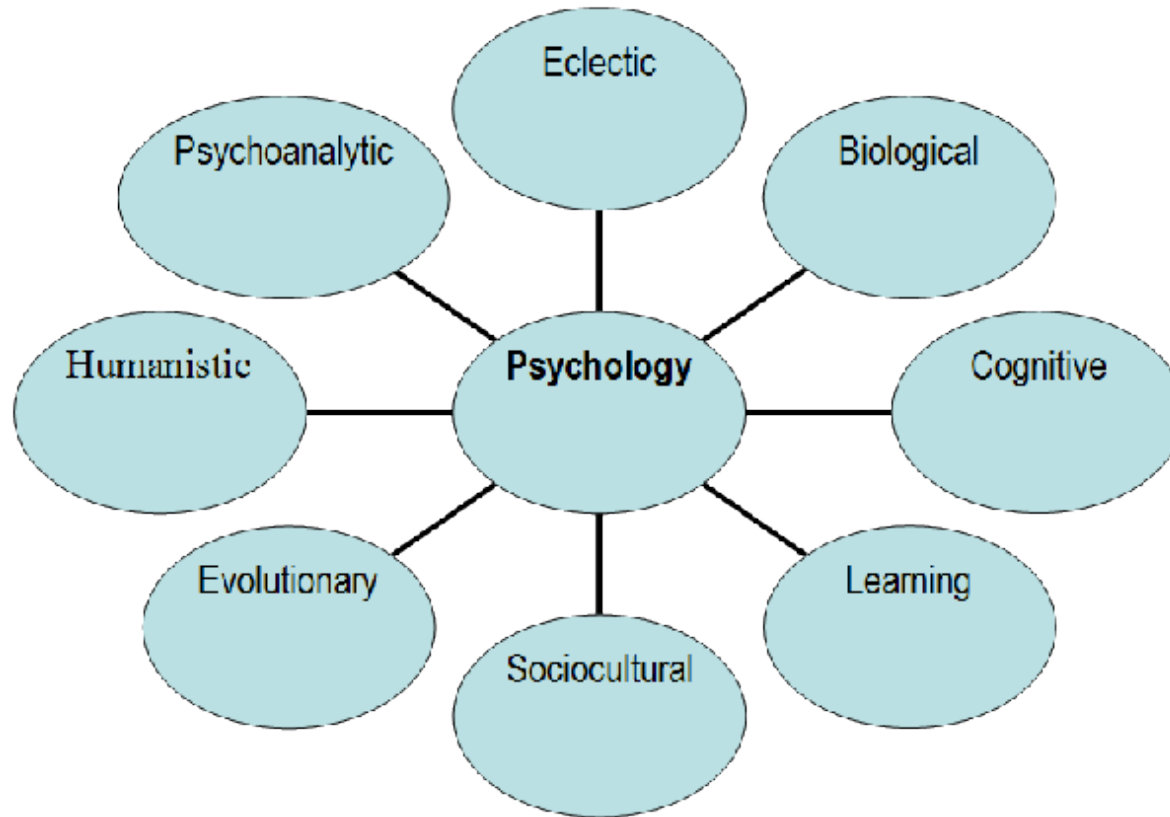
Topic 7: Personalities and Coping Styles

☹️ _____ 😊 _____

END OF DAY Instructions: Thinking about how confident you **NOW** feel, place a **O** on the line for the each topic.

