Unit 8 Assignment 2 P2 P3 M2 D1 Exemplar

## Application of the psychological approaches to health and social care Application of the Behaviourist Perspective

### The Behaviourist Perspective refers to a psychological approach and it emphasizes scientific and objective methods of experiments and investigations. The behaviourist approach takes a nurture viewpoint because this perspective believes that human behaviour is learnt via by association. The Behaviourist approach is only concerned with observable stimulus- response behaviours and states that behaviour is learned and influenced through interaction with the environment. Classical conditioning is the process of learning via association. This is where a neutral stimulus becomes a conditioned stimulus when combined with an unconditioned stimulus. Operate conditioning is learning through reinforcement. There are three main types of reinforcement that the Behaviourist approach takes a count of and these are; positive reinforcement, negative reinforcement and punishment. Operate conditioning states that learning is due to the consequences of voluntary behaviours within the environment. Positive reinforcement provides a feeling of satisfaction that increases the likelihood of a desired response being repeated in the future. An example of this may be a teacher praising a student for excellent work. Negative reinforcement involves the removal of an unpleasant experience in order to increase the likelihood of a desired response being repeated. An example of negative reinforcement is a child cleaning up so their parents will stop shouting or moaning at them. Punishment is the presence of a negative stimulus in order to decrease the likelihood of the response occurring again. An example of punishment is a child receiving a smack from their parents when displaying negative behaviour. **(My Tutor 2019)**

Pavlov was a psychologist who conducted an experiment on classical conditioning. Pavlov suggested that dogs where demonstrating classical conditioning. In the experiment, Pavlov had a bell that was the neutral stimulus, which by itself will not produce a response, like salvation . The food within the experiment was the un-conditioned stimulus, which produced an unconditioned response from the dogs which was salvation. The dogs learned to associate both the neutral stimulus and the unconditioned responses together.

Many treatments came out of classical conditioning and operate conditioning. For example, behavioural therapies occurred due to classical and operate conditioning. This is because behaviour is learned and these behaviours could be the cause of abnormal behaviours within individuals. Behavioural therapies analyse and note the abnormal behaviours that have been learned in individuals in order to correct their behaviours or learn the behaviours that are acceptable. Behavioural therapies

focus primarily on the problems and behaviours that individuals are facing in life and attempt to-- remove these behaviours or negative thoughts. **(Simply Psychology 2019)** *v*

**Classical Conditioning**

Classical Conditioning is learning via association and this method of conditioning can be used to treat phobias by using systematic desensitisation. The systematic desensitisation method of treatment for phobias includes relaxation, the use of hierarchy and flooding. A phobia is an anxiety disorder within individuals that interferes with their daily living. If an individual suffers with a phobia, they will experience an instance of irrational fear that produces a conscious avoidance of the object or situation the individuals fears. Most phobias occur throughout individual's childhood. There are a few common examples of phobias that individuals have and carry on having throughout the rest of their lives. For example, people may suffer with Arachnophobia which is a fear of spiders. Individuals may also be very afraid and fear animals; this phobia is called zoophobia. Also, most people in life may have the

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### constant fear of dying, this phobia is called Thantophobia and Claustrophobia is a common phobia that people have and this is where individuals have a fear of confined spaces. A fear becomes a phobia for an individual if their fear is out of proportion to the danger and it lasts more than six months. Phobias can impact and have a significant affect to individual's day-to-day lives. It is estimated that 10 million individuals living within the UK, are suffering with phobias. Phobias are also thought to be learned emotional responses. **(Encyclopaedia Britannica)**

Systematic Desensitisation was developed by Wolpe during the 1950s. The aim of Systematic Desensitisation is to unlearn conditioned responses like phobias. Systematic Desensitisation uses classical conditioning principles in a process to counter condition the individual's phobias. To do this, the phobic object or situation is associated with feelings of relaxation. The first stage in Systematic Desensitisation is to write down a list of the individuals most feared situations with the phobia down to the least feared situation regarding the phobia. This is so the phobia is broken down into an anxiety hierarchy. Relaxation techniques will also occur throughout this stage. For example, breathing exercisers or even hypnoses. These techniques are taught to individuals suffering the with the phobias by a therapist. As patients are exposed to each stage of the anxiety hierarchy, patients are encouraged to relax as much as they can. This is so the therapist can take a stepped approach at each stage. This reveals that individuals are gradually exposed to their phobias and leads to the extinction of fear association and a new association with the technique of relaxation. For example, an individual may have a phobia of bees (conditioned stimulus) which causes her to suffer with anxiety and fear (conditioned response). The bond between the bees and her fear must be broken by replacing the fear response with an antagonistic response which is relaxation. Using systematic Desensitisation to this example, the individual will be taught relaxation techniques as she encounters her phobia of bees as part of her therapy session. Also, the individual would devise her hierarchy so it reflects her least to most feared bee situation. This could be a picture of a bee and then seeing a real bee inside a glass. After this process in Systematic Desensitisation, the individual will be exposed gradually to the bee's unit she is able to cope with real live bees surrounding her. Relaxation techniques will be used throughout the anxiety hierarchy. **(Simply Psychology 2015)**

