

THE FIELD OF PSYCHOLOGY

- I. What is Psychology?
 - A. Definition of Psychology
 - B. What do Psychologists do?
 - C. What do Psychologists study?

- II. Capsule History of Psychology as an Academic Discipline
 - A. First Psychological Laboratory -- Wilhelm Wundt
 - 1. Introspection
 - 2. Structuralists -- Edward Titchener
 - B. Functionalists -- William James
 - C. Behaviorists -- John B. Watson, B. F. Skinner
 - D. Gestalt Psychology -- Max Wertheimer, Wolfgang Kohler, Kurt Koffka
 - E. Psychoanalysis -- Sigmund Freud
 - F. Humanistic Psychology -- Carl Rogers, Abraham Maslow
 - G. Cognitive Psychology

- III. What is Psychology? (reprise)
 - A. Definition of Psychology
 - B. Goals of Psychology
 - 1. Description
 - 2. Understanding
 - 3. Prediction
 - 4. Control
 - C. Psychology vs. Psychiatry vs. Psychoanalysis

RESEARCH METHODS OF PSYCHOLOGY

- I. Research Approaches
 - A. Naturalistic Observation
 - B. Surveys
 - 1. Importance of representative samples
 - C. Clinical Case Studies
 - D. Problems with Correlational Research
 - E. Experiments
 - 1. Ability to test causal relationships
 - a. Independent Variables
 - b. Dependent Variables
 - c. Extraneous or Confounding Variables
 - 2. Experimental and Control Groups
 - 3. Avoiding Confounding Variables
 - a. Random Assignment
 - b. Placebos
 - c. Subject Blind Experiments
 - d. Double-Blind Experiments
 - F. Inferential Statistics
 - 1. The Null Hypothesis
 - 2. Statistical Significance
- II. Questions to be asked about research
 - A. Reliability
 - B. Validity
 - C. Utility
 - D. Ethics

PHYSIOLOGICAL PSYCHOLOGY

- I. The Nervous System
 - A. Neurons
 - 1. Axons
 - 2. Dendrites
 - 3. Cell Bodies or Somas
 - B. The Action Potential or Neural Impulse
 - 1. "All-or-None"
 - 2. Refractory Period
 - C. The Synapse
 - 1. Neurotransmitters
 - a. Acetylcholine
 - b. Norepinephrine or Noradrenaline
 - c. Dopamine
 - d. Serotonin
 - D. The Peripheral Nervous System
 - 1. Somatic Nervous System
 - 2. Autonomic Nervous System
 - a. Sympathetic Nervous System
 - b. Parasympathetic Nervous System
 - E. The Brain
 - 1. Part of the Central Nervous System, along with the Spinal Cord
 - 2. The "Old Brain"
 - a. Reticular Activating System
 - b. Medulla Oblongata
 - c. Pons
 - d. Cerebellum
 - e. Hypothalamus
 - f. Thalamus
 - 3. The Cerebrum (Cerebral Cortex)
 - a. Frontal Lobes
 - b. Temporal Lobes
 - c. Occipital Lobes
 - d. Parietal Lobes
 - e. Corpus Callosum
 - 1. Right vs. Left Hemispheres of the Brain
- II. The Endocrine System
 - A. Hormones
 - B. Pituitary Gland
 - C. Thyroid Gland
 - D. Pancreas
 - E. Adrenal Glands
 - F. Testes and Ovaries (Sex Glands or Gonads)

STATES OF CONSCIOUSNESS

- I. What is Consciousness?
- II. Psychoactive Drugs
 - A. Dependence and Addiction
 - 1. Psychological Dependence
 - 2. Physical Addiction
 - a. Tolerance
 - b. Withdrawal Symptoms
 - B. Stimulants
 - 1. Amphetamines
 - 2. Cocaine
 - 3. Caffeine
 - 4. Nicotine
 - C. Depressants
 - 1. Barbiturates
 - 2. Alcohol
 - 3. Tranquilizers
 - D. Opiates
 - E. Hallucinogens
 - 1. Marijuana
 - 2. LSD
- III. Hypnosis
- IV. Meditation
 - A. Relaxation Response
 - B. Transcendental Meditation (TM)
- V. Biofeedback
- VI. Sleep
 - A. Four Stages of Sleep
 - B. REM Sleep
 - C. Sleep Disorders
 - 1. Insomnia
 - 2. Narcolepsy
 - 3. Apnea
 - D. Dreams
 - 1. Place of Dreams in the Sleep Cycle
 - 2. Interpretation of Dreams

LEARNING THEORY

- I. Definition of Learning
- II. Classical Conditioning
 - A. Discovered by Ivan Pavlov
 - B. Unconditioned Stimulus (US)
 - C. Unconditioned Response (UR)
 - D. Conditioned Stimulus (CS)
 - E. Conditioned Response (CR)
 - F. Extinction
 - G. Reinforcement
 - H. Spontaneous Recovery
 - I. Stimulus Generalization
 - J. Stimulus Discrimination
 - K. Higher-Order Conditioning
 - L. Applications of Classical Conditioning
 - 1. Taste Aversion or Bait Shyness
 - 2. Systematic Desensitization
 - 3. Aversive Conditioning

