

Week & Topic	Week Beginning	Resources	Activities
<p>Week 1: Phobias</p>	<p>30/06/20</p>	<ul style="list-style-type: none"> • Psychopathology Study Booklet (copy emailed to each student) • PowerPoint Presentations on Phobias (copies emailed to each student) • Online textbook (follow link) https://www.illuminate.digital/aqapsych1/ Username: sthomasdeacon Password: student • CGP AS & A Level Psychology: Complete Revision & Practice • Year 12 Seneca Learning “Y12 Psychology school closure class”: https://app.senecalearning.com/dashboard/join-class/k1dov2w0n2 and the class code is k1dov2w0n2 	<p>Clinical Characteristics of Phobias</p> <ol style="list-style-type: none"> 1) Complete Study Booklet Starter (p.22) – Phobias match up activity: Match up each phobia name to the relevant image (this can be done online following the Tutor2U hyperlink on P.23) 2) Activity 1 (p.24) complete spider diagram on what you know about phobias & then use online textbook & CGP book to note down a definition. 3) Activity 2 & 3 (p.25-26) – Use online textbook (p.138-139) & CGP book (p.43) to complete diagram of phobia characteristics and categories of phobias. 4) Activity 4 – Exam Questions (p.27) – Use your notes to answer these questions. <p>Behavioural Approach to Explaining Phobias</p> <ol style="list-style-type: none"> 1) Complete Study Booklet Starter (p.28) – Multi-choice questions – Use your study booklet & textbooks to help you. 2) Make brief notes on the behavioural approach to phobias using PowerPoint 3) Activity 1 – a) Read about the 2 process model for phobias (acquisition through Classical Conditioning & maintenance through Operant Conditioning) (CGP Book p.48 and online textbook) b) choose a scenario and explain how the phobia in the scenario was acquired & maintained. 4) Activity 2 – Evaluating the Behaviourist approach to explaining phobias – Use the online textbook & CGP book (p.49) <p>Behavioural Approach to Treating Phobias</p> <ol style="list-style-type: none"> 1) Study booklet No-notes recall quiz (p.34-35) – answer the questions on the PowerPoint without using your notes to see how much you can recall. 2) Make brief notes on the systematic desensitisation using PowerPoint 3) Activity 1 & 2 (p.36-38) a) Make notes on the stages of Systematic Desensitisation using the online textbook (p.146) (CGP Book p.48) b) choose a scenario and apply your knowledge to explain how the phobia in the scenario was acquired & maintained. 4) Make brief notes on flooding therapy using PowerPoint 5) Activity 3 (p.39) – Comparing Systematic Desensitisation and Flooding – use the online book (p.146) & CGP book (p.49) to complete the Venn diagram showing how therapies are similar and different 6) Activity 4 (p.40) – Apply it – Concepts: Emily and cats – apply your knowledge to the scenario and answer the questions 7) Activity 5 – Evaluating the behaviourist approach to treating phobias – Use the online textbook & CGP book <p>COMPLETE CGP EXAM QUESTIONS ON PHOBIAS (p.49) COMPLETE SENECA ASSIGNMENT & QUESTIONS ON PHOBIAS</p>

07/07/20
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- Psychopathology Study Booklet (copy emailed to each student)

- PowerPoint Presentations on Phobias (copies emailed to each student)

- Online textbook (follow link)

<https://www.illuminate.digital/aqapsych1/>

Username:

stomasdeacon

Password: student

- CGP AS & A Level Psychology: Complete Revision & Practice

- Year 12 Seneca Learning "Y12 Psychology school closure class":

<https://app.senecalearning.com/dashboard/join-class/k1dov2w0n2> and the class code is **k1dov2w0n2**

Clinical Characteristics of Depression

- 1) **Complete study booklet Multiple Choice Questions (p.43)**
- 2) **Complete study booklet starter (p.44-47)** read about the Little Albert study (Watson & Raynor) and then answer the questions
- 3) **Activity 1 (p.48)** complete spider diagram on what you know about depression & then use online textbook & CGP book to note down a definition.
- 4) **Activity 2 (p.49-50)** – Use online textbook (p.140-141) & CGP book (p.42) to complete diagram of depression characteristics and categories of depression.
- 5) **Activity 3 (p.51)** – Use previous notes and textbooks to complete apply it activity.
- 6) **Activity 4 (p.52)** – Complete exam question on characteristics of depression.

