Discussion Questions

# Chapter 1: AN OVERVIEW OF PSYCHOPATHOLOGY AND CHANGING CONCEPTUALIZATIONS OF MENTAL ILLNESS

1. Discuss why having a historical understanding of how individuals with mental illness were treated helps in reducing negative views (stigma) and improve treatment, prevention, and services for people struggling with their mental health conditions.

2. Discuss how cultural and community factors contribute to our understanding of psychopathology. In what ways do these cultural factors help to inform assessment, diagnosis, and intervention?

3. Describe the three approaches to psychopathology and indicate how each approach contributes to The Biopsychosocial Model.

* Behavioral and experiential perspective
* Neuroscience perspective
* Evolutionary perspective

4. In what ways is emotion-focused therapy as developed by Greenberg and colleagues considered one of the humanistic-experiential therapies? Be sure to describe the three phase process and the role of mindfulness in in reducing symptoms associated with disorders.