Exam Module 04 (no assignment)

Reading Part: Module 05

Experiments in Social Psychology

Social psychology examines the behavior of others. Unlike many of the other perspectives we've studied, social psychology looks at how other people impact why we do what we do. Key theorists in this field included Gordon Allport, Dr. Philip Zimbardo, Solomon Asch, and Stanley Milgram.

Some areas of interest to social psychologists include: conformity, obedience, groupthink, why some people work less in groups, why do people stand in lines, and why do people follow rules.

While social psychology has grown in recent years, so have the experimental studies that fueled the research to support it.

**Experiments and Studies**

This brief article outlines the highlights and flaws of the Stanford Prison Experiment and discusses why it is still controversial.

[One of Psychology's most famous experiments was flawed](https://search.ebscohost.com/login.aspx?scope=site&authtype=ip,shib&custid=s9076023&direct=true&db=a9h&AN=97722188&site=ehost-live)

Solomon Asch's study examines conformity. Consider what you would have done in a similar situation. This article offers a deeper understanding of the implications of Asch's study and other considerations researchers of the time ignored.

[Out of the Asch Study](https://search.ebscohost.com/login.aspx?scope=site&authtype=ip,shib&custid=s9076023&direct=true&db=a9h&AN=57209920&site=ehost-live)

Psychological Base Therapies

There are many treatment and therapy options available to those with a mental illness. Many centuries ago, people believed that mental illness was caused by demons or evil spirits taking control of one's mind. Many of these people were tortured or even put to death. Patients were also chained to the wall and treated cruelly. A shift occurred when a physician by the name of Phillipe Pinel (1745-1826), argued that these patients should be treated with compassion. Pinel's treatment of the mentally ill was named moral therapy. Moral therapy was based on Pinel's view that humane treatment would produce positive changes in the patients' behavior.

Many other forms of treatment have evolved since then; some experts believe that there may be as many as 400 forms of therapy for the mentally ill! **Psychotherapy**, according to your book, refers to, "techniques employed to improve psychological functioning and promote adjustment to life." Psychotherapy refers only to techniques that are used by professionals in the field of psychology.

There are three main approaches to therapy: Insight therapy, Behavior therapy, and Biomedical therapy.

**Psychological Based Therapies**

**Insight Therapy**

Insight Therapy generally seeks to increase self knowledge and understanding into the client's difficulties and problems.

* **Psychoanalysis,**developed by Sigmund Freud, is centered on the belief that psychological disorders can be treated by uncovering the unconscious feelings and conflicts that were lurking within.
* **Cognitive therapy**centers on a person's thought processes and beliefs.
* **Humanistic therapy**emphasizes the present as well as the person's interpretation of the experience.
* **Group, Family, and Marital therapies**treat multiple individuals at the same time.

**Behavior Therapy**

**Behavior Therapy** believes that maladaptive behavior occurs as the result of learning; therefore, the focus is on looking at consequences such as reinforcement and punishment. The therapist uses principles of classical conditioning, operant conditioning, and observational learning.

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|  | There is a growing trend in psychological based therapies called the eclectic approach, which combines several different therapies. |

Assignment: Module 05

Psychological principles are theories and beliefs about major areas of our lives, like cognitions, intelligence, social groups, habit, behavior, and many others. Let’s explore how we identify and utilize psychological principles in daily life. In a 2 page paper, please analyze the following:

* How do psychological principles affect the study of the behavior of individuals and groups?
* What are the parameters of behavioral deviance and its various therapies?
* How do psychological principles affect the study of individual differences?
* Last, explain the role of psychology in such areas as industry, complex organizations, law, and education.

This paper should be 2-3 pages in length and use APA formatting (cover page, paper body formatting, citations, and references: see Rasmussen's APA guide in the Resources tab, or by clicking [here](http://guides.rasmussen.edu/apa). Prior to submitting your paper, be sure you proofread your work to check your spelling and grammar. If you use any outside sources, please site those sources in APA citation format.

**Grading Rubric**

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| --- | --- | --- | --- | --- |
| **F** | **F** | **C** | **B** | **A** |
| **0** | **1** | **2** | **3** | **4** |
| **Did not Submit** | **No Pass** | **Competence** | **Proficiency** | **Mastery** |
| Not Submitted | No identification of the effect on behavior, missing basic features and support. | Identifies the effect on behavior, but lacks explanation of basic features. | Identifies the effect on behavior, but explanation is underdeveloped. | Identifies the effect on behavior, fully explains basic theory and support. |
| Not Submitted | No identification of parameters of behavioral deviance and therapy. | Identifies parameters of behavioral deviance and therapy, but lacks explanation. | Identifies parameters of behavioral deviance and therapy some explanation. | Identifies parameters of behavioral deviance and therapy, fully supporting explanation. |
| Not Submitted | No identification of the study of individual differences, missing basic features and support. | Identifies the study of individual differences, but lacks basic explanation. | Identifies the study of individual differences, but explanation is underdeveloped. | Identifies the study of individual differences, fully explains and supports. |
| Not Submitted | No identification of the role of psychology, missing basic features and support. | Identifies the role of psychology, but lacks explanation. | Identifies the role of psychology, some explanation. | Identifies the role of psychology, fully supporting explanation. |