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Introduction

This assessment is based on the reflective and well-structured essay which aims to provide a concept on the topic of psychological theories which can be applied to the health and the social care practice and thereby helping in the development of the career goals. The essay will focus on the reflection of the psychological theories and research articles that were presented to complete the task one and proper analysis of those articles and theories for learning purpose. The report will also focus on the roles and responsibilities of the health care professionals in the context of learning from the psychological perspective. Finally, the essay will focus on relating the learning from the psychological perspective in the context of health and social care practices.

Main Body

Reflect on psychological theories and researches you have presented for completing task 01

The psychological theories and the researches which were presented in task one of this assessment can be reflected using **Gibb's Model of Reflection** (Husebø *et al.*, 2015). In the ***descriptive phase***, I learnt various psychological theories and the researches which were essentials and can help every caring professional, who spends most of the time while interacting with patients in the psychological department of health and social care to better understand the behavioural pattern of any individual (Adeani *et al.*, 2015). I felt that the researches and the theories can properly evaluate all the behavioural patterns that every

individual shows which forms an important factor in the psychological context of health and social care. I went through various recent researches and articles which proposed some theories related to the psychological developments during the life span of any individual. The studies of the Feldman (2005), helped me to learn that the development of the human body is on a constant basis and these developments are associated with *some changes during each stage of the life cycle process including “physical”, “cognitive”, “social” and “personality”* development. I also went through the opinions of the Sigelman (2009), where he stated that life-span development stages can be divided into stages like *infancy, childhood, adolescence, and old age*. The maturity level of the people comes at different ages and it directly affects the psychological behaviours of any individual. In task one, I mainly focused on the infancy stage of any individuals which is associated with various psychological changes. For analysing the behavioural patterns of the infant, I researched a few articles and theories. Among them, the name of the first article was ***“Infant Development: The First 3 Years of Life” a study by Kathryn, L., Zeanah, H. and Scheeringa, Michael*** (2015), where I learnt that the feelings of infants mainly include distress, interest, happiness, and many times they try to coordinate and communicate with their parents, basically known as caregivers. I also found that the main characteristics of this phase are that they were always encouraged by their caregivers as they are the only one who remains close to them. After some more research into the context, I discovered few psychological theories which could directly be related to the behavioural patterns and cognitive activities of the infant stage of an individual (Kim *et al.*, 2015). The first theory which I applied in the task one is the **Psychological Theory of development proposed by Erik Erikson** and cited in Newman (2011). From the theory, I mainly framed that all the major developmental changes in terms of human behaviour and psychological patterns are divided into 8 distinct stages. The theory helped me to focus on the social and behavioural patterns of the human developments in their various stages rather than physical developments. I researched an article named ***“A proposed model of psychodynamic psychotherapy linked to Erik Erikson's eight stages of psychosocial development” a study by Knight, Z.G.,*** (2017), where I learnt that “psychodynamic psychotherapy” model can also be linked with the Erik Erikson's “stages of development” to study the behavioural patterns of the human beings. I gained some knowledge from this research article which clearly stated the psychological theory of Erikson and thereby learnt that the word “trust” forms one of the important aspects of the development during the infancy stage of the life cycle (Knight, 2017). According to the Psychological theory of development, the most important task in the infancy stage is the battle between the “trust

versus the mistrust” and they mainly depend on the love, care, and affection from their caregivers. Another research article which I discovered is the “*Application of the Modified Erikson Psychosocial Stage Inventory*” a study by Darling-Fisher, C.S., (2019), where I gained knowledge that consistent change in the behavioural patterns are observed during the development stages of any individuals and this theory can help a lot in the study of the influence of the behavioural patterns of the human beings in the health and social care sector of the psychological department. The theory of **Jean Piaget** is known as the “**Cognitive Theory of Development**”. This theory helped me to learn various cognitive abilities that any individual learns during the stages of the human life cycle. I gathered information that “sensorimotor stage” which is basically the infant stage is marked with the characteristics like “Object permanence”, “Stranger anxiety”, and pretend to play (Newman, and Newman, 2017).

Overall each approach helped me to provide a unique view into the depth of the human psychological process. These theories and researches also helped to explain how peoples including children behave in a certain way or what situations are compelling them to behave in a different way. it can help in various ways while improving the services in health and social care practices. Also, these theories will help to have a better communication process in a therapeutic relationship between the patient and the doctor.