The Systematic Desensitisation method can be used to treat individuals who suffer with alcoholism. This is because association can be used. Alcoholism is one of the most server forms of alcohol abuse and involves the inability to manage drinking habits. Therapist used classical conditioning to diminish unwanted behaviours such as addiction to alcoholism. Paired association occurs between an unwanted behaviour and an unpleasant experience. For example, drugs that causes someone to become sick or nauseous if they ingest a slight bit of alcohol into their body. This forms an association between alcohol and sickness. Disulfiram is a drug that is used to treat chronic alcoholism and it causes individuals who take it to have unpleasant effects when they take a small amount of alcohol. Some side effects that Disulfiram causes include; headaches, flushing of the face, nausea, vomiting and weakness. This unwanted behaviour and unpleasant experience form an association with the drug Disulfiram and vomiting. **(Medline Plus 2020)**

Disulfiram is also known as Antabuse, can be used it individuals are trying to achieve abstinence but are concerned they may relapse. Disulfiram works by blocking the processing of alcohol in the body and causes individuals to have a bad reaction to alcohol when it is consumed. Alcoholic drinks need to be avoided if individuals take the drug Disulfiram. Also, individuals need to avoid all sources of alcohol as they could also induce an unpleasant experience and unwanted behaviours. It is crucially important that individuals taking this drug avoids substances that give off alcoholic fumes. These products could be, paint thinners and solvents. Products that may contain alcohol include:



### UNIT 8- Assignment

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* Mouthwash
* Aftershave
* Hairspray
* Mouse
* Body washes
* Perfume
* Some types of vinegar

**(Alcohol.Org 2019)**

If individuals come of the drug Disulfiram, they can still experience unwanted behaviours and unpleasant experiences if they are associated or in contact with alcohol after a week of finishing the drug. This suggests that it is crucially important that individuals stay far away from any alcohol related products and drinks in order to maintain their abstinence during this time that they are of the drug.

When individuals take disulfiram, they have to have regular visits with their.healt h care team. **(Stretch**

I **Whitehouse 2010) Operate Conditioning**

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### Operate conditioning is a method of learning that occurs through rewards and punishments for behaviours. To observe operate conditioning, there needs to be an association between a behaviour and a consequence for the behaviour being displayed. Skinner conducted an experiment to show operate conditioning. For example, a lab rat pressed a button and the rat received a food pellet as a reward, but when the animal pressed the blue button, the rat received a mild electric shock. This resulted in the rat not pressing the red button and learning to press the blue button to receive a reward. This is an example of operate conditioning. Shaping is a method of operate conditioning by which successive approximations of a target behaviour are reinforced. Shaping is commonly used to train animals to perform a difficult task. It is also a useful learning tool for modifying human behaviour. An example of operate conditioning is when a student tends to complete all their homework because they know they are going to be rewarded with sweets or praise for showing this behaviour. This is positive reinforcement. when a student is being praised about their work, they will be encouraged to do well, but if the student is distracted or criticized in front of a class, there work will be nothing more than a formality in the future. This is an example of negative reinforcement. punishment is the presence of a negative stimulus in order to decrease the likelihood of the response occurring again. For example, a child getting a smack from its parents for being naughty. Shaping desired behaviours are also important for individuals who are diagnosed with autism. For example, children learn and interact with others through eye contact. Eye contact avoidance has become synonymous with autism spectrum disorder and social impairment. If individuals are making eye contact, they may be warded

with praise or sweets, or if an individual who is autistic is looking at another's face they m,a,.,y.,·be rewarded with sweets. This is known as shaping behaviour because eye contact is finally acliieved.

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**Application of the Social Learning Theory**

Social Learning Theory is a perspective that emphasizes the importance of observing and modelling the behaviours, attitudes and emotional reactions of others. In Social Learning Theory, Albert Bandura agrees with the behaviourist learning theories of classical and operate conditioning. This theory believes that children observe people around them (role models) and encode their behaviour. After doing this, they may imitate or copy the behaviour that they have observed. A study to support this is

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### the Bobo doll experiment. Role models can be used to promote health and anti-discriminatory behaviours as well as influencing individual's actions, feelings and thoughts. The majority of individuals look up to people in life and have role models to guide them in order to become the person they want to be. Role models have an astounding effect on individuals lives, particularly the young people within society. With so many young people having role models, they tend to imitate and copy their behaviours. Role models have the ability to shape the views, ideals and actions of individuals lives. This suggest that role models have an ability to make young people lives better by promoting why health and anti- discriminatory behaviours are important in society. If role models done this, this would shape individual's behaviours and encourage them to understand the importance of a healthy life style and how discrimination behaviours have negative affects on peoples lives ad well-beings. Positive role models boost individual's motivation by modelling a guide to achieving success and to show what actions are correct and acceptable in society. **(Bartleby Research 2016}**