III. Operant Conditioning

- A. Investigated by B. F. Skinner
- B. Edward Thorndike -- The Law of Effect
- C. Positive Reinforcement
- D. Negative Reinforcement
- E. Punishment
- F. Extinction
- G. Shaping
- H. Discriminative Stimulus
- I. Chaining
- J. Primary vs. Secondary Reinforcement
- K. Schedules of Reinforcement
 - 1. Continuous Reinforcement
 - 2. Partial Reinforcement
 - a. Fixed Ratio
 - b. Variable Ratio
 - c. Fixed Interval
 - d. Variable Interval
- L. Superstitious Behavior
- M. Applications of Operant Conditioning
 - 1. Behavior Modification in Psychotherapy and Everyday Life
 - 2. Token Economies
- N. Problems with Punishment
 - 1. Leads to Escape or Avoidance Behavior
 - 2. Elicits Aggression
 - 3. Must be Consistent and Must Clearly Follow Undesirable Behavior
 - 4. Must never be paired with Positive Reinforcement
 - 5. Must Not be Too Weak or Too Strong
 - 6. Elicits Imitation

IV. Comparison of Classical and Operant Conditioning

V. Cognitive Learning

- A. Observational Learning or Modeling
- B. Vicarious Classical Conditioning

MEMORY

- I. Stages of Memory
 - A. Sensory Memory
 - 1. Attention
 - B. Short-Term Memory
 - 1. Capacity
 - 2. Chunking
 - 3. Rehearsal
 - C. Long-Term Memory
 - 1. Elaborative Rehearsal
 - 2. Mnemonics
 - a. Method of Loci
- II. Retrieval of Information from Long-Term Memory
 - A. Recall
 - B. Recognition
 - C. Relearning
 - D. Problems with Retrieval
 - 1. Retroactive Interference
 - 2. Proactive Interference
 - 3. Repression
 - 4. Retrograde Amnesia
 - 5. Serial-Position Effect
 - a. Primacy Effect
 - b. Recency Effect
 - 6. Spaced Practice vs. Massed Practice
- III. Skill Learning
 - A. Positive Transfer
 - B. Negative Transfer

SENSATION AND PERCEPTION

- I. Sensation
 - A. Thresholds
 - 1. Absolute Threshold
 - 2. Noise
 - 3. Difference Threshold; Just Noticeable Difference
 - 4. Weber's Law
 - B. Sensory Adaptation
 - C. Selective Attention
 - D. Vision
 - 1. Physical Properties
 - a. Wavelength
 - b. Intensity
 - 2. Light Receptors in the Eye
 - a. Rods
 - b. Cones
 - i. Theories of Color Vision
 - a. Trichromatic Theory
 - b. Opponent-Process Theory
 - E. Hearing
 - 1. Physical Properties
 - a. Frequency
 - b. Intensity
 - 2. Physiology of Hearing
 - F. Smell
 - G. Taste
 - 1. Four Taste Sensations
 - a. Sweet
 - b. Salty
 - c. Sour
 - d. Bitter
 - H. Skin Senses
 - 1. Sense Receptors in the Skin
 - a. Touch
 - b. Pressure
 - c. Warmth
 - d. Cold
 - f. Pain
 - I. Balance: The Vestibular System
 - J. Kinesthesia
 - K. Extrasensory Perception
 - 1. Four Types of ESP
 - a. Telepathy
 - b. Clairvoyance
 - c. Precognition
 - d. Psychokinesis
 - 2. Problems with ESP research

II. Perception

- A. Perceptual Constancy
 - 1. Size Constancy
 - 2. Shape Constancy
 - 3. Brightness Constancy
 - 4. Color Constancy
- B. Perceptual Development
 - 1. Visual Development
 - 2. Other Senses
- C. Gestalt Psychology: Rules of Perception
 - 1. Figure and Ground
 - 2. Grouping
 - a. Proximity or Nearness
 - b. Similarity
 - c. Continuity
 - d. Closure
 - e. Contiguity
 - f. Common Fate
 - g. Simplicity
- D. Depth Perception
 - 1. Pictorial Monocular Depth Cues
 - a. Linear Perspective
 - b. Relative Size
 - c. Overlap or Interposition
 - d. Texture Gradient
 - e. Light and Shadow
 - f. Aerial Perspective
 - 2. Motion Parallax or Relative Motion (Monocular)
 - 3. Muscular Depth Cues
 - a. Accommodation (Monocular)
 - b. Convergence (Binocular)
 - 4. Retinal Disparity; Stereopsis or Stereoscopic Vision (Binocular)
- E. Perceptual Inference; Perceptual Expectancy
- F. Perceptual Illusions
 - 1. Muller-Lyer Illusion
 - 2. Ponzo Illusion
 - 3. Moon Illusion

THINKING AND INTELLIGENCE

- I. Language
 - A. Definition of Language
 - B. Components of Language
 - 1. Phonemes
 - 2. Morphemes
 - 3. Syntax
 - 4. Semantics
 - C. Language in Apes
- II. Thinking
 - A. Language and Thinking
 - 1. The Linguistic Relativity Hypothesis
 - 2. The "Container of Thought" Thesis
 - B. Concepts and Rules
 - C. Problem Solving
 - 1. Stages of Problem Solving
 - a. Preparation
 - b. Production
 - c. Trial
 - d. Evaluation
 - 2. Mental Sets
 - a. Functional Fixedness
- III. Creativity
 - A. Divergent Thinking vs. Convergent Thinking
 - B. Characteristics of Creative People

