

Topics in Psychology

Psychology is a field in which there is much misinformation as well as good information. Sorting one from the other is often made difficult by the ease with which misinformation is promulgated through social media.

The aim of this course is to introduce the basics of psychology initially and then follow this up with coverage of several useful specific theories. Some further sessions could then explore topics raised by course participants.

I hope to encourage awareness of the need for an evidence base, and to introduce the potential of Artificial Intelligence in sorting the sense from the nonsense.

Probable Core Outline...

1. Introduction to Psychology - the study of human behaviour
 - Branches of psychology
 - What training is required to be a psychologist?
 - What do psychologists actually do? - (you might be surprised).
 - What don't psychologists do? - (this might surprise too)
 - The ethics of knowing what you can and can't do!
 - Who am I and why am I teaching this stuff?
2. Some Psychology Theories
 - The world of B F Skinner and rats in cages
 - The power of the poker machine
 - Psychodynamic Psychology
 - Freud and friends
 - Transactional Analysis
 - Attribution Theory & Locus of Causality
3. Pragmatic Therapeutic approaches
 - What is mental health anyway?
 - William Glasser, control theory/reality therapy
 - CBT, Narrative, and other approaches
4. Neuropsychology
 - A teaspoon of genetics
 - The pruning of neural networks
 - The battle of the brain regions
 - The unrelenting amygdala
 - Why consistency is rule number one
 - Things you can do to thrive
5. Depression
 - A lifestyle perspective
6. Autistic Spectrum Disorder
7. Attention Deficit Hyperactivity Disorder