A real-life role model is Jamie Oliver. This is because he shaped and changed the views of young children's lives by promoting the importance of eating healthy. Jamie Oliver started a school dinner programme in order for children to get the nutrients they need to live a healthy life style. Jamie Oliver promoted the importance of healthy eating by helping schools prepare the foods that are going to give children healthy nutrients. He stated that Ofsted should look at the whole package that included children's physical abilities, curriculum, school food and facilities that promote the health and well­ being of pupils. Jamie Oliver promoted that School Food Standards should be mandatory for all schools including academics and that the Healthy Rating Scheme should be mandatory or all schools including academics. Jamie Oliver suggested that healthy foods will lower the changes of children becoming obsess because their will be no high sugars or fats within the meals the children will get at school. Jamie Oliver is a positive role model because he changed young peoples lives by providing them with the correct nutrients and foods a diet needs in order to be healthy. Also, he prevented a lot of children becoming obese by having local authorities introduce freshly cooked school meals. **(Jamie Oliver 2018}**

Angelina Jolie is a positive role model for women's lives and this is because she confronted women's abiding fear of cancer and radical treatments. She undertook a double mastectomy to avoid a hereditary form of breast cancer. This sends huge messages to women to be aware of the consequence's cancer has and to show awareness that women have a higher chance of developing breast cancer if it runs through the family. Also, she inspires women to be aware of early symptoms and to not fear seeking help and support. Angelina Jolie also had both her ovaries and fallopian tubes removed because of a 50 percent chance of developing a heredity form of ovarian cancer. This encourages women to get their breast seen to or go for a screening if they see changes to their bodies or have signs of these cancers. By going worldwide and opening up about her difficulties with cancer, she has inspired women to fight breast cancer and ovarian cancer. **(Health24.com)**

Michelle Obama is also a positive role model for many individuals lives. Michelle Obama is a lawyer, writer, the wife of the 44th Ame rican President and she is the first African-American First Lady of the United States of America. Throughout these roles, she has become a role model for women and an advocate for healthy families, service members, higher education and also international adolescent girls education. In 2010, she launched a campaign called Let's Move. This is where she addressed the challenge and problems of childhood obesity. The aim of this campaign was to solve the epidemic of childhood obesity within a generation. She promoted healthy foods in schools, encourages children to be more physically active and urges companies to market healthier foods for children to eat. She is a role model because she is encouraging children to have the best health and lifestyles as well as giving

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parents the correct support they need to make healthier choices for their children. Also, in 2015, Michelle Obama launched Let Girls Learn in the United States. This is a campaign to help girls around the world go to school and stay in school so they have the opportunity to have an education. she is inspiring to young girls because she is showing positive behaviours by helping others be educated and feel empowered. **(Obama Whitehouse)**

Princess Diana was a part of the British Royal Family and she was the princess of Wales. Princess Diana is a positive role model because she changed individual's attitudes about aids. In April 1987, Princess Diana opened the UK's first purpose-built HIV/Aids that cared for people affected with the virus. This suggests that she did not discriminate individuals who were affected with the disease, instead, she cared for them and set up a facility to help treat the virus. Princess Diana met with many suffers of HIV/Aids and shook their hands. This changed many people's attitudes and knowledge about HIV and Aids. Princess Diana was a role model to stop prejudice and -discriminat ion for Aids suffers. **(BBC News)** ., ,-------

**Application of the Psychodynamic Approach**

The Psychodynamic approach is theories that see human functioning based primarily on the interaction of drives and forces within a person, particularly the unconscious mind and different structures of the personality. For example, the ID, Superego and Ego is believed to be the three parts of the personality, stated by Freud. The Psychodynamic approach is used in health and social care related settings. This is because in health and social care settings, it is important to understand challenging behaviors because care practitioners are more likely to come face to face with this when caring and looking after different service users. In a health and social care related setting, it is crucially important that care providers understand the importance of managing anxiety and depression. For example, within a counselling care related setting, it is important to recognize that individuals may not respond with answers because they may not know what they are feeling anxious or depressed about. **(Studymoose.com)**

The Psychodynamic therapy is one of the main three types of therapy used to treat depression. The Psychodynamic therapy can be particularly beneficial for those who have lost the meaning in life or those finding it difficult to form relationships. This type of therapy is also used to treat many other psychological disorders as well as depression. Psychodynamic therapy helps patients talk freely about their feelings, emotions and those feelings that they may not particularly be aware of. This type of therapy may help individuals understand how their behavior and mood are affected by unresolved issues and unconscious feelings. There are many studies that show how effective psychodynamic therapies are on psychological disorders. The Psychodynamic therapy is effective in treating, addiction, panic disorders, anxiety, eating disorders and social anxiety

disorders. **(Healthline.com)**

Within Psychodynamic therapy, the therapist will try and help patients understand and help them come to terms with past events that may have been affecting their mental health or physical health. Psychodynamic therapy will help explore patients experience that have shaped individual's behaviors and personalities. It is also often used to look at how individuals cope with certain symptoms such as headaches or stomach problems, especially when their or no physiological

explanations. The main aim of psychodynamic therapy is to increase patient's self-esteem and their

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talents, and abilities. Psychiatrists may also find that repressed emotions can cause,physical symptoms. This may occur when the Psychiatrists asks questions about past phiences and events.

