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``Report: Applying Psychology concepts in Health Care``

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1. Introduction

This report will discuss some concepts of psychology that were studied in psychology for health and social care classes, such as lifespan development focusing on Piaget's theory, theoretical approaches with centre attention on the Humanistic approach, and psychological perspective emphasising resilience and self-efficacy. Furthermore, it will reflect on how these concepts impacted my life and how they can be applied in my aspirant career in health care.

2. Reflection on the life span of psychological theory: Jean Piaget Cognitive Development.

As shown in Gross (2015), Meadows states that the study of *"the child as thinker"* is fundamental to cognitive development. Piaget considers the child to be a scientist creating its own worldview and an organism adjusting to its environment. We found Piaget's theory interesting knowledge for Health and Social Care professionals, and we wanted to delve into it, so our group searched and presented this theory, Jean Piaget was a Swiss psychologist who is considered to have been a key figure in developmental psychology in the 20th century, he became the first to conduct a thorough investigation of the development of understanding in children (Britannica, 2022).

In general, I learned from this specific life span theory that Piaget's research suggests that initially children's thought processes and logic are completely distinct from those of adults (Piaget Society 2021), which allows us to understand them. Piaget's four stages provide a summary of the different schemas a child has at any one moment and each stage reflects a stage in the development of intelligence, also a child can go through transitional periods where their thought is a combination of two stages. Every child progresses through the stages in the same order, except for cases of brain damage; the stages are universal; there are fundamental elements of the developmental process that carry on and operate consistently throughout the different stages (assimilation, accommodation, and equilibration); the schema is the main cognitive framework that transforms.

Stage	Approximate age
Sensorimotor	0-2 years
Pre-operational	2-7 years
Concrete operational	7-11 years
Formal operational	11 years onwards (Gross, 2015).

I understood the importance of Piaget's theory about mental development and the increase in knowledge, analysing how this occurs, according to Piaget, learning takes place when the assimilation schema suffers accommodation (Gross, 2015). Particularly, cognitive development happens as a result of the interaction between pre-existing abilities and contextual circumstances.

Studying Piaget's theory enabled me to identify what I have learned about myself, I can see myself as a fast learner and a good decision-maker. This probably happens because during my childhood I had some stimuli, that developed those skills, such as three younger siblings, where in a way I had to help my parents at times to take care of them. I also believe that I developed in this way because when I felt stagnant, I noticed that my learning was stable, I had to do something different to stimulate and develop again, for example learning a new language.

The whole process is the preponderant element in the mental development of learning, and the increase of knowledge, in this way, I make use of this learning to become better at a skill. Although Piaget did not develop an adult stage nor considered that children can develop with adult support, in Health & Social Care sector, it is important that the care provided by professionals should be compatible with the level of mental development of the child. It is necessary for these professionals not to limit themselves to the knowledge of the support, but to be well informed about the peculiarities of the psychological development of the patient's intelligence. Health professionals should, therefore, activate such a mechanism, through new stimuli for the child's cognitive development.

3. Comprehensive discussion on a psychological phenomenon/framework: The Humanistic Psychological Approach.

According to Mcleod (2020), a humanistic psychological approach emphasises the importance of each person's individuality and holistic perspective and develops from the existential premise that humans have free will and are inspired to realise their potential and self-actualize.

As per humanistic psychologists, a person's subjective view and understanding of the universe are more significant than actual reality, and this suggests that personality is explored from the perspective of the person's personal events. Instead of behaviourism or psychodynamics, Rogers views psychology as being more concerned with how people discern and comprehend events, therefore, Rogers is significant because he refocused psychology on the study of the self (McLeod, 2020). As reported by Veronica (2021), Carl Rogers (1902-1987) was a humanistic psychologist who emphasised that a real, accepting, and compassionate environment is necessary for a person to develop. Conforming to The Psychology Book (2012), Rogers oversaw professional counselling's expansion into fields including education and social work.