Cognitive Approach to Explaining Depression

- 1) **Complete Exam Question marking exercise (p.53-55)** – Work through each part of the activity before giving the answer a mark and an improvement point.
- 2) **Getting you thinking activity (p.56)** – read about Dougie's situation and use the Thoughts, Feelings and Behaviour diagram to explain how Dougie might view his situation compared to someone who didn't suffer with depression.
- 3) **Activity 1 – Cognitive Explanations of depression (p.57)** – Use the online textbook (p.148) & CGP book (p.46) to make notes on Becks theory & Ellis' ABC model and apply each to Dougie's scenario.
- 4) **Activity 2 – Evaluating the Cognitive approach to explaining depression** – Use the online textbook & CGP book (p.46)

Cognitive Approach to Treating Depression

- 1) **Complete study booklet Multiple Choice Questions (p.60-61)**
- 2) **Starter Activity Beck and Ellis from memory (p.62)** – without using your notes, a) Jot down what you remember about Beck & Ellis' explanations of depression on the outside of the thought bubbles b) write a summary of each explanation inside the thought bubble.
- 3) Make brief notes on Cognitive Behaviour Therapy using PowerPoint
- 4) **Activity 1 - Treating Depression using Becks Theory & Ellis's REBT (p.63-64)** – use the online book (p.148 & 150) & CGP book (p.47) to describe the key processes for each therapeutic model and apply to the scenario.
- 5) **Activity 2 (p.65) – Apply it – Methods: Clinical trials of CBT** – complete the research methods based questions using the information you are given.
- 6) **Activity 5 – Evaluating the cognitive approach to treating depression** – Use the online textbook & CGP book

COMPLETE CGP EXAM QUESTIONS ON DEPRESSION (p.47)

COMPLETE SENECA ASSIGNMENT & QUESTIONS ON DEPRESSION

14/07/20
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k1dov2w0n2

Clinical Characteristics of OCD

- 1) **Complete study booklet Concept Map for Psychopathology (p.68)** – try to do as much of this from memory as possible.
- 2) **Activity 1 (p.69)** complete spider diagram on what you know about OCD & then use online textbook & CGP book to note down a definition.
- 3) **Activity 2 (p.70-71)** – Use online textbook (p.142-143) & CGP book (p.44-45) to complete diagram of OCD characteristics and categories of OCD.
- 4) **Activity 3 (p.72) – The OCD Cycle** – Read the case study and answer the questions in the study booklet.
- 5) **Activity 4 (p.73)** – Complete exam question on characteristics of OCD.

Biological Approach to Explaining OCD

- 1) **Complete What is the question activity (p.74)** – The answers are given on the PowerPoint, you need to think about what the question is
- 2) **Note making and answering questions (p.75-76)** – make notes from the PowerPoint and then use your notes to answer the questions as you go along
- 3) **Activity 1 – Neural explanations of OCD (p.77-79)** – Read the notes in the study booklet, your online textbook & CGP book (p.50) to answer the questions on neural explanations of OCD.
- 4) **Activity 2 – Evaluating the Biological approach to explaining OCD** – Use the online textbook & CGP book (p.51)

Biological Approach to Treating OCD

- 1) **Complete study booklet Multiple Choice Questions (p.81-82)**
- 2) **Activity 1 Drug Therapy Research (p.83)** – Use the online textbook, CGP book (p.51) to complete a table showing OCD drug therapies and the main issues for each.
- 3) **Activity 2 – Apply It: Concepts - Akash (p.84)** – read the scenario and use your knowledge of OCD drug therapy to answer the questions.
- 4) **Activity 5 – Evaluating the biological approach to treating OCD** – Use the online textbook & CGP book

COMPLETE CGP EXAM QUESTIONS ON OCD (p.51)

COMPLETE SENECA ASSIGNMENT & QUESTIONS ON OCD

Week 3: OCD	21/07/20 20	<ul style="list-style-type: none"> • Psychopathology Study Booklet (copy emailed to each student) • PowerPoint Presentations on Phobias (copies emailed to each student) • Online textbook (follow link) https://www.illuminate.digital/aqapsych1/ Username: sthomasdeacon Password: student • CGP AS & A Level Psychology: Complete Revision & Practice • Year 12 Seneca Learning “Y12 Psychology school closure class”: https://app.senecalearning.com/dashboard/join-class/k1dov2w0n2 and the class code is k1dov2w0n2 	<p>You are a Clinical Psychologist and are currently dealing with 3 patients – one with severe Arachnophobia, one with Unipolar depression and one with OCD.</p> <p>Write a letter to each patient that contains the following information:</p> <ul style="list-style-type: none"> • A brief explanation of their disorder and what are the main behavioural, emotional and cognitive symptoms they might expect • A brief explanation of the aetiology (possible cause/s) of their disorder • Information on treatment options they are available and pros and cons of each. <p>You should use your study booklet, online textbook, CGP guide and websites such as simplypsychology to help you compose each of the letters.</p>
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