Thank you

Perspectives in Psychology

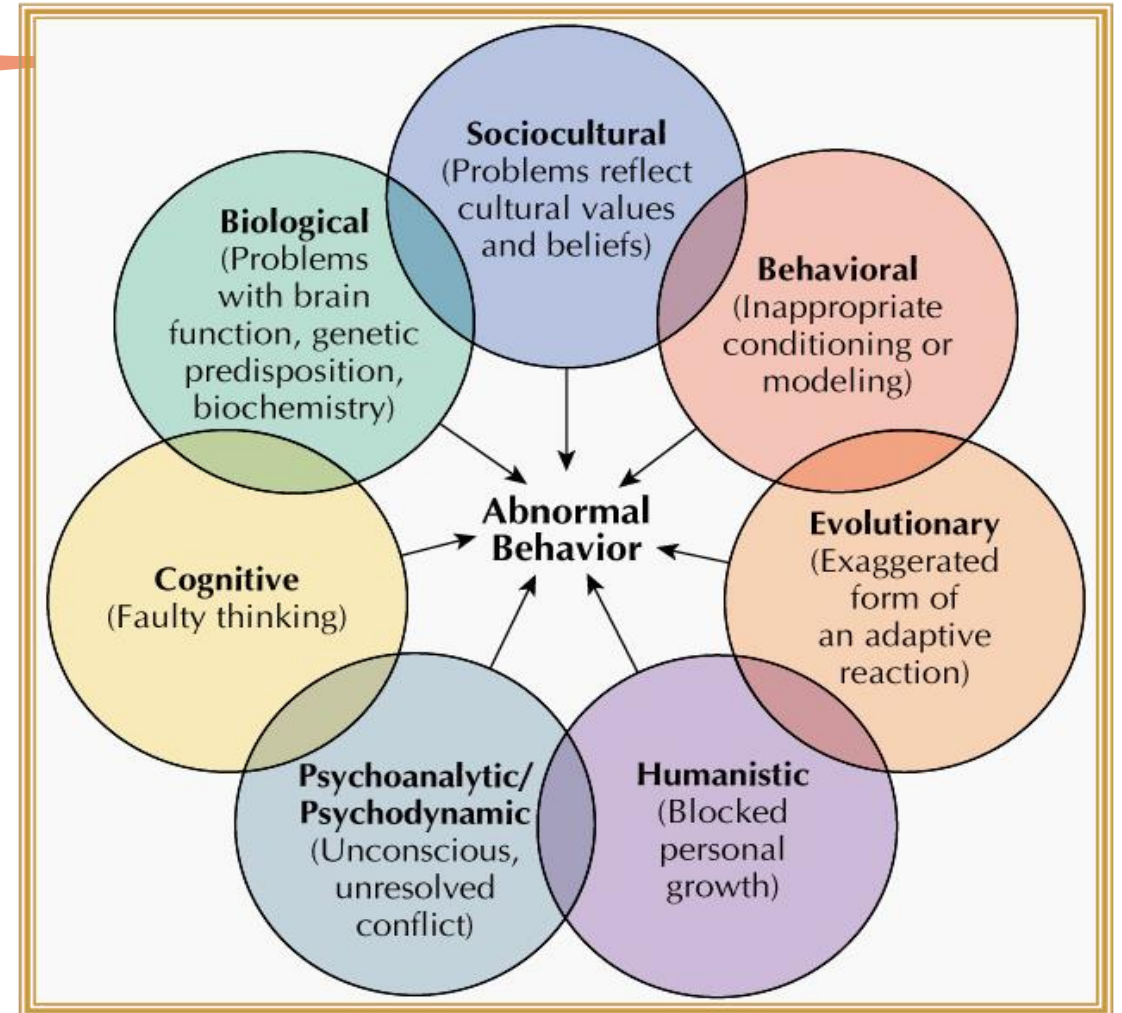


20

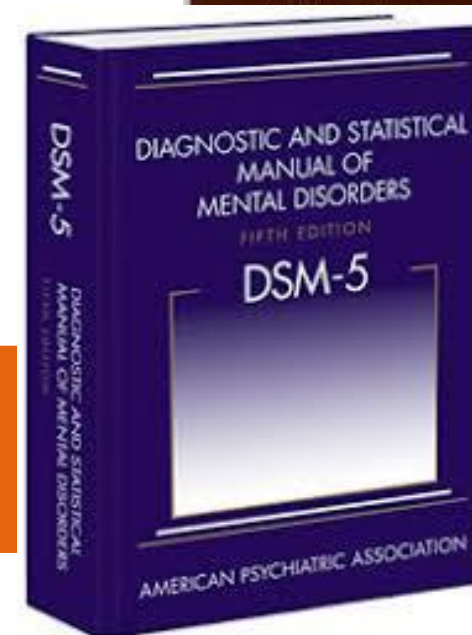