IV. Intelligence

- A. Definition of Intelligence
 - 1. Formal Definition
 - 2. Broad Components of Intelligence
 - a. Problem-Solving Ability
 - b. Verbal Ability
 - c. Practical Intelligence
 - d. Social Competence???
 - 3. General Intelligence vs. Specific Abilities
- B. Intelligence vs. Creativity
- C. Intelligence Tests
 - 1. Alfred Binet and Lewis Terman: The Stanford-Binet Test
 - a. Intelligence Quotient (IQ):
 - Mental Age and Chronological Age
 - b. Problems with the Stanford-Binet Test
 - 2. Norm Groups; Standardization
 - 3. David Wechsler's Intelligence Tests
 - a. Wechsler Intelligence Scale for Children, Fourth Edition (WISC-IV)
 - b. Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
 - c. Scoring of Wechsler's Tests
 - 4. Group Intelligence Tests
 - 5. Problems With Testing
 - a. Reliability
 - b. Validity
 - c. Cultural Bias
 - d. Labeling
- D. Is Intelligence Hereditary or is it Environmentally Determined?
 - 1. Twin Studies and Adoptive Studies
 - 2. Harold M. Skeels' Orphanage Study
- E. The Mentally Gifted -- Lewis Terman's Study
- F. Mental Retardation

MOTIVATION AND EMOTION

I. Motivation

A. Basic Units of Motivation

1. Need
2. Drive
3. Behavioral Response
4. Goal
5. Homeostasis

B. Biological or Primary Motives

1. Hunger
 - a. Hypothalamus
 - b. Liver
 - c. Environmental Cues
2. Thirst
 - a. Kidneys
 - b. Hypothalamus
 - c. Mouth and Throat
3. Sex
 - a. Androgens and Estrogens
 - b. Estrus
 - c. Social Factors
4. Pain

C. Stimulus Motives

1. The Arousal Theory of Motivation
2. The Yerkes-Dodson Law

D. Learned, Secondary, or Social Motives

1. Henry Murray
2. Need For Achievement
 - a. David McClelland
3. Need For Affiliation
 - a. Stanley Schachter's Experiment
 - b. Social Comparison Theory

E. Abraham Maslow's Hierarchy Of Needs

1. Physiological Needs
2. Safety Needs
3. Love and Belongingness Needs
4. Esteem Needs
5. Need for Self-Actualization
6. Pre-Potent Hierarchy
7. Maslow's Theory Of Personality
8. Historical Research On Self-Actualized People
 - a. Characteristics of Self-Actualized People
9. Types Of Love
 - a. Being Love (B-Love)
 - b. Deficiency Love (D-Love)
10. Criticisms of Maslow

II. Emotion

- A. Facets Of Emotion
 - 1. Subjective Feelings
 - 2. Emotional Expressions
 - a. Nonverbal Communication -- Paul Ekman
 - i. Display Rules
 - 3. Physiological Changes
 - a. Lie Detectors or Polygraph Machines
 - 4. Interpretation
- B. Theories of Emotion
 - 1. Common Sense Ideas
 - 2. James-Lange Theory
 - 3. Cannon-Bard Theory
 - 4. Schachter-Singer Theory

DEVELOPMENTAL PSYCHOLOGY

- I. Prenatal Development
- II. The Newborn Child or Neonate
 - A. Reflexes
 - 1. Grasping Reflex
 - 2. Rooting Reflex
 - 3. Sucking Reflex
 - 4. Moro Reflex
- III. Physical Maturation
 - A. The First Years Of Life
 - B. Puberty
 - C. Adult Maturation
 - 1. Menopause in Women
 - D. Old Age
- IV. Language Development
 - A. Pre-Lingual Vocalizations
 - 1. Crying
 - 2. Cooing
 - 3. Babbling
 - B. Early Speech
 - 1. Holophrases
 - 2. Telegraphic Speech
 - 3. Acquisition of Vocabulary and Grammar
 - C. How Is Language Acquired?
 - 1. Learning Theory Approaches
 - a. B. F. Skinner -- Operant Conditioning
 - b. Observational Learning
 - c. Classical Conditioning
 - 2. Psycholinguistic Theory
 - a. Language Acquisition Device -- Noam Chomsky
- V. Attachment
 - A. Development in Infants
 - B. Imprinting -- Konrad Lorenz
 - 1. Critical Periods
 - C. Contact Comfort -- Harry Harlow
 - D. Are There Critical Periods For Attachment In Humans?

VI. Cognitive Development -- Jean Piaget's Theory

A. Cognitive Structures

1. Schema
2. Assimilation
3. Accommodation

B. Stages of Cognitive Development

1. Sensorimotor Stage
 - a. Learns to Manipulate Environment
 - b. Object Permanency
2. Preoperational Stage
 - a. Egocentricity
 - b. Can't Understand Conservation Tasks
 - i. Sees only one dimension of a problem at a time
3. Concrete Operations Stage
 - a. Mastery of Conservation Tasks; Reversibility
 - b. Can logically manipulate the concepts of Time, Space, and Number
4. Formal Operations Stage
 - a. Abstract Thinking

VII. Erik Erikson's Theory of Psychosocial Development

A. Similarities and Differences with Freud

1. Psychosocial vs. Psychosexual
2. Covers Entire Life Cycle

B. Stages of Psychosocial Development

1. Trust vs. Mistrust
2. Autonomy vs. Shame and Doubt
3. Initiative vs. Guilt
4. Industry vs. Inferiority
5. Identity vs. Role Confusion
6. Intimacy vs. Isolation
7. Generativity vs. Stagnation
8. Integrity vs. Despair