Explore your role as a health care professional in applying the learnt psychological perspective as your duty to care

I being a healthcare professional have effectively developed and learnt different psychological theories in the previous assignment of this report. My **role** as a professional health care provider in order to effectively imply psychological perspective like **Psychological theory of development** in order to effectively prevent as well as manage diseases along with creating a proper awareness in maintaining health by individuals (Hodge *et al.*, 2018). I am also required to effectively understand the etiology, prevention of health, treatment, rehabilitation of both physical and mental illness as well as diagnosis of the illness. These assist me in having an overall view and development in treatment of my patients. Psychological theory of development also enables me to have a proper and thorough study of the different factors that are related to physical and mental health of the individuals such as social, emotional, behavioural as well as psychological. The expanded knowledge of these factors assist me in effective development of the different health care along with effective formation of various policies that are related to health and social care (Ma *et al.*, 2016). Therefore, I am required to ensure that effective development of health care policy properly

comply with the different factors of physical and mental health. Thus the application of psychological perspective of Psychological theory of development also effectively enables me to develop a proper interest in the impact of different psychological, social as well as biological factors on an individual's health and illness. I am also occupied in promoting and maintaining the various healths related behaviours, prevention as well as treatment of an illness along with analysing the improvement in the system of health care (Levit, 2017).

Application of another psychological perspective like ***Cognitive theory of development*** also helps in determining my **role** in the effective implementation of this theory in the health care system. This theory was developed in order to monitor and reorganise the effective progress in mental health due to the improvement in the biological as well as environmental experience (Rubenstein *et al.*, 2018). I am required to ensure the proper implementation of each of the four stages of the theory that consist of sensorimotor, preoperational, concrete operational and formal operational. These are effective steps that assist me in evaluation of the needs of the children in different stages. I am required to effectively understand and identify these needs and develop proper health care policies that assist them in effectively achieving these needs. My role as a health care professional in the effective application of this psychological perspective of Cognitive Theory of development is to ensure to have a proper understanding of the environment through the effective use of different schemas (Kirschner *et al.*, 2017). I am also required to understand the experience of the child in effectively identifying the equilibrium state they are present in. Being a healthcare professional my role is to effectively avoid the disequilibrium in their understanding of the environment.

Discuss how you would relate this learning to health and social care practice

The learning and understanding of various perspective of psychology like Psychological theory of development, Cognitive theory of development, evidence based psychology as well as psychotherapy also assist in effective maximising the proper development of various intervention of psychology that assist in adhering the different principles that assist in providing effective care to in the health care service. These theories also assist in giving proper efforts that assist in providing effective and best health care service to the patient. Evidence based psychology provides effective support in proper evaluation as well as monitoring of the different variety of health care services that are required to be provided to the patients in order to have effective improvement in their health (Valsiner *et al.*, 2017). It also helps the health care professional in having a proper and effective reliance on the

reviews of their peers and based their selection of proper medical treatment on the various scientific research evidence along with their successful implementation in the previous cases. Psychotherapy has a significant implementation in the health care settings as it enables the patient in having an improved understanding of their concerns, motivations, worries as well as difficulties. It assists the patient in health care in effective exploration of the difficult thoughts and emotion as well as properly reflecting on their various behavioural patterns (Mathieu *et al.*, 2017). The use of psychotherapy in providing proper advice to the patient that assists in the effective development of both mental and physical health. It also assists in providing proper training to each member of the health care in order to provide high quality service and help to different situations like borderline personality disorder (Clarke and Braun, 2018). Additionally, the psychological and cognitive theory of development also have a proper and effective implementation in the healthcare system as it assist the health care professional in proper understanding as well as evaluating the needs of the patient along with developing proper measures and strategies that assist in the effective fulfilment of their specific psychological, social as well as biological needs. This theory provides assistance in having an effective psychological development of the patient in the health care that assists in having an improved recovery of the illness (Beauchamp *et al.*, 2019). These theories also assist the healthcare professional in effectively creating proper awareness in the society that assist in preventing widespread disease in the society.

Conclusion

Thus, it can be concluded that the psychological perspective provides a better understanding of the concept of professional practices to maintain the proper functioning and enhancing the social services of individuals in the context of the health and social care setting. The essay also helped in the study and applying “evidence-based psychology” based on reflective thinking and drawing explanations from various researches and theories. This essay also provided the roles and responsibilities of a health care professional while applying the learnt psychological perspectives and relate those learning in the context of health and social care practice.

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