

Lesson 14

Coping with Stress, Treatment for Mental Illness, and Happiness

Introduction: Connecting Your Learning

In this lesson, you will turn from the topic of the diagnosis of psychological disorders to the treatment of them. An important connection exists between these two topics. Depending on the theoretical perspective adopted in describing and explaining the disorder, a certain method of treatment will follow. For example, a biomedical diagnosis of schizophrenia will imply or suggest a biomedical treatment, for example, drugs. Look for these connections between diagnosis and treatment.

In this lesson, Bloom lectures on *happiness* from the theoretical perspective of *positive psychology*. Contrary to the field of psychology that seeks to aid those who suffer from some malady, positive psychology seeks to promote better mental health for the well-adjusted and psychologically sound individuals by identifying their strengths and virtues.

Psychological health or well-being is becoming an extremely popular topic in today's culture. Bookstores are filled with books and tapes on self-growth and self-improvement. Seminars and workshops on psychological health are big business. This lesson will provide essential information for assessing and understanding this growing area of popular psychology.

Lectures and Readings

Media
Lecture

Yale Open Source Video: [*The Good Life: Happiness*](#)

Textbook
Readings

Chapter 17 – "Treatment"

Focusing Your Learning

Course Competencies covered in this lesson:

- Describe the major therapeutic approaches used for the treatment of abnormal behavior.
- Discuss the history of mental illness and its reform.

Lesson Objectives

By the end of this lesson, you should be able to:

1. Identify how different attitudes and mental states, such as optimism and sense of control, influence the effects of stress on physical health.
2. Identify the relationship between physical and psychological health.
3. Identify the basic medical treatments for mental problems, including drugs, surgery, and electroshock.
4. Identify the basic principles and applications of psychodynamic therapies.

5. Identify the basic principles and applications of humanistic therapies.
6. Identify the basic principles and applications of cognitive and behavioral therapies.
7. Identify the features of successful therapy.

Approaching the Objectives

The various theoretical perspectives in psychology lead to different forms of psychotherapy. How does a behaviorist do therapy? How does a cognitive psychologist do therapy? In this chapter, you will consider if one type of therapy is more effective than another type. Perhaps different types of therapy work better for certain types of disorders or different types of people.

The theoretical perspectives first introduced in Lesson 1 were important to understand because these theories keep coming up as you moved through the various topics of this course. You should also have noted that each view has something valuable to offer in understanding the complex nature of human psychology. In this lesson, you will see how each perspective can be helpful in treating human problems and misery.

Gray provides a brief historical overview of the evolution of psychological treatment and the emergence of specialized fields of treatment based on theoretical perspectives: cognitive, biological, behavioral, humanistic, and psychodynamic. Some therapeutic approaches are better than others. Overall, some type of therapeutic intervention tends to be helpful. The anticipation of assistance was also noted as helpful in one research study.

Bloom briefly discusses the benefits of therapeutic intervention. Primarily, this lecture focuses on the newest contribution to psychological wellness, positive psychology. Bloom provides an analysis of which populations tend to be happier than others. Women are generally happier than men even though they experience more episodes of depression. The trends of happiness differ regionally as well as geographically.



Consider this!

View [*Shawn Achor, Part 1: The Science of Happiness and Potential*](#)

As a student, write a response to Shawn Achor's presentation.

Bloom discusses theoretical perspectives of genetic predisposition, personality, environment, and intelligence as contributors to happiness.

There are many reasons to think that human nature is transformative and evolving, not some single unchanging reality. Recorded history demonstrates fundamental changes in all aspects of human existence, including society, technology, culture, belief systems, material artifacts, art, religion, and architecture. If anything, the rate of change is steadily increasing or accelerating in contemporary times. Things keep changing faster and faster. These types of change have clearly affected the human mind and human self – people are not the same psychologically as their ancient ancestors.

Also, accelerative developments in biotechnology, psychology, brain research, computer technology, education, and other areas promise to provide ways to enhance or improve human psychological capacities in the future. Having studied the main areas of human psychology within this course, consider all the ways in which the science of psychology could potentially be used to evolve, improve, or transform human nature.

Summarizing Your Learning

To summarize your learning for this lesson, go over any notes that you collected while you viewed the video lecture and read the textbook selections for this lesson.