

Week One Assignment Worksheet

Matching

Match the definitions to the correct theoretical model.

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. <u> J </u> Experiences as a child affect life. Child is influenced by caretaker but also has a part in development. 2. <u> F </u> 2–3 years of age and the body wants to retain and eliminate. 3. <u> K </u> When a stimulus elicits a specific response 4. <u> H </u> 6–12 years of age; skills and activities are the focus, rather than sexual exploration. 5. <u> O </u> Overall, people are good. Humans strive for health and wellbeing. Persons develop a sense of self and create a value system based on experiences, with the goal of self-actualizing. 6. <u> C </u> This is the part of the personality that mediates desires and the reality of the operational world. 7. <u> N </u> People are unique, values are important, and overall the goal is to find fulfillment. Individual experiences assist with confronting and understanding the negative world. 8. <u> D </u> This develops in time and becomes the moral compass of the personality. 9. <u> M </u> When learning is completed through observation alone; reinforcement or conditioning are absent. 10. <u> P </u> Thoughts are called schema, which is the knowledge that guides processing. This processing then leads the person to behave based on the thinking processes. 11. <u> E </u> Focus is on the mouth, and sensation is achieved by sucking. 12. <u> Q </u> Information processing at a basic level and mental processing, which includes thinking, planning, and making decisions 13. <u> B </u> Includes two driving forces of life and death; life is sexual in nature and includes libido, and death includes aggression and destructive actions. Pleasure is derived here. 14. <u> L </u> The person has a goal and, with reinforcement, the behavior is repeated or withdrawn. 15. <u> G </u> Self-touch and exploration causes pleasure. 16. <u> A </u> When there is a predisposition for developing a disorder and stress is present in these persons with the predisposition 17. <u> I </u> Sexual relations become the focus for pleasure. | <ol style="list-style-type: none"> A. Diathesis-stress models B. Psychoanalytic theory personality – Id C. Psychoanalytic theory personality – Ego D. Psychoanalytic theory personality – Superego E. Psychoanalytic theory stages – Oral F. Psychoanalytic theory stages – Anal G. Psychoanalytic theory stages – Phallic H. Psychoanalytic theory stages – Latency I. Psychoanalytic theory stages – Genital J. Attachment theory K. Behavior classical conditioning L. Behavior operant conditioning M. Behavior observational learning N. Existential perspective O. Humanistic perspective P. Cognitive behavioral perspective Q. Cognitive theory |
|--|--|

Essay

In 150 to 200 words, describe the goals of clinical assessment and diagnosis. Explain how these goals affect treatment.

The goals of assessment in clinical psychology are a) gathering information about the client's personality, b) determining whether there are psychological problems present, and c) investigating the characteristics of the individual's problems. Assessments are also conducted in order to determine the specific type of disorder the client has -- i.e., to find the correct diagnosis or diagnoses. Diagnosis of a disorder is important for several reasons. First, the diagnosis guides the development of the treatment plan. Second, giving a diagnosis based on standardized criteria and/or tests makes it possible for professionals to communicate about the client and his or her problem. Third, the diagnosis is crucial for determining the desired outcomes of therapy. However, a diagnosis should be given carefully because it may harm the client in the future. Problems such as stigma (even among mental health professionals), self-fulfilling prophecies, and failure to perform a comprehensive assessment can result from impulsive application of diagnostic criteria. Professionals should not base a diagnosis on a single test or a single interview because there are many factors that can affect the client's performance. An accurate diagnosis is in everyone's best interest.