**Unit 8 Psychological perspectives in Health & Social Care**

**Assignment 2 P P3 Answer plan**

**Heading at the top of the page: Application of the psychological approaches to health and social care**

**P2, P3**

**Before you start to answer this section revise/recap the Behaviourist perspective.**

**Heading**: Application of the Behaviourist perspective

Here you will explain about classical conditioning and operant conditioning and the treatments to come out of these perspectives.

**CLASSICAL CONDITIONING** - Explain that classical conditioning can be used to treat **phobias** by using systematic desensitisation. Define what is meant by a phobia and give a number of common phobias. Explain how **systemic desensitisation** works using the **HIERARCHY of FEAR**. Give an alternative example to the one in the book for your coursework response.

Next explain that it can be used to treat **alcoholism** through **ASSOCIATION.** Explain about the use of the drug **Disulfiram (Antabuse) to put Association into context.**

See notes below:

Disulfiram (brand name Antabuse) can be used if you're trying to achieve abstinence but are concerned you may relapse, or if you've had previous relapses.

Disulfiram works by deterring you from drinking by causing unpleasant physical reactions if you drink alcohol. These can include:

* nausea
* chest pain
* vomiting
* dizziness

In addition to alcoholic drinks, it's important to avoid all sources of alcohol as they could also induce an unpleasant reaction. Products that may contain alcohol include:

* aftershave
* mouthwash
* some types of vinegar
* perfume

You should also try to avoid substances that give off alcoholic fumes, such as paint thinners and solvents.

You'll continue to experience unpleasant reactions if you come into contact with alcohol for a week after you finish taking disulfiram, so it's important to maintain your abstinence during this time.

When taking disulfiram, you'll be seen by your healthcare team about once every 2 weeks for the first 2 months, and then every month for the following 4 months.

**OPERANT CONDITIONING** – Shaping behaviours. Explain how this is used to modify behaviour. You can give examples of how it is used in school for example, rewards etc. for good work or behaviour. You can also talk about the example of shaping desired behaviour e.g. to encourage eye contact with autistic children. Try to think of your own examples where reinforcement is used.

**Heading:** Application of the Social learning theory

* Here you will explain about how role models can be used to promote health and anti-discriminatory behaviours.

USE OF ROLE MODELS – You could explain the work of Jamie Oliver in promoting health eating and his schools programme. You can talk about Angelina Jolie who had a mastectomy to make sure she didn’t get beast & ovarian cancer. Try to think of other people who are famous and have acted as good role models in terms of health.

Princess Di was a role model to stop prejudice and discrimination against AIDS sufferers etc

At the moment, the government are using lots of real people on their adverts to raise awareness of health issues such as cancer so that people access treatment sooner etc.

**Heading:** Application of the psychodynamic perspective

Explain how the psychodynamic approach is used in health and social care

When It's Used

Psychodynamic therapy is primarily used to treat [depression](https://www.psychologytoday.com/us/basics/depression) and other serious psychological disorders, especially in those who have lost meaning in their lives and have difficulty forming or maintaining personal relationships. Studies have found that other effective applications of psychodynamic therapy include [addiction](https://www.psychologytoday.com/us/basics/addiction), [social anxiety disorder](https://www.psychologytoday.com/us/conditions/social-anxiety-disorder-social-phobia), and [eating disorders](https://www.psychologytoday.com/us/conditions/eating-disorders).

It is often used to look at why people suffer from certain symptoms such as headaches or stomach problems even when there are no physiological explanations. The psychiatrist will ask questions which delve into the past – sometimes they will find that repressed emotions can cause physical symptoms – things that happened in the past that the person wasn’t aware of can cause health symptoms.

The psychodynamic approach can also be used to treat anxiety and help in managing it. Individuals will use defence mechanisms such as denial to control feelings and anxiety however most often, these feelings still manage to come through and show themselves in physical symptoms such as panic attacks, aches, pains etc. The psychologist or psychiatrist can delve into a person’s psyche to bring out these feelings which cause anxiety and therefore help to deal with the physical symptoms.

What to Expect

With help from the therapist, the patient is encouraged to speak freely about anything that comes to mind, including current issues, fears, desires, [dreams](https://www.psychologytoday.com/us/basics/dreaming) and [fantasies](https://www.psychologytoday.com/us/basics/fantasies). The goal is to experience a remission of symptoms but also derive such benefits as increased [self-esteem](https://www.psychologytoday.com/us/basics/self-esteem), better use of their own talents and abilities, and an improved capacity for developing and maintaining more satisfying relationships. The patient may experience ongoing improvements after therapy has ended. Although short-term therapy of one year or less may be sufficient for some patients, long-term therapy may be necessary for others to gain lasting benefits.

How It Works

The theories and techniques that distinguish psychodynamic therapy from other types of therapy include a focus on recognizing, acknowledging, understanding, expressing, and overcoming negative and contradictory feelings and repressed emotions in order to improve the patient’s interpersonal experiences and relationships. This includes helping the patient understand how repressed earlier emotions affect current [decision-making](https://www.psychologytoday.com/us/basics/decision-making), behaviour, and relationships. Psychodynamic therapy also aims to help those who are aware of and understand the origins of their social difficulties, but are not able to overcome their problems on their own. Patients learn to analyse and resolve their current issues and change their behaviour in current relationships through this deep exploration and analysis of earlier experiences and emotions.

You need to research into its uses and Make sure that you write everything is in your own words.

**Heading:** Application of the Humanistic perspective

You need to explain the work of Carl Rogers and focuses on counselling. Make sure you cover all the terminology e.g, his work is based on UNCONDITONAL POSITIVE REGARD. The counsellor does not judge the client – Explain the process. They also make sure they demonstrate the following:

EMPATHY – Explain

UNDERSTANDING – Explain

ACTIVE LISTENIG – Explain

Respecting other individuals and adopting a non-judgemental approach.

**Heading:**  Application of the Cognitive perspective

Cogntive behavioural therapy CBT comes from this perspective – use [www.babcp.com](http://www.babcp.com) for a definition or NHS Choices [www.nhs/conditions/cognitive-behavioural](http://www.nhs/conditions/cognitive-behavioural)

Explain how this approach can be used to support:

1. Individuals with learning difficulties – this is social care

2. Individuals with depression – this is health

1. Individuals with posttraumatic stress disorder – this is health

 **Heading:** Application of the biological perspective

Explain how the biological approach can help in our work with children and monitoring their development. For example the milestone tests before they start school. Explain some of these developmental checks that the children might have.

This approach can also help us understand health conditions or health related behaviours that come from genetics and genetic pre-dispositions. Genetic counselling can be put into place for those who may be pre-disposed to certain illness and disease.

Explain how this approach helps us to understand the effects of shift work on individuals.