Health symptoms can also occur in psychodynamic therapy for patients,&specially when they are not aware of things that have happened in past experiences. **(Psychology Today)**

Psychodynamic Therapy is very good when understanding, expressing and recognizing various conflicts that overwhelm individuals. This type of therapy helps individuals deal with repressed emotions within different relationships and Psychodynamic therapy can also be effective for a variety of emotional struggles within people. The Psychodynamic approach can also be used to treat anxiety that individuals have been diagnosed with. It also allows individuals to go through techniques that helps suffers of anxiety cope with it and manage it in their lives. The Psychodynamic therapy has explained anxiety as a conflict between the id and ego. Repressed drives such as aggression and impulsive behavior may break through repression which produces an automatic anxiety in individu als. A defence mechanism is an unconscious psychological mechanism that reduces anxiety arising from unacceptable or potentially harmful stimuli. A defence mechanism that is used in the psychodynamic approach to treat anxiety is called Denial. Denial controls feeling and anxiety, however these feelings can be expressed through physical symptoms such as panic attacks and pains. The Psychodynamic approach explores into past experiences and events in individuals to achieve insight into present problems and how to effectively manage them. Many studies have

shown that Cognitive Behavioral Therapy is an effective method and treatment in reducing anxiety in people. **(Psycom 2020)**

Within Psychodynamic therapy, patients have the opportunity to speak freely about their conscious thought, feelings and emotions with the guidance of their therapist. This is so the patient is aware of how they feel and so the therapist can be understanding and give the patients the best care, advice and treatments. Patients are encouraged by the therapist to speak clearly about their dreams, aspirations, fears, desires, dreams and fantasies ad this is to increase the patient's self- confidence, esteem as well as reaching a goal to experience a remission of symptoms. The aim of psychodynamic therapy is so that the patients can become more aware of how past experience and the unconscious mind are affecting their present life. As sessions go on in psychodynamic therapy for patients, their may be ongoing improvements after therapy has ended. For example, patients may achieve a much greater insight about their unconscious conflicts and self-awareness about their feelings and motivations. Short-term psychodynamic therapy more be very effective for some patients, however, some patients may need long-term therapy so that they can gain lasting benefits that help them be aware of their conscious thoughts and maintain more satisfying relationships. **(WebMD)**

Psychodynamic therapy is an in-depth form of talk therapy that is focused on the patient-therapist relationship. The psychodynamic approach distinguishes itself from other therapies. The theories and techniques that the psychodynamic therapy uses, focuses on recognizing, acknowledging and understanding as well as overcoming negative thought and feelings. Repressed emotions are also acknowledged and analysed and this is to improve the patient's interpersonal experiences and relationships. Psychodynamic therapy helps patients understand their emotions in order to make decisions in life as well as their behaviours and relationships with other individuals. The aim of psychodynamic therapy is to bring patients unconscious mind into consciousness, which helps individuals to unravel, experience and understand their true feelings in order to resolve them. Also, it aims to help individuals understanding of the origins of their social difficulties. Patients also learn in psychodynamic therapy to change their behaviour in current relationships through deep / exploration and analysis of their past experiences, events and emotions. **(Psychology Toda**

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**Application of the Humanistic Perspective**

The Humanistic perspective is an approach in psychology that emphasizes empathy and stresses the good in human behavior. This approach also allows psychologists to focus on ways to improve self­ image and self- actualization. Carl Rogers was a humanistic psychologist who developed a personality theory that emphasized the importance of self-actualizing tendency in shaping individual's behavior. Carl Rogers stated that for individuals to grow, they need an environment that provides them with genuineness, acceptance, positivity and empathy. Rogers also believed that every individual could achieve their own goals, wishes and desires. When individuals have achieved this Carl Rogers stated that self- actualization will take place. Carl Rogers strongly believed that individuals could improve their conditions if therapists are warm, genuine, accepting and understanding. Person- centered therapy focuses on individual's subjective views of the world. One difference between humanistic counselors and other therapists is that they refer to those in therapy as clients not patients. The main purpose for Carl Rogers humanistic therapy was to increase individual's feelings, self-worth and to reduce the level of incongruence between the ideal and actual self. **(Simply Psychology)**

Carl Rogers work was based on unconditional positive regard. Rogers believed that individuals grow and should fulfill their dreams, desires and wishes. He stated that it is important that individual's value themselves and are unique in their own way. The Humanistic perspective believes that humans are responsible for their own behavior and actions. Therapists may not agree or like the actions and behaviors that the clients are displaying, however, they agree with the client themselves and approves of the client. Carl Rogers said that therapists accepts and approves of clients the way they are. Person- centered counselor is respectful and careful in maintaining a positive attitude to the clients. Carl Rogers also makes sure that therapy sessions with clients contains empathy. This is so therapists can acknowledge and understand client's feelings and emotions about different experiences and events in their client's lives. A main factor and responsibility in Person-centered therapy is to precisely follow hoe clients feel. To do this, therapists would communicate with their clients. In order to be empathetic, therapists must be understanding to what individuals are saying so they can communicate and relate to what they are saying. In therapy, it is important that the therapists actively listen to clients so that they can guide and give them the best advice that relates to their experiences. **(Simply Psychology)**