C. Recent Research on Adult Development based on Erikson's Theory

VIII. Moral Development -- Lawrence Kohlberg's Theory

- A. Moral Dilemmas
- B. Stages of Moral Reasoning
 - 1. Preconventional Level
 - 1. Punishment and Obedience Orientation
 - 2. Instrumental Relativist (Pleasure-Seeking) Orientation
 - 2. Conventional Level
 - 3. Interpersonal Concordance (Good Boy-Nice Girl) Orientation
 - 4. Orientation Toward Authority ("Law and Order")
 - 3. Postconventional Level
 - 5. Social Contract Orientation
 - 6. Universal Ethical Principle
(Individual Principle) Orientation

IX. Death and Dying

- A. Thanatology
- B. Emotional Stages of the Terminally Ill --
Elisabeth Kubler-Ross' Theory
 - 1. Denial
 - 2. Anger
 - 3. Bargaining
 - 4. Depression
 - 5. Acceptance

X. Criticisms of Piagetian, Freudian, and Related Stage Theories

- A. Overemphasis on Predetermined Maturation
 - 1. Operant Conditioning Perspective
 - 2. Observational Learning Perspective
- B. Are These Theories Universal Or Culture Specific?

PERSONALITY THEORY

- I. Personality Theories In General
- II. Psychodynamic Theories
 - A. Psychoanalysis -- Sigmund Freud
 - 1. Brief History of Freud
 - 2. Levels Of Consciousness
 - a. Conscious
 - b. Preconscious
 - c. Unconscious
 - 3. Mental Structures
 - a. Id
 - i. Life Instincts or Eros
 - ii. Death Instincts or Thanatos
 - iii. Libido
 - iv. Primary Process Thinking
 - v. Pleasure Principle
 - b. Ego
 - i. Secondary Process Thinking
 - ii. Reality Principle
 - c. Superego
 - i. Conscience
 - ii. Ego-Ideal
 - d. Evaluation of Freud's Mental Structures
 - 4. Psychosexual Development
 - a. Erogenous Zones
 - b. Fixation
 - c. Oral Stage
 - i. Oral Dependent Fixation
 - ii. Oral Aggressive Fixation
 - d. Anal Stage
 - i. Anal Retentive Fixation
 - ii. Anal Expulsive Fixation
 - e. Phallic Stage
 - i. Oedipus Conflict
 - a. Castration Anxiety
 - ii. Electra Conflict
 - a. Penis Envy
 - f. Latency Stage
 - g. Genital Stage
 - 5. Types Of Anxiety
 - a. Realistic Anxiety
 - b. Moral Anxiety
 - c. Neurotic Anxiety
 - 6. Coping With Neurotic Anxiety -- Ego Defense Mechanisms
 - a. Repression
 - b. Denial
 - c. Rationalization
 - d. Reaction Formation
 - e. Projection
 - f. Displacement
 - g. Regression
 - h. Intellectualization
 - i. Compensation
 - j. Sublimation

- II. Psychodynamic Theories, continued
 - A. Psychoanalysis -- Sigmund Freud, continued
 - 7. Criticisms of Freud
 - a. Cultural Dependence of Theory
 - b. Scientific Flaws
 - c. Often Factually Incorrect
 - B. Followers of Freud -- Carl Jung, Alfred Adler, Erik Erikson
- III. Behavioristic Theories
 - A. Operant Conditioning -- B. F. Skinner
 - B. Social Learning Theory
 - 1. Reciprocal Determinism or Interactionism of Three Factors
 - a. External Environment or Situation
 - b. Behavior
 - c. Person
 - 2. Social Learning View of Reinforcement and Punishment
 - a. Internal and Mental
 - b. Expectancies
 - c. Reinforcement Value
 - 3. Observational Learning or Modeling
 - a. Vicarious Reinforcement and Punishment
- IV. Humanistic Theories Of Personality
 - A. Theory of Abraham Maslow
 - B. Phenomenological Theory or Self Theory -- Carl Rogers
 - 1. Self Concept
 - a. Ideal Self
 - b. Self Image (Real Self)
 - c. True Self
 - d. Congruence
 - e. Self-Actualization
 - 2. Self-Esteem
 - a. Positive Regard
 - b. Conditions Of Worth
 - c. Unconditional Positive Regard
 - 3. Criticisms of Rogers

V. Trait Theories

- A. Individual Traits vs. Common Traits
- B. Gordon Allport's Theory
 - 1. Cardinal Traits
 - 2. Central Traits
 - 3. Secondary Traits
- C. Raymond Cattell's Theory
 - 1. Source Traits
 - 2. Surface Traits
- D. Hans Eysenck's Theory
 - 1. Introversion-Extraversion
 - 2. Stability-Instability or Neuroticism
- E. The Big Five
 - 1. Extroversion
 - 2. Agreeableness
 - 3. Conscientiousness
 - 4. Neuroticism (Emotional Stability)
 - 5. Openness to Experience
- F. Criticisms of Trait Theories

VI. Personality Testing

- A. Questions To Ask Of Tests
 - 1. Reliability
 - 2. Validity
 - 3. Utility
 - 4. Ethics
- B. Projective Tests
 - 1. Rorschach Test
 - 2. Thematic Apperception Test (TAT)
 - 3. Word Association Test
 - 4. Incomplete Sentence Test
- C. Interviews
 - 1. Unstructured Interviews
 - 2. Structured Interviews
- D. Self-Report Tests
 - 1. Questionnaires or Objective Tests
 - a. Minnesota Multiphasic Personality Inventory,
2nd edition (MMPI-2)
 - b. Interest Inventories
 - 2. Q-Sort Techniques