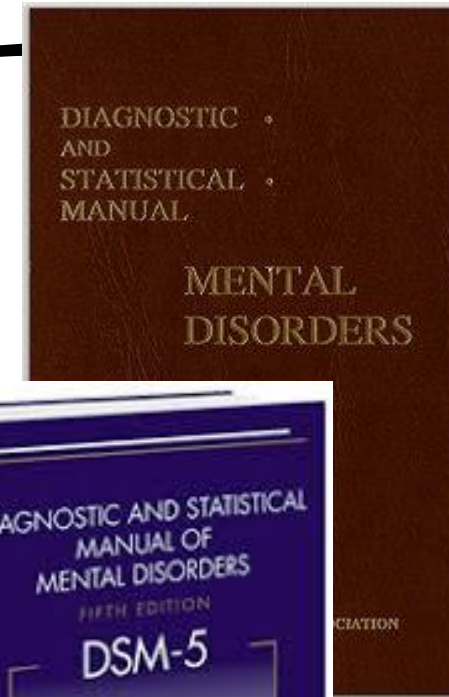
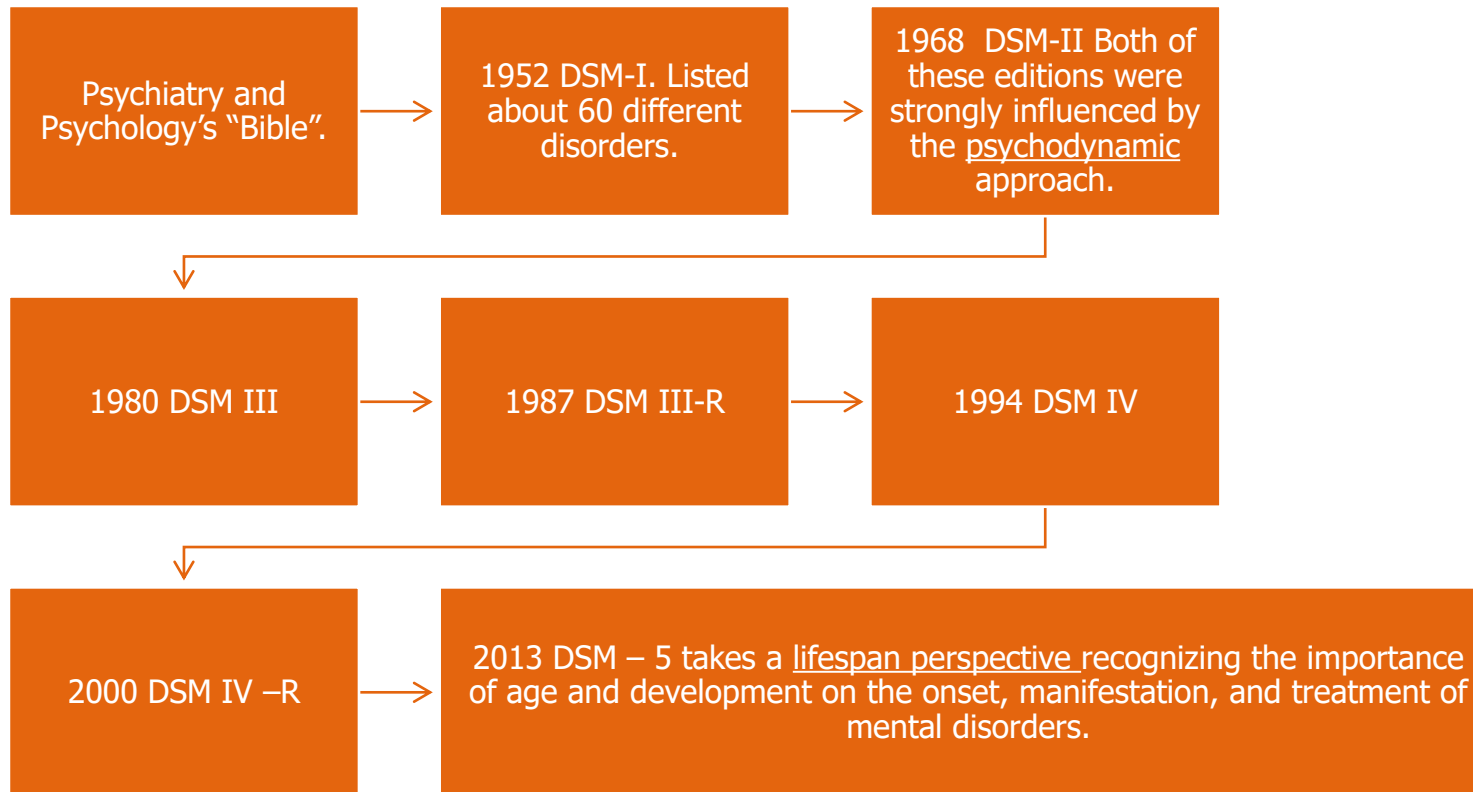
<https://www.quora.com/What-are-the-seven-major-perspectives-in-psychology>

