



Clinical Psychology and Mental Health

- Definitions in the field of mental health: deviation from ideal mental health, deviation from social/ cultural norms, failure to function adequately and statistical infrequency.
- The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive compulsive disorder (OCD).
- The behavioural approach to explaining and treating phobias: the two-process model, including classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding.
- The cognitive approach to explaining and treating depression: Beck's negative triad and Ellis's ABC model; cognitive behaviour therapy (CBT), including challenging irrational thoughts.
- The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy.

