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*by* Hhhh Hhhh

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Perspective of Psychology

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## Psychology

### I. Introduction

Human beings have seven different types of perspectives to psychology which has shown a great impact in solving their day-to-day difficulties which they face. These perspectives are used to confront psychology differently and try making sense to us on how the world we live in distress us. Many psychologists have rewarded psychology as the best subject as it helps individuals to be able to apply different features of human life to whether it is on fostering or nature (McLeod 2013). How are the seven perspectives of psychology useful in our day-to-day lives? To be able to understand the effects taking place and how to solve the difficulties in our day-to-day lives, we need to use the different types of approaches of psychology.

### II. Body Paragraph 1

- A. Topic sentence about perspective #1: neuroscience- it described an individual the way they are.
- B. Supporting point: external factor
  - 1. detail: helps in shaping a person and it also offers an innovation that encounters a person's way of behaving (Levy et al 2013).
  - 2. detail: helps also in identifying the correlations between brain and psychological disorder.
- C. Supporting point: internal factor
  - 1. detail: helps in understanding how the internal perspective of a person is more essential compared to their behaviors.

2. detail: this aspect helps in understanding how a person is brought up and will remain the same in their adult life without affecting them.

### **III. Body Paragraph 2**

- A. Topic/transition sentence about perspective #2: behavior genetics. It is defined as the study of genetics and atmospheric impact on actions.
- B. Supporting point: the importance
  1. detail: helps an individual to understand not only the causes of the disease but also identifying the manner they need to respond to their psychotherapists.
  2. detail: genetics plays an essential role in a person's knowledgeable ability and personality.
- C. Supporting point: characteristics
  1. detail: behavior genetics in psychological health is very essential as it helps in understanding the progress of mental conditions.
  2. detail: a lot of psychological health issues are genetic.

### **IV. Body Paragraph 3**

- A. Topic/transition sentence about perspective #3: psychodynamic. It comprises several approaches which explain both normal and pathological personality progress.
- B. Supporting point: importance
  1. detail: it helps an individual to face the situation no matter how painful or hard it is to be able to handle it positively.

2. detail: the image of psychodynamic approach helps individual to accept the mental stress positively to boost our mental growth.

C. Supporting point: strengths

1. detail: psychodynamic helps in exploring the innates drives which motivate our behaviors.
2. detail: it accounts for the impaction of the juvenile on grownup behavior and psychological health.

**V. Body Paragraph 4**

A. Topic/transition sentence about perspective #4: behavioral- it is the commonly used behaviorism when treating children with autism.

B. Supporting point: importance

1. detail: this type of approach is used in treating children as it helps them to understand and learn about new skills and techniques.
2. detail: their findings are more significant as they are used in shaping future actions, especially challenging problems.

C. Supporting point: benefits

1. detail: the favorable response provides a positive lead for personal progress.
2. detail: the psychodynamic approach is more essential compared to intelligence in predicting achievement.

D. Supporting point: importance

1. detail: helps in connecting individuals and the teams.
2. detail: this approach can be predicted.

**Psychology****VI. Body Paragraph 5**

- A. Topic/transition sentence about perspective #5: cognitive- it is defined as the study of emotion as an info processor.
- B. Supporting point: importance
  - 1. detail: it helps the individual in gaining a deeper understanding of the several psychological events.
  - 2. detail: it also helps therapists to invent new ways of helping individuals advance their memories.
- C. Supporting point: roles
  - 1. detail: according to (Whiting et al 2017), cognitive therapists observe the internal psychological processes like memories, perceptions, and languages.
  - 2. detail: they are also concerned with the way individuals understand, solve and make final decisions.

**VII. Body Paragraph 6**

- A. Topic/transition sentence about perspective #6: social-cultural- the major aim of the social-cultural is to understand the way individuals act in social conditions as well as the way they think.
- B. Supporting point: importance
  - 1. detail: it reveals the assortment of human thoughts and actions.
  - 2. detail: it also offers theoretical insight into the assortment and through doing so it advances a general understanding of human thought and action.

**Psychology****C. Supporting point: impacts**

1. detail: sharing. Culture has made individuals be able to share.
2. detail: versatility. Someone's culture can be changed and adapted from a different state to another.

**VIII. Body Paragraph 7**

A. Topic/transition sentence about perspective #7: evolutionary- it is identified as the study of human behaviors, thoughts, and feelings.

**B. Supporting point: the importance**

1. detail: it helps in the identification of changed psychology and assortments variations which represents human mental nature

**C. Supporting point: critics**

1. detail: they do not identify the social-cultural influences.
2. detail: it normally begins with impact and works backward to a description.

**IX. Body Paragraph 8**

A. Topic/transition sentence about comparing two perspectives: behavioral and psychodynamic

**B. supporting point: similarities**

1. detail: they are both deterministic.
2. detail: they both acknowledge the essentials roles of shaping future actions.

## Psychology

### C. Supporting point: differences

1. detail: in the behavioral perspective the behaviorists accept that the act is past the person's free will while in the psychodynamic perspective they believe that they are driven insensible.
2. detail: as stated by (Goldfried et al 1997), in psychodynamic there is the usage of subjective measure while in behavioral there is the usage of objective measures.

## X. **Body Paragraph 9**

### A. Topic/transition sentence about your chosen disorder: post-traumatic stress

disorder (PTSD). (National health 2015) It is identified as a psychological health condition that is caused by a frightening event either through seeing it or undergoing it.

### B. Supporting point: symptoms

1. detail: having nightmares
2. detail: having terrifying thoughts of people or things.

### C. Supporting point: how to avoid symptoms

1. detail: avoid visiting other places or staying away from scary places.
2. detail: try as much as possible to avoid feelings relating to the disturbing event.

### D. Supporting point: treatment

1. detail: the best treatment given to a person with PTSD are mainly therapy talk and medicines.

2. detail: talk to your therapist on the options of treatment and engage more in physical exercises.

## **XI. Conclusion**

- A. Restatement of thesis: the whole of this research talks about the seven perspectives of psychology and how essential is it to our day-to-day lives.
- B. So what? Understanding these perceptions helps one to be fully aware of the challenges they face and how to deal with them positively no matter the condition they are into.

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PAGE 1

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PAGE 2

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PAGE 3

---

PAGE 4

---

PAGE 5

---

PAGE 6

---

PAGE 7

---

PAGE 8

---

PAGE 9

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