### Psychology

**Psychological Perspectives and Behaviour**

**10371**

<table>
<thead>
<tr>
<th>GRADED</th>
<th>ACADEMIC SUBJECT CONTENT</th>
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<tr>
<td>Credit Value of Unit 6</td>
<td>GLH of Unit 60</td>
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#### Learning Outcomes

<table>
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<tr>
<th>The student should be able to</th>
<th>Assessment Criteria</th>
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<tr>
<td>1 Understand psychological perspectives</td>
<td>1.1 Identify key characteristics of at least two psychological perspectives</td>
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<td>1.2 Analyse the contribution of at least two psychological perspectives to the understanding of specific behaviours</td>
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<td>1.3 Evaluate the contribution of at least two psychological perspectives to the treatment of specific behaviours, cognitions, states of consciousness and emotional states</td>
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<td>2 Understand how to apply psychological perspectives</td>
<td>2.1 Apply at least two psychological perspectives to a given example(s)</td>
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<td>2.2 Evaluate methods of data gathering in at least two psychological perspectives</td>
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#### Assessment Methodology

A 2000 – 2500 word response to a scenario/case study.

#### Grading of this unit

The following grade descriptors will be applied to the assessment of this unit:

1. Understanding of the subject
2. Application of Knowledge
4. Use of Information
5. Communication and Presentation
7. Quality

Please refer to the QAA Grade Descriptors for detail of the components of each descriptor.
### Indicative Content

Please note that the indicative content supplied below is intended as a suggested guide only. It is not meant to be a prescriptive, exhaustive or fully delivered content list. If you would like more information about the indicative content please contact development@ascentis.co.uk.

This unit enables students to understand the different psychological approaches that can be utilised. The unit also investigates the application of psychological perspectives in developing understanding of specific behaviours; and the management and treatment of specific behaviours.

- **Psychodynamic Perspective and its approach to therapy.**
  - Freud’s theories of psychosexual development, id/ego/superego, levels of consciousness, defence mechanisms, examples of case-studies
  - Modifications by ‘followers’ such as Jung, Adler, Horney
  - Data-gathering: case-study, dream analysis, the ‘talking cure’ the transference, free association.

- **Behaviourist Perspective and its approach to therapy**
  - The work of Watson, Pavlov, Skinner and later modifications by Learning Theorists
  - Data-gathering: experimental method, animal and human laboratory studies, clinical studies in therapies such as systematic desensitisation, flooding, aversion therapy, token economy and other treatments using operant conditioning.

- **Cognitive Perspective and its approach to therapy**
  - Cognitive and cognitive-behavioural therapies such as Abramson’s attributional styles, Beck’s cognitive triad, Ellis’s ABC model, Seligman’s concept of learned helplessness.
  - Data-gathering: the experimental and laboratory methods, case study, interview and other clinical methods.

- **Biological Perspective and its approach to therapy**
  - The medical model of treatment, neurochemical treatments based on, for example, the dopamine hypothesis, the serotonin hypothesis, drug treatments for anxiety, psychosurgery, ECT.
  - Data-gathering: the use of CAT and PET scans, work in the field of neuroscience, clinical studies, correlational studies, laboratory experiments.

Validation end date: 31 August 2019