



Mental Health and Depression

Skills, knowledge and understanding to be developed in this Learning Plan:

Continue to develop the characteristics of mental health and the problems associated with mental health
 Develop a range of skills to help me analyse and evaluate a range of different research studies based around the brain and neuropsychology.

Key terms to be learned in this

LP:
 Depression, AntiDepression, Holistic, Addicton, Abuse,

Week/Wythnos 1 Learning Objectives: How can therapies help depression

- Understand and evaluate the use of antidepressant medications and cognitive behaviour therapy (CBT) to improve mental health (including the reductionist and holistic perspectives).
- Understand and be able to evaluate Wiles' study of the effectiveness of CBT.
- Understand the difference between addiction and dependence and the difference between substance misuse and substance abuse.
- Understand the use of International Classification of Diseases in diagnosing addiction (dependence syndrome).

Objective assessments:

- Describe the different therapies available to people suffering from mental health problems
- Describe and evaluate using analysis skills Wiles study on the effectiveness of CBT
- Be able to answer a range of AO1 questions as well as AO2 exam questions.
- Discuss the differences between addiction and dependence, misuse and abuse.

Homework/Gwaith cartref:

Wacth Youtube revision GCSE Psychology on addiction therapies

Set:
 Due:

Week/Wythnos 2 Learning Objectives: The theories behind addiction-What and How!

- Understand and evaluate the biological and psychological explanations for addiction.
- Understand and be able to evaluate Kaij's twin study of alcohol abuse.

Objective assessments:

- Be able to recall the reasons why people become addicted, both from a psychological and biological perspective.
- Be able to answer a range of AO1 and AO2 questions, demonstrating my knowledge and understanding skills
- Use analysis and evaluate skills to review Kaij's study on alcohol abuse and use this in an exam format.

Homework/Gwaith cartref:

Review YouTube video on Theories behind Addicton

Set:
 Due:

Week/Wythnos 3 Learning Objectives: Intervention or therapy? Which is better?

- Understand the use of aversion therapy and self-management programs to improve mental health (including the reductionist and holistic perspectives).
- Evaluate aversion therapy and self-management techniques.

Objective assessments:

- Describe and explain the use of aversion therapy and self management programmes using past papers.
- Analyse, review and evaluate the aversion therapy technique, using a range of past papers to support my learning.

Homework/Gwaith cartref:

.Revision-Past Paper

Set:

YEAR/BLWYDDYN: 11 SUBJECT/PWNC: Psychology

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Week/Wythnos 4 Learning Objectives:

Revision for exam

Objective assessments:

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