

## Week 1 Discussion: Psychological Perspectives

### Required Resources

Read/review the following resources for this activity:

### Initial Post Instructions

After reviewing the case below, choose two perspectives (neuroscience, humanistic, cognitive, psychodynamic or behavioral) to create a short dialogue between two psychologists discussing Sara's behavior. Feel free to be creative in your dialogue! Define your two chosen perspectives and briefly discuss the differences of each approach. What was one missing in your dialogue from the case that the other helped to explain?

For example, what would a psychodynamic psychologist say about Sara's behavior versus a cognitive psychologist? Your dialogue might look something like this:

**Psychodynamic Psychologist:** Sara seems to be exhibiting these behaviors as a result of unconscious thoughts and conflicts she may not be aware of.

**Cognitive Psychologist:** That could be true! But I think a possible cause of Sara's anxiety could stem from the way she thinks about the world around her. Her thinking is distorted and we should work to change that.

**Psychodynamic Psychologist:** Hmm... Sara's parents did get a divorce when she was in high school, she could have possibly repressed those feelings that are now coming to the surface from her own recent divorce.

**Cognitive Psychologist:** Yes, but we are still not getting at the root of the way she thinks and processes information. She excessively worries about everything, not just her parent's divorce and her own.

**Case Sara is 35 year-old woman** currently struggling with increasing pressure at work and a recent divorce among many other things in her life. At the urging of her friends and family, she sought counseling and was diagnosed with Depression and Generalized Anxiety Disorder. Sara has a tendency to worry excessively about her children, money, friends, cat, and just about everything else where other people might not find a reason to worry. At work, she has trouble concentrating and is finding it difficult to perform at her best. Her boss is putting more pressure on her to perform better and meet sales goals for the quarter. In general, Sara feels like she is often on edge, tense, exhausted and is very irritable, which has impacted her everyday life. The amount of stress and anxiety Sara is experiencing in her life is also contributing to her depression. She feels as though she is in a vicious cycle she can't escape.

When Sara was in middle school, her parents argued a lot and she often heard them talking about divorce. In high school, Sara's parents finally followed through and divorced, which made Sara feel very alone and not in control of her own life. She said that she still feels that she is not in control, worries often, and can't control how she feels, despite her attempts.

\*Please be sure to review the discussion guidelines via the link provided above as to make sure you understand how discussions will be graded. Remember to cite all of your sources in APA format (in-text citations and a list of references)\*

### Textbook: Chapters 1, 2, 3 Lesson

Search entries or author " Reply control of her own life. She said that she still feels that she is not in control, worries often, and can't control how she feels, despite her attempts. Be sure to make connections between your ideas and conclusions and the research, concepts, terms, and theory we are discussing this week.

### Follow-Up Post Instructions

Respond to at least two peers or one peer and the instructor. Further the dialogue by providing more information and clarification.

### Writing Requirements

Grading This activity will be graded using the Discussion Grading Rubric. Please review the following link: