

Influence on behavior and psychological disorders essay sample



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Bipolar disorder has a severe impact on the human population that affects individual sleep patterns, causes mood swings and occasionally violence. It is a severe disorder that can ruin relationships and lives if left untreated, however new therapies and medications can minimize its affects and allow individuals to lead normal productive lives. A. Describe how altered states of consciousness related to sleep, psychoactive drugs or mediation, and hypnosis affect individuals with the disorder.

1. Sleep- is affected by the rhythms of the body, and psychological changes in the brain. The disease causes a person to feel sad, loss of interest in activities they once enjoyed, change of appetite and irregular sleep may cause a person to have mood swings. 2. Psychoactive drugs- These drugs have psychological effects. They change sensory experiences, perception, mood, thinking and behavior. 3. Mediation- practice on focusing, people meditate to enhance awareness and gain control of physical, mental processes, and reduce stress. 4. Hypnosis- In an altered state of consciousness can cause a person to be opened to suggestion, encouraging relaxation and sleepiness and the physical sensation a person should feel. B.

Personality theories

1. Psychodynamic theories: Emphasize the influence of the unconscious mind and childhood experiences on personality. 2. Social-Cognitive theory: This perspective says that each of us has a unique personality because we have individual histories of interactions with the environment and because we think about the world and interprets what happens to us.

C. Therapies used to treat bipolar disorder:

1. Cognitive behavioral therapy in bipolar disorder: Based on the idea that what we think affects our feelings and the way we behave, and not the world around us such as people, situations, and circumstances. The benefit of this fact is that we can change the way we think to act and feel better even if the situation does not change. 2. Psychotherapy: Events are identified that are causing or triggering mood swings. Several specific real world examples of

Bipolar Disease

Increased energy levels or activities

The lack of the need for sleep

A euphoric mood, very excitable attitude,

Severe irritability

Provocative or intrusive behavior

Poor judgment

Lack of concentration

Aggression and Excitability

Bipolar Disorder Conclusion Outline

Having very disruptive mood swings that interfere with regular relationships.

Bipolar disorder is the “ cycling between high and low mood swings.” (2012, December 10). People with bipolar disorder can suffer from insomnia and extreme violence. Bipolar disorder can be passed down through genetics.

Reference

Bipolar Disorder. (2012, December 10). In Wikipedia, the Free Encyclopedia.

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<https://assignbuster.com/influence-on-behavior-and-psychological-disorders-essay-sample/>

http://en.wikipedia.org/w/index.php?title=Bipolar_disorder&oldid=527282435

Several Examples of Bipolar Disorder Symptoms, 2012:

http://www.thehealthcarecenter.com/bipolar_disorder_symptoms.html

Spark Notes. (2012). Retrieved from <http://www.sparknotes.com/psychology/psych101/Consciousness/section4.rhtml>