Understanding is crucially important in health and social care practices. Carl Rogers said that therapist must demonstrate understanding when communicating with clients because clients will feel warm, and relatable. Carl Rogers emphasizes empathetic understanding a lot in the humanistic approach. Empathetic understanding requires individuals to use their feelings and emotions to become a more effective helper to clients facing problems and hard times in their lives. Carl Rogers said that care professionals and therapists need to actively listen to their clients. This is where individuals are not distracted by potential barriers or other people ad turn their complete focus on one individual. This helps therapists understand their clients more and engage more in discussions. In order to be an effective active listener, individuals body language and posture play vital roles. If someone's posture is up-right instead of slouched, this reveals that the person is more engaged and understanding in interactions with others. A slouched, poor posture reveals to others that the

person is less active and less motivated to take part in conversations. **(Stretch** I **Whitehouse 2010)**

It is crucially important that therapists do not make judgments of clients when they are revealing their feelings and emotions about their life experiences and events. This suggest that therapists should take a non-judgmental approach to counseling clients, so that clients feel warm, safe and

secure in the therapist's environment.

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## Application to the cognitive approach

The Cognitive perspective is a psychological approach that primarily focuses on how humans think. The cognitive approach believes that human behavior can be explained as a set of scientific processors. The cognitive approach also believes that the human mind processors information from human senses.

Cognitive Behavioral Therapy is also known as CBT and this therapy comes from the cognitive approach. Cognitive Behavioral Therapy is a type of psychotherapy in which negative patterns of thoughts about the self and the world are challenged in order to alter unwanted patterns of behavior or treat mood disorders such as depression. CBT aims to help individuals deal with overwhelming problems in a more positive way of breaking them down into smaller parts and this therapy focuses on individual's current problems instead of focuses on past experiences and events. Therapists help clients break down their negative thoughts and try and find the best solution so that these negative thoughts can become positive. The therapist and clients will discuss the client's difficulties and set goals and targets to change their behavior and feelings. CBT is available in a wide range of settings such as, hospitals and clinics. This could be interaction with a care professional and client through face-to-face appointments to check progress and help clients overcome any barriers to putting into practice the skills they have learned. **{Babcp.com)**

The cognitive approach is used to support individuals who are diagnosed with learning disabilities. People who have learning disabilities can easily become emotionally distressed and lack confidence within themselves. Students with learning disabilities tend to suffer more with emotional concerns such as depression, loneliness and low self-esteem. Individuals who suffer with learning disabilities can have a feeling of worthless because other people around them may not have any learning disabilities. People with learning disabilities can become easily frustrated and annoyed with things because they struggle with everyday activities because they find it difficult to process information and remember it. Cognitive Behavioral Therapy helps support individuals with learning difficulties because it enables therapists to bring into awareness of the motivation driving the behavior.

Individuals with learning difficulties can understand the structure of CBT and it allows them to have some control over their therapy, life choices and opportunities or express themselves. The cognitive approach understands why certain behaviors occur in individuals with learning disabilities.

Cognitive Behavioral Therapy allows individuals with learning disabilities to discuss their problems as well as giving them the opportunity to increase their self-esteem so that there is reduced outbursts in people. The outbursts that individuals have with learning disabilities is due to the lack of concentration and understanding when they cannot get something right. **{ACAT)**

The cognitive approach is also used to support individuals who have been diagnosed with depression. Depression is a mood disorder that can affect individual's day to day lives and activities. This is where individuals experience negative emotions and feelings and cannot see the good or positivity in anything. The cognitive approach believe that depression is a result from systematic bias in thinking processors. Aaron Beck studied individuals with depression and found that they appraised events in a negative way. Beck suggested three main factors that where responsible for depression and these where the cognitive triad, negative self-schemas and errors in logical. The cognitive perspective aims to identify irrational and negative thoughts, which can lead to patients suffering with a mental illness called depression. The cognitive approach aims to treat depression by replacing negative thoughts with more positive ones. Cognitive Behavioural Therapy encourages patients to test their beliefs through behavioural experiments and homework. The patient is set homework by their therapist so that they can identify their own irrational beliefs and then prove them wrong. Beck's Cognitive Therapy identifies patient's negative thoughts in relation to

themselves, the world and their future. This is known as Beck's negative triad. Beck's approach helps psychologists understand why patients have these feelings and are depressed. CBT believes that

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### depression is a result from distorted thoughts and judgements and these can be learned socially or if individuals come from a dysfunction family. People with depression think differently than people who do not have depression because suffers tend to focus on negative thoughts than positive. This could lead to people with depression misinterpreting facts in negative ways. **(Gulf Bend** Centre)

Aaron Beck believed that there are three main dysfunctional belief themes or schemas that dominate a person with depressions thinking. Schemas are are cognitive models that enable individuals to form a mental representation of the world. The three main dysfunctional belief themes include:

* + The patient thinking, they are defective or inadequate
  + The patient thinking that all their experiences result in defeats or failures
  + The patient thinking that their future is hopeless and worthless.