STRESS AND CONFLICT

- I. Stress, Anxiety, and Frustration
 - A. Definition Of Stress
 - B. Strain
 - C. Life Changes As Stress -- Thomas Holmes
 - D. Type A vs. Type B
 - E. Anxiety
 - 1. Trait Anxiety
 - 2. State Anxiety
 - 3. Neurotic Anxiety
 - F. Irrational Beliefs And Stress and Anxiety -- Albert Ellis
 - G. Frustration
- II. Conflict
 - A. Approach-Approach Conflict
 - B. Avoidance-Avoidance Conflict
 - C. Approach-Avoidance Conflict
 - D. Double Approach-Avoidance Conflict
- III. Physiological Responses To Stress
 - A. General Adaptation Syndrome (GAS)
 - 1. Alarm Reaction
 - 2. Resistance Stage
 - 3. Exhaustion Stage
 - B. Psychosomatic Illnesses
- IV. Coping With Stress
 - A. Defensive Coping
 - 1. Alcohol And Drug Use
 - 2. Aggression
 - 3. Withdrawal or Escape
 - B. Active Coping
 - 1. Perceived Self-Efficacy or Internal Locus Of Control
 - 2. Positive Thinking
 - 3. Lowering Physiological Arousal
 - 4. Arranging One's Life and Environment To Minimize Stress

ABNORMAL PSYCHOLOGY

- I. Definitions Of Abnormality
 - A. Statistical Definition
 - B. Social Norms
 - C. Ability To Function
 - D. Personal Distress

- II. Models Of Abnormal Behavior
 - A. Ancient Models
 - 1. The Hippocratic Model
 - 2. Demonic Possession
 - B. The Medical Model
 - C. The Psychodynamic Model
 - D. Learning Theory Models
 - E. Eclectic Models

- III. Classification Of Abnormal Behaviors
 - A. The Diagnostic and Statistical Manual of the American Psychiatric Association, Fourth Edition, Text Revision (DSM-IV-TR)
 - B. Neurosis
 - C. Psychosis

- IV. Anxiety Disorders
 - A. Generalized Anxiety Disorder
 - B. Panic Disorder
 - C. Phobic Disorder
 - D. Obsessive-Compulsive Disorder
 - 1. Obsessions
 - 2. Compulsions

- V. Somatoform Disorders
 - A. Hypochondriasis
 - B. Conversion Disorder

- VI. Dissociative Disorders
 - A. Dissociative Amnesia (Psychogenic Amnesia)
 - B. Dissociative Fugue
 - C. Dissociative Identity Disorder (Multiple Personality Disorder)

VII. Mood Disorders

- A. Dysthymic Disorder
- B. Major Depressive Disorder
- C. Endogenous vs. Exogenous (Reactive) Depression
- D. Theories Of Depression
 - 1. Freudian Theory
 - 2. Learning Theory
 - a. Learned Helplessness
 - 3. Attributional Models
 - 4. Physiological Theories
 - 5. Genetic Theories
- E. Treatments For Depression
 - 1. Talk Therapies
 - 2. Behavior Therapies
 - 3. Drug Therapies
 - 4. Electroconvulsive Therapy (ECT)
- F. Bipolar Mood Disorder (Manic-Depressive Disorder)
 - 1. Mania
 - 2. Mood Swings
 - 3. Genetic and Physiological Theories
- G. Suicide

VIII. Schizophrenia

- A. General Characteristics Of Schizophrenia
- B. Schizophreniform Disorders
- C. Brief Reactive Psychosis
- D. Traditional Categories Of Schizophrenia -- Emil Kraepelin
 - 1. Schizotypal Personality Disorder
 - (Simple or Borderline Schizophrenia)
 - 2. Disorganized Schizophrenia (Hebephrenic Schizophrenia)
 - 3. Catatonic Schizophrenia
 - a. Waxy Flexibility
 - 4. Paranoid Schizophrenia
 - a. Distinction From Paranoid Psychosis
 - 5. Undifferentiated Schizophrenia
 - 6. Problems With Traditional Categories Of Schizophrenia
- E. Other Distinctions Between Schizophrenics
 - 1. Acute vs. Chronic
 - 2. Reactive vs. Process
 - 3. Premorbid Adjustment
- F. Theoretical Causes Of Schizophrenia
 - 1. Freud
 - 2. Ronald D. Laing
 - 3. Social Class
 - 4. Learning Theories
 - 5. Physiological Theories -- The Dopamine Hypothesis
 - 6. Genetic Theories
 - 7. Integration of Theories -- The Diathesis-Stress Model
or Stress-Vulnerability Model