Schools/perspectives of modern Psychology

Explaining “abnormal” behaviour



DSM - Diagnostic Statistical Manual



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.

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

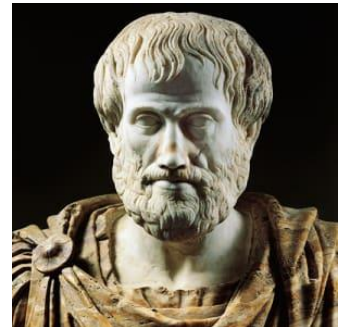
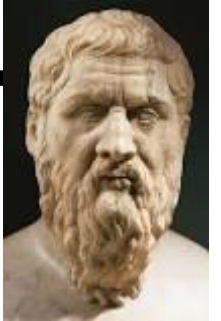
Unethical experiments



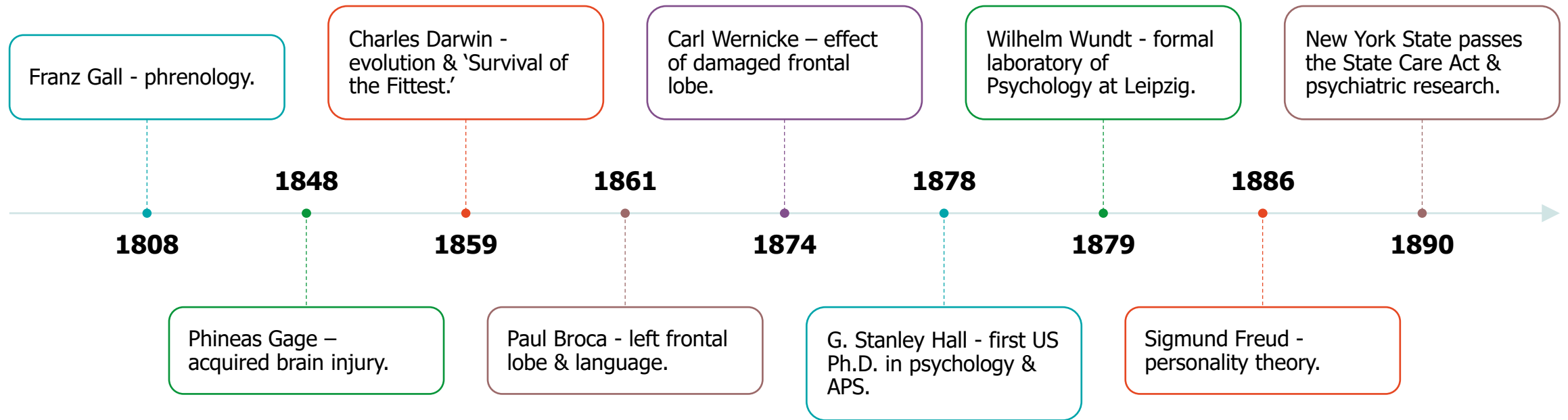
History of Psychology

History of Psychology 387BC – 1799

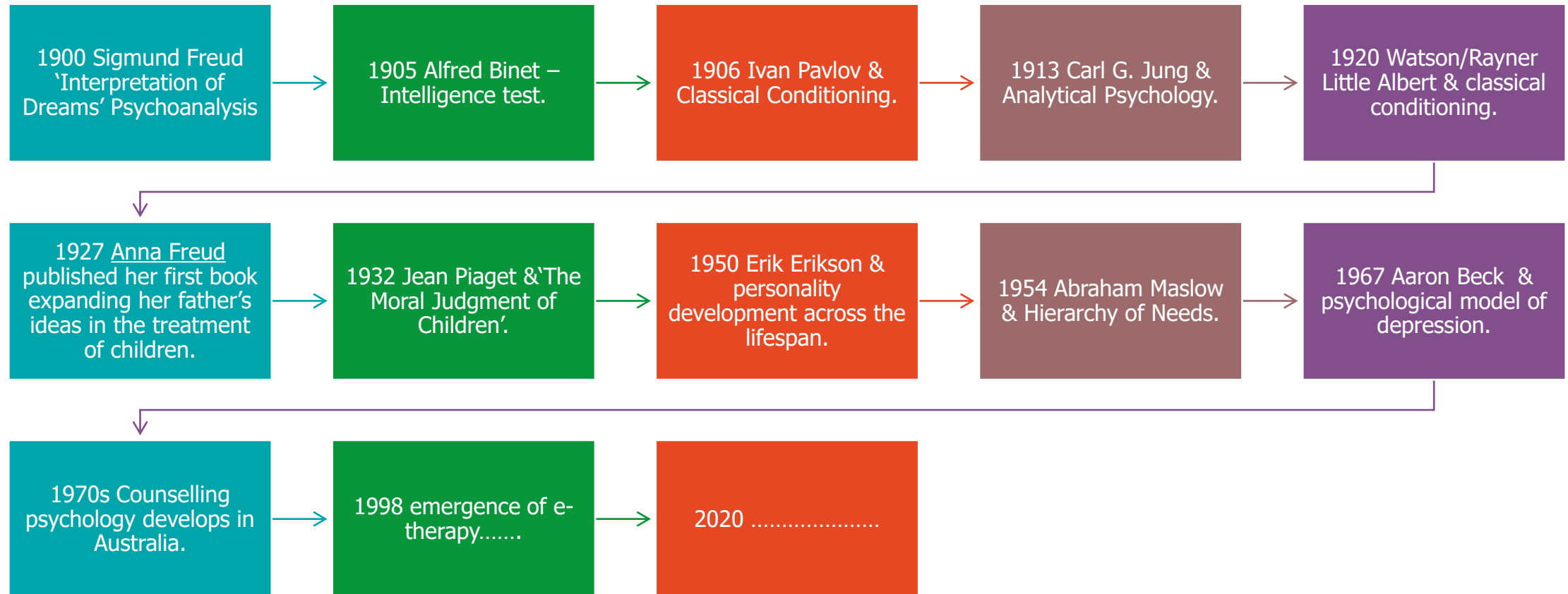
- 387 BC Plato suggested that the **brain** is the mechanism of mental processes.
- 335 BC Aristotle suggested that the **heart** is the mechanism of mental processes.
- 1774 AD Franz Mesmer – mesmerism as a cure for some mental illness – hypnosis.
- 1793 Philippe Pinel released the first mental in-patients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



History of Psychology 1800 - 1899



History of Psychology 1900 – 2020



Lorna Hodgkinson



Women in Psychology



Anna Freud

- ❖ 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/>

Benalla Demystifying Psychology 2023

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Personalities and 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

Preferred Coping styles

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

https://u3abenalla.weebly.com/uploads/3/9/6/1/39611571/2017_preferred_coping_style_-_inventory.pdf



Preferred coping styles