At the beginning of therapy sessions, individuals who suffer with depression will feel worthless and hopeless in life . They tend to have a mind set that nothing will get better and that there is nothing that they can do to improve their situations. Also, patients will have a loss of energy and loss interest in daily activities. Cognitive therapy tries to change these negative thoughts into positive thoughts s0..-­

that individuals can see that there is good in themselves and in the world. **(Stretch** I Whiteho1:1s<"

**2010}**

The cognitive approach is used to help individuals who suffer with posttraumatic stress. Posttraumatic stress disorder (PTSD} is a mental health condition that is triggered by an event that's fearful and terrifying. Individuals who have got this mental health conditioned may have witnessed something terrifying or been a part of a terrifying event. An individual who has posttraumatic stress will experiences symptoms such as flashbacks, nightmares and anxiety attacks. Individuals will have uncontrollable negative thoughts and beliefs that remind them of the terrifying situation that occurred in their lives. Therapists use Cognitive Behavioural Therapy to treat individuals who suffer with posttraumatic stress disorder. To do this, therapists use a variety of techniques that help individuals reduce symptoms of this mental health condition. Once symptoms have been reduced such as less nightmares and less flashbacks of the terrifying event, the therapist will them try to improve the patients functioning. The goal of Cognitive Behavioural Therapy in treating posttraumatic stress disorder is to return a sense of control, self- confidence and predictability to the patient. CBT will also help patients with behavioural characteristics such as trying to avoid negative feelings, actions and behaviours. Cognitive processing therapy focuses on helping people who are such in their thoughts about a trauma. Individuals who suffer with posttraumatic stress can also loss appetite and their sleeping pattern may be reduced. Therapists who treat individ ls'"with

PTSD try and shape their minds so that they no longer experience negative thoughts i.n--rei ation to

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### the terrific event that occurred in their lives. Also, therapists try and make patienfs aware that the

events that have happened in their lives have happened and they will not be re-occurring or continued in their future. **(mind.org 2020)**

**Application to the Biological perspective**

The biological perspective is an approach in psychology that explains human behaviour. The biological approach seeks to explain mental processes and behaviour by focusing on the function of the nervous system at the cellular and structural level. This approach focuses on genetics and inheritance to be the most important to explaining human behaviour. The biological approach believes that children are born with a set of genetic instructions that have been passed down by their parents. Arnold Gesell believed that development occurred according to maturational processors. Maturation refers to the process of reaching adulthood. Gesell observed patterns in the way children developed, and concluded that children go through similar and predictable sequences. However, children move through these sequences at there own pace. Gesell stated that when

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c hil dren develop from birth onwards, its genes allow them to flower gradually into the person th · Y wish to be. Gesell made judgements and an assessment to see whether children's behaviour, knowledge and understanding are appropriate and match their chronological age. According to Gesell, the rate at which children develop primarily depend on he growth of their nervous system. He believed that when the nervous system grows, individual's minds develop and their behaviours change. Gesell's work started with children who are in pre-school and then carried his work to ages 5-10 years old. After this, Gesell then continued to expand his work onto children aged 10-16 years old. Gesell concluded that mental and physical development in infants, children and adolescent are comparable and orderly processors. **(School Work Helper}**

The biological approach, helps specialists to see if there are any problems could develop over time in human behaviour and development. There are many different tests that support children's developments throughout school. Before children enter education, they face a lot of milestones such as rolling over, crawling and walking. These milestones are different for each age range. However, thee is a normal range in which a child may reach each milestone. For example, walking for children usually begins as early as 8 months old for some children. Children at the age of 4-5 years old is the comprehension questions and this aims to increase children's ability, perceptual accuracy and skills that involve children being responsible for their own behaviours, feelings and emotions. This allows health and social care related professionals to check children's development to see if they are progressing correctly. Care professionals are also able to make judgements to see if children can deal

with solutions as they reach certain ages in their lives. **(Stretch** I **Whitehouse 2010}**

If a child has a condition and it hasn't been treated, this can affect the child's development throughout life. A condition detected early, can be corrected or treated earlier. For example, a condition may require more exercise or making dietary changes. This will have positive influences on individual's developments because it gives children the ability to not have developmental delay.

Another test that children undergo is Cube Tests. This is primarily used with children aged 2-6 years old. This test assesses the ability of children when following directions and performing specific tasks. Children do activities that involve colouring, cutting and handwriting. This is to test the children's

visual perception and fine motor co-ordination skills. These are all developmental norms that children ill face in life. Children's attention pan is also tested in the cube test and their ability to

perceive different shapes accurately. **(Stretch** I **Whitehouse 2010}**

The Biological approach can help individuals understand health conditions or health related behaviours that come from genetics and genetic pre-dispositions. The biological approach believes that behaviour can be inherited as it is determined by genetic information. There is a lot of research evidence that suggests that genes play a vital role in human behaviour. For example, autism has a strong genetic basis and this condition appears very early in childhood. There are psychological explanations that state that autism is inherited but these have not yet been satisfactorily investigated. Genetic influences play a vital role in this disorder. **(National Autistic Society}**