- IX. Personality Disorders
 - A. The Paranoid Personality
 - B. The Schizoid Personality
 - C. Schizotypal Personality Disorder
 - D. The Antisocial Personality (Psychopath or Sociopath)
- X. Labeling
 - A. Problems With Labeling People
 - B. "On Being Sane In Insane Places" -- David Rosenhan's Study
- XI. Psychology And The Law
 - A. Involuntary Civil Commitment
 - 1. California Law
 - 2. Patients' Rights
 - B. Criminal Commitment
 - 1. Incompetent To Stand Trial
 - 2. The Insanity Plea ("Not Guilty By Reason Of Insanity")
 - a. The M'Naghten Rule
 - b. The Ohio Rule
 - c. The Model Penal Code Of The American Law Institute
 - d. Indefinite Commitment -- The Case Of Charles Rouse
 - e. Problems With The Insanity Defense
 - i. Thomas Szasz -- "The Myth Of Mental Illness"
 - f. Evaluation Of The Insanity Plea
 - i. Need For Plea Of "Guilty By Reason Of Insanity"

PSYCHOTHERAPY

- I. Breadth of the Topic of Psychotherapy
 - A. Reasons For Seeking Therapy
 - B. Diversity of Types of Therapy with a Diversity of Techniques, Settings, and Goals
 - C. Types of Mental Health Professionals
 1. Psychiatrists
 2. Clinical Psychologists
 3. Counseling Psychologists
 4. Psychiatric Social Workers
 5. Psychoanalysts
 6. Others
 - D. History of Psychotherapy
- II. Insight-Oriented Therapies
 - A. Freudian Psychoanalysis
 1. Goals of Psychoanalysis
 2. Techniques and Aspects of Psychoanalysis
 - a. Free Association
 - b. Catharsis
 - c. Resistance
 - d. Interpretation
 - e. Dream Analysis
 - i. Manifest Content
 - ii. Latent Content
 - iii. Symbols
 - f. Transference
 - g. Countertransference
 - h. Conclusion of Therapy
 3. Criticisms of Psychoanalysis
 - B. Other Insight-Oriented Therapies

III. Humanistic Therapies

- A. Philosophy of Humanistic Therapies
- B. Client-Centered or Person-Centered Therapy -- Carl Rogers
 - 1. Based on Rogers' Personality Theory
 - 2. Techniques and Aspects of Client-Centered Therapy
 - a. Nondirective
 - b. Reflection
 - c. Genuine, Empathetic Understanding
 - d. Congruence, Genuineness, and Authenticity
 - e. Unconditional Positive Regard
 - 3. Criticisms of Client-Centered Therapy
- C. Gestalt Therapy -- Frederick S. (Fritz) Perls
 - 1. Techniques and Aspects of Gestalt Therapy
 - a. Very Directive
 - b. Dialogues With Sources Of Conflict
 - c. The Now
 - d. Often Done In Groups
 - 2. Criticisms of Gestalt Therapy
 - 3. Gestalt Therapy As An Extension Of
Fritz Perls -- The Gestalt Prayer

V. Cognitive Therapies

- A. Goals of Cognitive Therapies
- B. Rational-Emotive Therapy (RET) -- Albert Ellis
 - 1. Irrational Beliefs At Core Of Problems
 - 2. A-B-C Theory of Emotional Disturbance
 - a. Activating Event
 - b. Belief
 - c. Emotional Consequence
 - d. Disputing Intervention
 - 3. Aspects and Techniques of Rational-Emotive Therapy
 - a. Dispute Irrational Beliefs
 - b. Learn To Think Rationally
 - c. Very Active

- VI. Behavior Therapies (Behavior Modification)
 - A. Based on Theories of Learning and Conditioning
 - B. Goals of Behavior Therapy
 - C. Systematic Desensitization -- Joseph Wolpe
 - 1. Based on Classical Conditioning
 - 2. Aspects and Techniques of Systematic Desensitization
 - a. Hierarchy of Feared Situations
 - b. Relaxation
 - c. Proceeding Up The Hierarchy
 - d. Reciprocal Inhibition
 - 3. In-Vivo Desensitization
 - a. Little Albert and Little Peter
 - 4. Evaluation of Desensitization
 - D. Implosion Therapy; Flooding
 - E. Observational Learning or Modeling
 - F. Aversive Therapy
 - 1. Also Based on Classical Conditioning
 - G. Operant Conditioning in Behavior Modification
 - 1. Aspects and Techniques of Operant Therapy
 - a. Positive Reinforcement
 - b. Negative Reinforcement
 - c. Extinction
 - i. Time Out
 - d. Punishment
 - e. Shaping
 - f. Token Economies
 - 2. Operant Therapy for Nonpsychotic Clients
 - a. Lists of Target Behaviors and Goals
 - b. Record Baselines
 - c. Records of Progress
 - d. Discriminative Stimuli
 - e. Use of Operant Techniques on the Self
 - f. Thought Stopping
- VII. Eclectic Therapies
- VIII. Group Therapies
 - A. Advantages of Group Therapy
 - B. Disadvantages of Group Therapy
 - C. Range of Group Therapies
- IX. Family Therapy
 - A. The "Identified Patient"
 - B. Advantages of Family Therapy

X. Somatic Therapies

A. Pharmacotherapy (Drug Therapy)

1. Minor Tranquilizers
 - a. Used To Treat Anxiety and Tension
 - b. Valium and Librium
 - c. Physiological Effects
2. Major Tranquilizers or Antipsychotic Drugs
 - a. Used To Treat Schizophrenia
 - b. Phenothiazine Drugs Like Thorazine and Chlorpromazine
 - c. Physiological Effects
 1. Tardive Dyskinesia
3. Antidepressant Drugs
 - a. Used To Treat Major Depressions
 - b. Physiological Effects
 - c. Tricyclic Antidepressants Like Tofranil and Elavil
 - d. MAO (Monoamine Oxidase) Inhibitors
 - e. Selective Serotonin Reuptake Inhibitors (SSRI) like Prozac, Zoloft, and Paxil
4. Lithium Carbonate
 - a. Used To Treat Bipolar Mood Disorder
 - b. Effects of Lithium