During the classes and in my independent learning, I identified myself with this theory and I found how it might help me in my personal plans, my studies, and my work. My understanding as a whole is that self-actualization occurs when a person fulfils all their objectives and aspirations throughout their life. A person's actions are influenced by self-actualization characteristics, which motivate them to seek their greatest potential and accomplishment and develop their self-concept during this process, having a good sense of oneself and feeling secure. In agreement with Rogers, learning to trust oneself is essential to living "*the good life*" (The Psychology Book, 2012).

As I develop my ability to trust myself and my instincts, I can be confident in my decision-making skills, and I may access a diversity of viewpoints and feelings as a result, which allows me to make decisions that will enable me to reach my full potential, both in my studies such as complete a task on time and in solving a problem at work. Additionally, when I have honestly determined for myself what I have to do or what I want, for example, to become a psychotherapist, and taken the steps to achieve it, there will be no lasting negative feelings over what I choose to believe or even do, because I am in control of my life, and I am responsible for its consequences.

4. Critical discussion on how a health & social care professional applies the learned psychological perspectives: Resilience and Self-efficacy.

Currently, I work as a customer service provider in a wine shop, and I study health & social care certification, I aspire to become a counselling psychologist.

According to NHS (2022), "*Counselling psychologists examine a person's experience and explore underlying issues*". These professionals work with people, as health care providers, might work with multi-professional teams, and they are qualified to practice in different environments, including health settings.

In order to achieve their goals, patients should be able to freely interact with professionals in the counselling field. Patients must feel comfortable entrusting their practitioner with their wellbeing and private information for this to happen. Among the duties and responsibilities of a counselling psychotherapist, in this report, I will address three of them, which are stated as a commitment by the Ethical Framework for the Counselling Professionals (BACP, 2018):

- Prioritise the needs of the patient offering them a service that is appropriate;
- Manifest respect treating each patient as a special person;
- Establish a favourable relationship by communicating understandably.

Moreover, resilience, empathy, courage, integrity, and fairness are some of those personal prospects that counselling psychologists are strongly encouraged to aspire to, so that they can achieve these responsibilities.

Although I do not work in the health care sector yet, I may say that these responsibilities and prospects fit my current position, as, I provide customer service. Even if it is selling wines, I give quality service in order to create satisfaction for the customers. By respecting each customer as unique and has personal preferences for the product I sell, and by building good communication I am able to understand their need, then I deliver them the appropriate service, in the way that these customers become regulars and buy more often, bringing better sales results for the shop that I am working for.

Thus, to become better at these prospects needed in my current workplace and in my professional aspiration, I can apply the concepts taught in this module, such as resilience and self-efficacy.

According to the American Psychological Association (2022), resilience is the practice and result of successfully adjusting to challenging or hard life circumstances, particularly through emotional, mental, and behavioural flexibility, and adaptation to both internal and external demands.

Self-efficacy is defined as people's confidence in their ability to use cognitive resources motivation, and agency to exercise control over a certain event, and selective processes that govern human functioning and emotional health, Albert Bandura was its pioneer. Human agency is viewed as having its foundations in one's confidence in one's capacity to achieve a particular result or objective. Those who continue to believe that they can exert control over their thoughts in the face of adversity are more likely to persist in their attempts (Hamiil, 2003).

The resources and abilities linked to greater positive adaptation can be developed and exercised to achieve resilience and self-efficacy, so, I am able to:

- Increase my sense of worth by thinking more positively;
- Maintain a social network of co-workers, sharing experience;
- Try to be as adaptable as possible and finding the bright side of change;
- Pay attention to my own needs, it's important to take care of myself in addition to my patients/customers;
- Take steps to solve problems as soon as they are found and set proper goals for dealing with issues.

5. Conclusion

Overall, it may be said that deeper knowledge of psychology is essential for those who work with people, especially in health care. Understanding how humans develop and behave allows us to give better care. Making use of tools that promote self-knowledge and applying them to achieve the necessary skills will make us competent professionals, who deliver the care that must be delivered to the patients.

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