Schizophrenia is a sever long-term mental health condition, which shows a genetic link. This is because schizophrenia tends to run throughout families. Evidence that schizophrenia is partly inherited comes from studies of twins and this is because identical twins also known as monozygotic twins share 100% of the same genes. This suggests that if one identical twin develops schizophrenia,

the other twin has a 1 in 2 chance of developing it too. This reveals that schizophrenia is ge.netically inherited. However, in non-identical twins, also known as dizygotic twins they share 50% qf inherited

genes so schizophrenia only affects both twins in 15 percent cases. This suggests that the1e is a clear genetic component in this disorder, since monozygotic twins show a higher concordance rate than

dizygotic twins. **(Stretch** I **Whitehouse 2010}**



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**Application of the psychological approaches to health and social care**

**A comparison of the behaviourist and psychodynamic approaches to health and social care provision**

Both the Behaviourist and Psychodynamic approaches share many similarities and differences in relation to health and social care. The behaviourist approach and the psychodynamic approach both treat fears and anxiety within individuals who suffer with them, however the treatments to these conditions are carried out differently from each other. the treatment methods that the behaviourist approach uses to treat fear and anxieties within individuals are Systematic Desensitization. These are effective treatment methods that treat phobias. Systematic Desensitization involves creating a fear hierarchy. This is where the therapist and patient create a hierarchy starting with their least feared situation associated with their phobia to the most feared situation associated with their phobia. For example, if an individual had a phobia of a bee, they would first see a picture of the bee, then one from the outside window, to eventually seeing a real-life bee outside in person. The principle of this procedure is to help individuals achieve a state of relaxation when gradually being exposed to their phobia. This reveals that Systematic Desensitization aims to replace anxiety and fear with a state of calmness and relaxation **(Simply Psychology 2015).** The Psychodynamic approach as well as the behaviourist approach can be used to treat anxiety and fears by underlying the causes of the fear and anxiety that individuals experience via bringing these feelings and emotions out into the open.

This procedure that the psychodynamic approach uses helps anxiety and fear be treated. The psychodynamic approach uses Cognitive Behavioural Therapy to treat anxiety in individuals. Therapist in CBT teaches the patients to identify and change habits of thinking that are negative and can lead to problems. CBT treats anxiety because its aim is to stop negative cycles and emotions by breaking down things that make the person feel bad, anxious or scared. When patients talk about their problems and negative thought processes, Cognitive Behavioural Therapy can help people change their negative thought patterns and improve the way they feel. This is so individuals can be positive thinkers and have self -wo rt h. **(NHS.UK 2019)**

Both the behaviourist perspective and the psychodynamic perspective are both psychological approaches that can be used to treat alcoholism in individuals. The behaviourist approach uses classical conditioning to treat individuals for alcoholism. Within this treatment procedure individuals are given a drug. If this drug is mixed with any form of alcohol, individuals will experience extremely unpleasant physiological effects including vomiting and nausea. This helps treat individuals who are alcoholics because they learn to associate alcohol with an aversive rather than desired response. The drug that the patient may be giving is Antabuse. The psychodynamic approach can be used to treat alcoholism as well, however the psychodynamic approach treats this condition in a different way than the behaviourist perspective. The psychodynamic approach would treat alcoholism by looking at the underlying causes of the drinking problems that individuals suffer with. The psychodynamic approach explores individual's emotions and figuring out how their unconscious thoughts relate to their alcohol addiction. The goal of the psychodynamic therapy in addiction to alcohol treatment is to help individuals discover and analyse deep feelings they may not realize they had. Therapy helps

individuals in recovery link current behaviours to past events. Therapists will try and unveil past traumatic experiences with the patient who suffers with alcoholism. **(Stretch** I **Whitehouse 2010)**

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Genetic counselling can be put into place for those who may be pre-disposed to certain illness and disease. Genetic counselling help to identify familied at possible risks of a genetic disorder. They help gather and analyse family history and inheritance patterns. This is so families can be prepared if they are faced with genetic disorders. Genetic counselling also provides information about genetic testing and related procedures. **(NCBI)**

The biological approach helps individuals understand the effects of shift work. Night shifts tend to have more effects on individuals lives because their sleeping pattern is more corrupted. Night shift work has unpleasant physical effects on individual's bodies because there is a disruption to the biological circadian rhythms. Long-term night shift work is associated with an increased risk of certain cancers as well as metabolic problems, heart disease and obesity. Insufficient sleep has been shown to change metabolism and appetite due to having irregular eating habits and poor diets because their internal body clocks are irrupted. A circadian rhythm is a biological process that works in cycles of 24 hours. When people work on night shifts, it makes the natural rhythm corrupted. This is because these individuals on night shifts are supposed to be sleeping at night, but they are awake during this time. Shift workers on an evening shift have to be awake and functioning at a high level when their body temperature is at its lowest. This is because their bodies are indicating them to sleep or getting them ready for sleep. The pineal gland is responsible for the hormone melatonin.

