



Abnormal Psychology **Assignment 1 Guidelines: Me, the Client**

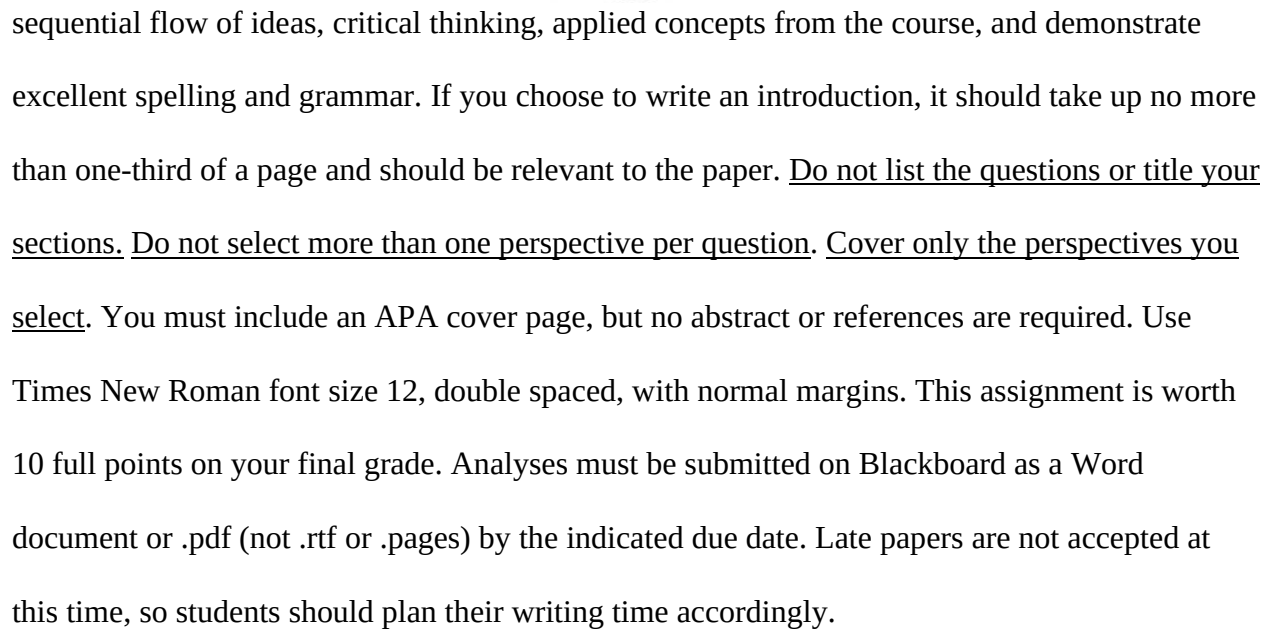
Review the biological, psychodynamic, behavioral, cognitive, humanistic, and sociocultural treatment approaches through a **personal** (as opposed to a general) lens. Start by thinking about what therapy sessions might look, sound, and feel like for each theoretical approach. Imagine what your personal treatment goals might be. When you feel as though you have a strong grasp on the differences, consider and respond in writing to the following questions:

- If **you** were receiving therapy, which of these treatment approaches would you probably select or favor?
- Which treatment approach would you *least* likely select?
- Which treatment approach would be *best* to optimize your personal development?

This last question can be tricky—remember that sometimes what we *like* is decidedly different from what we *need*. For some of you, two of your answers may be the same approach, or all three may be different approaches; either scenario is acceptable. Your narrative must:

- fully answer each question, examining only **one** selected approach per question
- candidly examine your own personal tendencies and needs (and shortcomings)
- provide strong rationale for your answers
- demonstrate applied understanding of *only* the perspectives you cover

Your work should be organized into a first-person narrative essay form (using “I”), approximately **3 pages** of content, separated by paragraphs (one for each question), show a

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