B. Electroconvulsive Therapy (ECT)

1. Procedure of ECT
2. Used To Treat Severe Major Depressions
3. Side Effects of ECT

C. Psychosurgery

1. Prefrontal Lobotomy
2. Physiological Effects
3. History of Lobotomy

XI. Evaluation of Psychotherapy

SEX AND GENDER

- I. Overview of Sex and Gender
 - A. Importance of Topic
 - B. Dimensions of Sex and Gender -- John Money
 - 1. Genetic Sex
 - 2. Gonadal Sex
 - 3. Hormonal Sex
 - 4. Genital Sex
 - 5. Gender Identity
 - C. The Development of Sex and Gender
- II. Sexual Arousal
 - A. Phases of Sexual Arousal -- William Masters and Virginia Johnson
 - 1. Excitement Phase
 - 2. Plateau Phase
 - 3. Orgasm Phase
 - 4. Resolution Phase
 - B. Sexual Disorders
 - 1. Sexual Desire Disorders
 - a. Hypoactive Sexual Desire
 - b. Sexual Aversion Disorder
 - 2. Sexual Arousal Disorders
 - a. Female Sexual Arousal Disorder
 - b. Male Erectile Disorder
 - 3. Orgasmic Disorders
 - a. Female Orgasmic Disorder
 - b. Male Orgasmic Disorder
 - c. Premature Ejaculation
 - 4. Sexual Pain Disorders
 - a. Dyspareunia
 - b. Vaginismus
 - 5. Dimensions of Sexual Disorders
 - a. Lifelong Type vs. Acquired Type
 - b. Generalized Type vs. Situational Type
 - c. Due To Psychological Factors vs. Due To Combined Factors
 - 6. Causes of Sexual Disorders
 - a. Physical Causes
 - b. Past Experiences
 - c. Relationship Problems
 - d. Lack of Sexual Skills
 - e. Cultural Causes
 - f. Anxiety
 - 1. Performance Anxiety
 - g. Freudian Theory
 - C. Sex Therapy
 - 1. Overview of Sex Therapy
 - 2. Techniques of Sex Therapy
 - a. Sensate Focus
 - b. "Squeeze Technique"
 - c. "Stop-And-Go" Method
 - d. Masturbation
 - e. Role Changes During Sex

III. Patterns of Sexual Behavior

- A. Masturbation
 - 1. Frequency of Masturbation
 - 2. Historical Attitudes Toward Masturbation
 - a. The "Cereal Barons"
- B. Petting
 - 1. Incidence of Petting
- C. Premarital Intercourse
 - 1. Incidence of Premarital Intercourse
 - 2. Attitudes Toward Premarital Sex
 - a. Traditional Pattern
 - b. Moderate Pattern
 - c. Liberated Pattern
 - 3. Sex Differences in Premarital Sex
 - a. Importance Of The Woman in Determining Activity
- D. Nonmarital Cohabitation
- E. Extramarital Sex
- F. Homosexuality
- G. The Development of Sexual Behavior

IV. Gender Roles

- A. Gender Stereotypes
 - 1. Men are Instrumental or Agentic
 - 2. Women are Expressive or Communal
 - 3. How real are Gender Stereotypes and Gender Differences?
 - 4. Causes of Gender Differences
 - 5. Social Consequences of Gender Stereotypes
- B. Gender Stereotypes in Psychotherapy
- C. Androgyny -- Sandra Bem
- D. Gender Roles in Intimate Relationships
 - 1. Courtship
 - 2. Marriage
 - a. Traditional
 - b. Modern
 - c. Egalitarian
 - d. Role Reversal Marriages

SOCIAL PSYCHOLOGY

I. Attitudes

- A. Definition of Attitudes
- B. Components of Attitudes
 - 1. Beliefs (Cognitive)
 - 2. Emotions (Affective)
 - 3. Actions (Behavioral Intentions and Behaviors)
- C. Attitude Formation -- Sources of Attitudes
 - 1. Salient Incidents
 - 2. Repeated Exposure
 - 3. Parental Influence
 - 4. Schools
 - 5. Peer Groups
 - 6. Reference Groups
 - 7. Mass Media
- D. Processes of Attitude Formation
 - 1. Conditioning
 - 2. Imitation or Modeling
 - 3. Persuasive Communication
 - 4. Information Integration
- E. Attitude Change -- Persuasive Communication
 - 1. Stages of Persuasion
 - a. Exposure
 - b. Attention
 - c. Comprehension
 - d. Yielding or Acceptance
 - e. Retention
 - f. Action
 - 2. Factors in Persuasive Communication
 - a. Source Factors
 - i. Credibility
 - ii. Attractiveness of the Communicator
 - iii. Similarity with the Communicator
 - b. Message Factors
 - i. Comprehensibility
 - ii. Number of Arguments
 - iii. Fear Arousal
 - iv. One-Sided Messages vs. Two-Sided Messages
 - c. Medium Factors
 - i. Face-to-face Communication
 - ii. Mass Media
 - d. Audience or Recipient Factors
 - i. Intelligence of the Recipient
 - ii. Self-Esteem of the Recipient
 - iii. Differential Effects At Different Stages of Persuasion