When levels of this hormones are high, it is preparing the body for sleep. As it gets dark, the pineal gland releases the hormone melatonin. Night shift workers have to fight of the sleep-inducing effect of melatonin. **(Sleep advisor 2020)**



The behaviourist approach is very good at shaping individual's behaviours and eliminating behaviours that are unpleasant and unhelpful in individuals lives. The behaviourist approach uses the principles of reinforcement and punishment to change individual's behaviours for the better. This is also known as behaviour modification. The psychodynamic approach is not very good at shaping behaviours. The psychodynamic approach states that childhood has a great influence on our adult lives, which helps us shape our personality. **(Simply Psychology 2015)**

## An Evaluation of the behaviourist and psychodynamic approaches to health and social care provision

**The psychodynamic approach**

The psychodynamic approach has lots of strengths and weaknesses when assessing how this approach supports individual's behaviour, development and treatments that the approach uses. The psychodynamic approach accounts for the impact it has on childhood personality and mental health as well as adult's personality and mental health. The psychodynamic theory explores the innate drives that motivate human behaviour. There are many advantages for the psychodynamic therapy when treating individuals who suffer with depression and other psychological disorders. For example, psychodynamic therapy has the ability to recognize symptoms of depression before they get out of control, it also increases patient's confidence, self-awareness and coping skills. A strength to this approach is that many people with psychological disturbances do recollect childhood traumas. This is effective because it reveals that therapists are communicating effectively with their patients, to speak freely about the patients experiences throughout life. This approach also suggests that its good for treating people who are able to express themselves well so that the therapist can understand what the patients are going through. This can help the therapist resolve the patient's problems and though processes. If individuals are shy to this approach and cannot express their feelings and emotions freely, the psychodynamic approach to treatment may not be as effective.

This is because therapists will struggle to solve individual's problems or come to a solution when they are struggling to communicate and get words out of individuals. **(Slideshare 2020)**

The psychodynamic is also beneficial in explaining abnormalities in behaviours due to childhood traumas and experiences. However, there are limitations to this approach because it lacks the empirical research evidence needed to support this theory key assumptions and knowledge. The psychodynamic approach is deterministic and this is because it focuses on environmental factors and ignores the influences of genes, rewards and thinking patterns. Tis is because it states childhood trauma will lead to abnormal behaviours. **(Slideshare 2020)**

Another strength of the psychodynamic approach is that patients who need advice, help or treatments can attend one-to-one interactions or group sessions. This is a strength because it gives people the confidence to speak freely about their problems and potentially relate to others, which will bring unity to group discussions. Also, individuals may not want to speak to therapists on a one

to one basis because they may feel embarrassed and not confident so group discussions may */* encourage people to start because their will be others instead of just the therapist. Also, if */ /* individuals do not want to answer certain questions they won't have to because other individuals in'

the group may answer the question the therapist is asking. The approach is also very beneficial in treating anxiety in individuals due to past experiences in their lives. Therapist will communicate to patients who suffer with anxiety to try and reveal the main cause of why the individual has anxiety

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and try and resolve this problem. A huge weakness to the psychodynamic approach is that it doesn't concentrate or analyse the feeling and emotions of individuals presently. This approach focuses on past events and experiences that has implicated individuals lives. The psychodynamic approach fails to focus on individual's emotions and feelings at that moment. **(Simply Psychology 2017)**

The psychodynamic approach has many strengths; however, it has limitations. It ignores mediational processes such as attention and thinking. Also, the psychodynamic approach places to much emphasis on psychological factors, without considering biological factors such as genes and inheritance that influence and contribute to mental health problems. Also, psychodynamic treatments are cost effective and are time-consuming because treatments may go over a few sessions.

## The behaviourist approach

The behaviourist approach has many useful applications. For example, this approach is used in treatments of mental disorders. The behaviourist approach has successfully applied operate and classical conditioning in treating fear and anxiety. Systematic Desensitization is based on classical and operate conditioning and is useful for treating phobias. Another strength of the behaviourist approach is that it uses scientific methods of research because the experiments are objective and observable . The behaviourist approach strongly believes that behaviours are learned via observation, which enables this approach to shape behaviours. This is where individuals adopt new behaviours and eliminate unhelpful ones. This approach has many strengths; however, the behaviourist approach has many disadvantages. For example, the approach focuses too much on the nurture side of the nature/ nurture debate. The behaviourist approach suggests that all behaviour is learned via observation but cognitive and biological elements have been proved to affect behaviour. This reveals that the behaviourist approach fails to mention biological factors that influence human behaviour. A weakness of the behaviourist approach is that it only provides a partial account of

human behaviour, which can be objectively viewed. Important factors such as feelings, emotions and motivation are not considered or explained in this approach. **(Simply Psychology 2017)**

The behaviourists approach is useful in treating anxiety and phobias. Systematic desensitisation is a treatment procedure that can bring about changes in human behaviour quickly. However, this approach presumes that individuals will respond to situations through observable behaviours. The behaviourist approach fails to mention that human behaviour can be influenced by unconscipus thinking, genetics and biological processes. /

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