

Class 13

I. Vocabulary training

Task 1. Match the sphere of the mental problems and the examples.

1. academic problems (learning disabilities)	overreliance on technology or digital devices, drug abuse, shopaholism (oniomania), exercise addiction (self-perfection)
2. emotional (mood) disorders	narcissism, avoidant personality disorder, self-neglect, antisocial disorder
3. addictions	autism spectrum disorders, attention-deficit/hyperactivity disorder (ADHD), delayed speech development,
4. personality disorders	persistent feeling of anger and irritability, perfectionism and fear of making mistakes, fear of specific situations or objects (phobias), anxiety bipolar disorder
5. eating disorders	troubles with analyzing visual and auditory information, short attention lifespan, difficulties with mathematical calculations, troubles with following instructions
6. age-related disorders	insomnia, lack of social environment, fear of any changes (moving to another place, meeting new people), cognitive decline
7. neurodevelopmental disorders	anorexia nervosa, bulimia nervosa, binge eating

Task 2. Describe a person (real or imaginary) having any type of the disorders. Tell about the manifestations of the disorder, peculiarities of his/her actions and thoughts.

II. Reading and speaking

Task 3. Read the text and find the English equivalents to the words and word combinations (they are given in the order of appearance in the text): взаимозаменяемые, иметь степень (научную), ведущие предметы, имеющий отношение к чему-то (увлеченный чем-то), познание, советник (консультант), способы преодоления, принимать во внимание, нарушения обмена веществ, целостный, использовать (применять), коммуникативная, отслеживать прогресс, быть вовлеченным, первоначальный, выяснить, лекарственный.

Difference between psychiatry and clinical psychology

Some people think that 'psychiatry' and 'clinical psychology' are interchangeable terms, but that's not true.

The first difference is in the training. Psychologists typically hold a PhD (Doctor of Philosophy in psychology) or PsyD (Doctor of Psychology) degree and focus on psychotherapy, psychological testing, and research. Their majors deal with human development and behavior. Becoming a clinical psychologist usually requires around at least six years of education and training. Psychiatrists are medical doctors (MDs) who specialize in mental health. Becoming a psychiatrist usually requires at least 11 years of education and training.

The second difference is the sphere of their professional interest. Clinical psychologists are more concerned with cognition, mental health conditions, behavioral problems, depression, and anxiety. They tend to serve the role of a counselor or therapist, using psychotherapy to help patients cope with mental illness, work through personal issues, and develop healthy coping mechanisms for emotional problems. Clinical psychologists typically have a specialty or a branch, such as substance abuse, depression, anxiety, personality disorders, posttraumatic stress disorder, or eating disorders. Psychiatrists tend to focus on the brain and medicine to treat psychiatric and psychological disorders. They usually treat people with more serious, complex, and abnormal conditions such as schizophrenia, bipolar disorder, and severe depression. They can prescribe medication, conduct physical examinations, and use medical interventions alongside psychotherapy to treat mental health disorders. Being doctors, psychiatrists take into account that some diseases, such as metabolic disorders, poor nutrition, drug or alcohol abuse, and severe head injuries, can affect our minds and behavior.

The third difference is the kind of intervention they provide. Psychologists focus on psychotherapy and take a more holistic approach to treat patients. They cannot prescribe medication and usually work with patients to create treatment plans to work through difficult emotional and behavioral issues. Psychologists utilize psychotherapy which is a talk-based therapy, but there are various approaches and techniques within this field. Examples include psychodynamic therapy, cognitive behavioral therapy, psychoanalysis, emotionally focused therapy, and existential therapy. Psychiatrists can diagnose illnesses, prescribe medications, manage psychological treatment, and provide therapy. Psychiatrists tend to focus their sessions with patients on managing dosages of medication and monitoring the patient's progress and symptoms while on medication. Patients usually are not engaged in talk therapy with their psychiatrist, although they certainly can.

And still, psychiatrists and psychologists often work together. Often, a psychiatrist will make an initial diagnosis to figure out the causes and the level of the disorder. He may prescribe any necessary medications if the disorder requires medicinal treatment and/or refer you to a psychologist for supporting psychotherapy.

Task 4. Summarize the information completing the sentences:

Future clinical psychologists should get degree focusing on They are concerned with such issues as Usually they choose a particular area to specialize in such as.... Clinical psychologists may not prescribe drugs, so they use various types of psychological therapies - ...

Future psychiatrists get degree. They treat people with serious and complex mental health problems such as They also pay attention to overall patients' health as they know that.... Psychiatrists act as doctors, they diagnose....., prescribe....., manage, monitor ...

Task 5. Imagine the situation that you are a school leaver going to make a choice. What specialty would you choose now and why?

III. Listening. Topic – A clinical psychologist's view on COVID, burnout and mental health.

Pre-listening tasks:

Task 1. Answer the questions:

1) In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organization (WHO) ([https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide#:~:text=In%20the%20first%20year%20of,Health%20Organization%20\(WHO\)%20today.](https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide#:~:text=In%20the%20first%20year%20of,Health%20Organization%20(WHO)%20today.)) Did you notice the signs of anxiety and depression among your relatives or friends who had suffered COVID? Can you say that those disorders were connected with COVID?

2) What do you think were the causes of anxiety among those who were healthy and didn't contract the infection?

3) Have you heard the term "burnout"? How would you explain it?

4) Do you have your personal experience of feeling depressed and confused during the pandemic?

Task 2. Look through the list of words/word combination that will help you to understand the information in the video:

to struggle with mental health – бороться с психическими расстройствами

Delta variant – разновидность COVID-19, Дельта

increase – рост, увеличение

to look out for something – искать, приглядываться к чему-то,

to be alert of smth - быть настороже

to get disrupted with – ощущать сбой в чем-то, нарушение

to turn off – прекращать(ся)

to get out of line – выходить за рамки, границы нормы

to maintain a balance – поддерживать равновесие, гармонию

to juggle work and life – совмещать работу и жизнь

to do inventory – провести ревизию (переосмысление)

to figure out – выяснить, прийти к выводу.

to neglect – забросить что-то, упустить, пренебречь

critical for long-term health – критически важное для здоровья в перспективе

to keep back up – продолжать возвращаться снова

fault – вина

in a thoughtful way – обдуманно

surge – подъем, вспышка (пандемии)

beloved ones – любимые, близкие

fair – честно, справедливо

shot – прививка

milder – мягче, менее опасно

to decrease the likelihood – снизить вероятность

whiplash – удар, неприятное ощущение, боль как от удара

solid medical advice – медицинский совет из надежного источника

Task 3. Looking through the list of the words, can you guess what problems will be discussed in the video?

Listening tasks:

Task 4. Listen to the introductory speech of the TV show host. What data and proofs does he use to show the significance of the issue? Who is the guest of the show? Is he a well-known person?

TO BE CONTINUED)))

ДЗ – подготовиться к контролю лексики по теме Domains of psychology