

## Class 9

### I. Vocabulary. Introduction to the topic:

Psychology is a remarkably diverse science with a vast range of specialty areas. With an ever-changing political situation in the world, economic stressors, and the demands of life, there will be no shortage of jobs for psychologists. Psychologists frequently choose to specialize in a subfield that is focused on a particular subject within psychology. Many of these specialty areas in psychology require graduate study in a given area of interest. Let's learn more about some of the largest subfields in which psychologists work.

#### Task 1. Learn the Vocabulary:

academic issues – учебные проблемы

adolescents - подростки

anxiety - тревожность

attachment - привязанность

bipolar disorder – биполярное расстройство

case study – кейс (как метод исследования)

cause-and-effect relationship – причинно-следственная связь

cognitive decline – снижение когнитивных способностей

digital addiction – зависимость от цифровых технологий

double-blind experiment – двойной-слепой эксперимент

eating disorders – расстройство пищевого поведения

geropsychology - геропсихология

healthy learning environment – доброжелательная учебная атмосфера

hyperactivity - гиперактивность

insomnia - бессонница

interpersonal - межличностный

isolation - изоляция

mood disorders – расстройство настроения

post-traumatic disorder – пост-травматическое расстройство

schizophrenia - шизофрения

single-blind experiment – одиночно-слепой эксперимент

substance abuse – злоупотребление психоактивными веществами

to analyze data – анализировать данные

to assess – оценивать

to collaborate - сотрудничать

to conduct sessions – проводить сеансы

to diagnose - диагностировать

to interpret – объяснять, толковать, анализировать

to interview clients – опрашивать клиентов

to perform – выполнять, проводить

to promote - способствовать

to specialize in psychotherapy – специализироваться на психотерапии

#### Task 2. Find the correct explanation to the terms:

*Anxiety, attachment, bipolar disorder, case study, double –blind experiment, single-blind experiment, eating disorders, geropsychology, mood disorders, post-traumatic disorder, schizophrenia*

- a) conditions characterized by abnormal eating habits that negatively impact physical and mental health, such as anorexia nervosa, bulimia nervosa, and binge-eating disorder;
- b) a detailed examination of a specific individual, group, or event to explore its various aspects;
- c) a chronic mental health condition characterized by hallucinations, delusions, disorganized thinking, and difficulty distinguishing reality from fantasy;
- d) a feeling of worry, nervousness, or unease about something with an uncertain outcome;
- e) a category of mental health conditions characterized by significant disturbances in emotional states, including depression and bipolar disorder;
- f) a mental health condition characterized by extreme shifts in activity levels, ranging from manic to depressive episodes;
- g) an experimental setup where either the participant or the researcher is aware of the intervention being performed but not both;
- h) a type of experimental design where both the participants and researchers are unaware of the intervention being tested;
- i) a mental health condition triggered by experiencing or witnessing a traumatic event, leading to symptoms like nightmares, severe anxiety, and uncontrollable thoughts about the event;
- j) the branch of psychology focused on the psychological aspects of aging and the older adult population;
- k) the emotional bond that develops between a child and their primary caregiver early in life.

**Task 3.** Find the antonyms or the word combinations with the opposite meaning.

to promote	development, improvement
healthy learning environment	drowsiness, sleepiness
anxiety	free will, strength of will
decline	interaction, social activity
insomnia	to prevent, to disturb
addiction	alienation, detachment
attachment	calmness
isolation	unfriendly atmosphere

**Task 4.** Use the word in brackets in the correct form (noun/verb/adjective)

- a) The child feels deep (attach) to his mother.
- b) The psychologist should (diagnosis) the patient's disorder as soon as possible.
- c) The divorce has become a (trauma) event to her.
- d) We need to (analysis) his repressed thoughts using the technique of associations.
- e) These specialists (collaboration) to help the client with bipolar disorder.
- f) My friend (specialization) in geropsychology.
- g) I have noticed his (addictive) to computer games.
- h) Elderly people sometimes live in (isolate) and need help.

**Task 5.** Read the text and complete the table. You may turn to internet resources to find the missing information.

Specialization	Issues to deal with	Facilities for employment
Clinical psychologists		
Educational psychologists		
Experimental psychologists		
Child and adolescent psychologists		
Geropsychologists		

***Clinical psychologists*** make up the largest specialty area in psychology. Clinicians are psychologists who assess, diagnose, and treat mental illnesses. The issues they deal with include behavioral problems, substance abuse, cognitive problems, post-traumatic disorders, interpersonal problems and mental health conditions such as anxiety, depression, bipolar disorder, and schizophrenia.

Typical work settings include hospitals, schools, universities, prisons, mental health clinics, and private practices. Some clinical psychologists work with a wide range of clients (individuals, couples, families, company staff, etc) while others specialize in treating certain types of psychological disorders or a certain age group.

There are a number of sub-specialty areas in clinical psychology including health psychology, neuropsychology, and geropsychology. Clinical psychologists perform a wide range of tasks – interview clients and patients, conduct assessments and diagnostic tests, provide psychotherapy.

Specialists differentiate several domains within psychology –

#### ***Educational Domain***

Psychologists working in educational settings study the implications of the theories of learning, behaviorism and motivation for educational practice. They help children with emotional, social, and academic issues. School psychologists collaborate with parents and teachers to improve teaching style and to promote a healthy learning environment that focuses on the needs of children.

#### ***Experimental Domain***

Psychologists working in theoretical sphere review the methodology and design psychological experiments. They conduct correlational, longitudinal and case studies, perform single blind or double blind experiments. The specialists develop statistical methods to analyze and interpret data. They try to find cause-and-effect relationships in human behavior.

#### ***Developmental Domain***

This domain studies psychological growth across the human lifespan. Psychologists of this sphere deal with cognitive, emotional, and social development during significant developmental stages. Working with children and adolescents, they study the problems of attachment, digital addiction, hyperactivity, eating disorders, identity formation. Working with adults, psychologists deal with the problems of depression, anxiety disorders, addictions, insomnia, mood disorders, interpersonal problems. Those who deal with elderly people, help them cope with social isolation, changes in cognitive and emotional processes including age-related cognitive decline and life satisfaction.

**Task 6.** Make sentences in Present Perfect tense using the word combinations:

To reveal academic problems, to perform a case-study, to find a cause-and-effect relationship, to promote healthy learning environment, to prevent eating disorders, to conduct a single-blind experiment, to diagnose a mood disorder, to assess the client's state, to interview clients, to interpret the results of the tests.