I. Attitudes, continued

- F. Consistency of Attitudes and Behavior -- Cognitive Dissonance Theory
 - 1. Importance of Consistency
 - 2. Discomfort of Dissonance
 - 3. Applications of Cognitive Dissonance Theory
 - a. Daily Decisions Like Major Purchases
 - b. Societal Implications
 - c. "When Prophecy Fails"
 - 4. Criticisms of Dissonance Theory --
Daryl Bem's Self Perception Theory
- G. Prejudice
 - 1. Definition of Prejudice
 - 2. Ingroups vs. Outgroups
 - 3. Stereotypes
 - 4. Reasons For Prejudice
 - a. Threat of Economic or Social Displacement
 - b. Social Norms
 - c. Authoritarian Personalities
 - 5. Eliminating Prejudice
 - a. Equal Status Inter-Group Contact
 - b. Muzafer Sherif's "Robbers' Cave Study" --
Cooperation To Achieve A Shared Goal

II. Group Behavior

- A. Leadership
 - 1. Task Oriented Leaders
 - 2. Relationship Oriented Leaders
- B. Bases of Social Power
 - 1. Legitimate Authority
 - 2. Rewards
 - 3. Coercion
 - 4. Expertise
 - 5. Information
 - 6. Referent Power
- C. Effects Of Being In A Group
 - 1. Social Facilitation; Social Inhibition
 - 2. Social Loafing
 - 3. Risky Shift
 - 4. Group Polarization
 - 5. Crowd Behavior
 - a. Deindividuation
- D. Bystander Apathy
 - 1. The Kitty Genovese Case
 - 2. Conditions For Bystander Intervention
 - a. Notice Emergency
 - b. Define Situation As An Emergency
 - c. Taking Responsibility
 - d. Action

II. Group Behavior, continued

E. Prosocial Behavior

1. Altruism
2. Reasons For Prosocial Behavior
 - a. Norm of Reciprocity
 - b. Norm of Social Responsibility
 - c. Norms of Social Justice
 1. Equality
 2. Relative Need
 3. Equity

F. Obedience To Authority -- Stanley Milgram's Study

1. Extent of Obedience
2. Importance of Experimenter-Subject and Subject-Victim Distances In Producing Obedience
3. Legitimate Authority
4. Ethics of the Milgram Study
5. Social Implications of Milgram's Study

G. Conformity -- Solomon Asch's Study

1. Factors Which Produce Conformity
 - a. Group Size
 - b. Unanimity
 - c. Psychological Reasons For Conformity

III. Interpersonal Interactions

A. Impression Formation

1. Primacy Effect
2. Halo Effect
3. Central Traits

B. The Categorization Of Other People

1. Schemas
2. Prototypes
3. Scripts
4. Stereotypes
 - a. Usefulness of Stereotypes
 - b. Problems with Stereotypes,
 - i. Often Incorrect, Especially as Applied to Ethnic Groups

C. Attribution Theory

1. Internal, Dispositional, or Personal Attributions
2. External, Situational, or Environmental Attributions
3. Information Used In Attributions -- Harold H. Kelley
 - a. Consensus
 - b. Consistency
 - c. Distinctiveness
 - d. Augmentation
 - e. Discounting
4. The Fundamental Attribution Error; The Actor-Observer Effect

IV. Close Relationships

- A. Factors in the Formation of Relationships
 - 1. Proximity
 - 2. Physical Attractiveness
 - 3. Competence
 - 4. Similarity
 - a. Similarity vs. Complementarity
 - 5. Familiarity
- B. The Evaluation of Relationships
 - 1. Social Comparison Theory
 - 2. Social Exchange Theory
 - a. Comparison Level
 - b. Comparison Level For Alternatives
- C. Loneliness
 - 1. Emotional Loneliness
 - 2. Social Loneliness
- D. Romantic Love
 - 1. Liking vs. Loving -- Zick Rubin
 - 2. Types of Love
 - a. Passionate Love
 - b. Companionate Love
 - 3. Sex Differences in Love Patterns
 - 4. Breakups

APPLIED PSYCHOLOGY

- I. Organizational Behavior
 - A. Overview of Organizations
 - 1. Definition of Organizations
 - 2. Units of Analysis
 - a. Individuals
 - b. Groups
 - c. Tasks and Technology
 - d. Organizational Design
 - e. Environment
 - B. Requirements of Organizations
 - 1. Resource Acquisition
 - 2. Production
 - 3. Output
 - 4. (Work) Efficiency
 - 5. Rational Coordination
 - 6. Renewal and Adaptation
 - 7. Conformity
 - 8. Constituency Satisfaction
 - C. Job Satisfaction
 - 1. The Work Itself
 - 2. Pay
 - 3. Promotional Opportunities
 - 4. Supervision
 - 5. Co-Workers
 - 6. Behavioral Consequences of Job Satisfaction
 - H. Work Design
 - 1. Poor Job Designs
 - 2. Ways To Improve Work Design
 - a. Changes in the Work Itself -- Job Enrichment
 - b. Job Rotation
 - c. Flextime or Flexitime
 - d. Job Sharing
 - e. Employee Participation in Work Design
- II. Environmental Psychology
 - A. Personal Space
 - 1. Zones of Personal Space in American Culture
 - a. Intimate Distance
 - b. Personal Distance
 - c. Social Distance
 - d. Public Distance
 - 2. Invasions of Personal Space
 - B. Crowding