



Psychology for health
And Social care
BMHP 4003 LON

ASSIGNMENT 2

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Table of Contents

Table of Contents.....	3
INTRODUCTION.....	4
Psychological Theories.....	4
ERIKSON'S THEORY OF PSYCHOSOCIAL DEVELOPMENT	4
KOHLBERGS THEORY MORAL DEVELOPMENT	5
PSYCHOSOCIAL TREATMENT	6
COGNITIVE BEHAVIORAL THERAPY.....	6
SOCIAL SKILLS.....	7
ROLE AS SUPPORT WORKER.....	7
HUMANISTIC THEORIES.....	7
SELF COMPASSION	8
PSYCHODYNAMIC THEORY	8
What i learned.....	9
CONCLUSION	9
References	10

INTRODUCTION

My reflection is based on psychological theories of Erickson theory of development, Kohlberg's moral development, humanistic theory, psychodynamic theory. How to explore my role as a healthcare professional applying what I learned in psychological perspectives as my duty and relate the learning to social care practice.

PSYCHOLOGICAL THEORIES

Psychological theories are used to give a model to understanding human examination, emotions, and practices. A psychological speculation only two keys that fragments. It must depict a direct and it must forecast about the future (Cherry, 2020).

ERIKSON'S THEORY OF PSYCHOSOCIAL DEVELOPMENT

Erik Erikson was born in 1902, he was an internal identity investigator who made one of the most know and persuading theory regarding movement. Erikson kept up his character made in destined sales through eight times of psychosocial movement, from lower stages to adulthood. During the stage of each, the individual meet psychosocial emergency which could have positive or ominous result for character movement (MuLeod,2018). His hypothesis was affected by psychoanalyst Sigmund Freud's work. Erikson based his theory on psychosocial development rather than psychosexual development. They start reflecting on their life, they look back and be pound of their life or regret things they did not accomplished in life, because of these they person is left with bitterness and despair. The person who has accomplished things in life can now feel integrity. If they have relation at this stage it can be shaky and confounded concerning. Individual who feels glad for their achievements will feel a feeling of uprightness (Cherry, 2020). Erickson theory is more relevant to youngsters rather young women and that more thought is put on the more energetic years like beginning

phases rather than adulthood. They think this light of the fact that for an extremely lengthy time and 0-20 there are 5 unmistakable stages anyway for 40-65 years. partners acknowledge that this speculation is illustrative of the two sexual directions also and is identical in its complement on each age gathering. The impact on psychosocial is the mental and social part of person live for on instance models are fanatical habitual issues where the patients may introduce social conjugal incapacities, issues identified with occupation and low pay (Turner, 2020). In Erickson theory he did not examined about the positive and the negative side rather he utilized the word syntomic and dystonic to separate between them.

KOHLBERGS THEORY MORAL DEVELOPMENT

Lawrence Kohlberg he was born in 1927 to a rich family, he learned psychology at the University of Chicago in late from 1940 to 1950. Kohlberg focused on the theory he known very well. He was impacted by crafted by jean Piaget, who analyst and build a phase hypothesis for the intellectual improvement of kids. Kohlberg's discussed on the on six stages and divided it into three stages of moral development. The stages of each reply on the social moral perspective of the individual. the stages are first stage the pre-conventional second stage conventional layer and the third stages the post-conventional layer. This level stage 3 individual know about shared sentiments, social desire, and their jobs. It accentuates on the similarity and being pleasant additionally on though how impact the decisions seeing someone. Inside this layer. Stage 4 decides the move of standards from charactering what is correct or wrong to legitimate social frameworks. As indicated by task help specialists. This likewise centers around keeping up and requesting the law of one's obligation and individual power (Sanders, 2020). Kohlberg's last degree of the good instinct depend upon general great standard and exceptional thinking. He singular keep these concealed standards of significant worth, regardless of how the laws and rule are difficult. Kohlberg's critics that include Carol Gilligan have kept up that Kohlberg's hypothesis conflates ethical quality with a comprehension of rules and equity, while neglecting concerns, for example, empathy and care, Gilligan accepted the accentuation on unbiasedly deciding about clashes between contending parties ignored the female point of view on profound quality, which would in general be relevant and gotten from a moral of empathy and worry for other (Vinney, 2019).

PSYCHOSOCIAL TREATMENT

The reason why I choose these research on patients dying young, patient with depression and COVID 19 pandemic is because the three of them happen in my workplace. Psychosocial treatment is the kind of treatment that is utilized to treat patients with mental problems that keep legitimate social aptitudes from creating and being utilized. It is a typical schizophrenia treatment. Psychosocial medicines are more gainful for patients when the side effects of the problems are either insignificant or constrained by medications (Long, 2020).

COGNITIVE BEHAVIORAL THERAPY

Cognitive behavioral therapy is one of the treatments used at the psychosocial treatment used to assist patients with mental problems figure out on how to change examples of practices and musings from negative to positive. By changing the pessimistic angles, individual and social reactions become more fitting. This treatment can be used to treat schizophrenia, as bipolar and hyper issues. It is additionally gainful when manifestations of the issues are overseen effectively (Ellis, 2020). For example, rational emotive behavior therapy REBT is to around perceive and changing silly sentiments.

SOCIAL SKILLS

Social skills can be used to communication to the patients that has COVID-19. Social skills incorporate both verbal and nonverbal types of correspondence and might be characterized uniquely in contrast to one culture to another. These aptitudes regularly are the way other decide an individual's status, think about individuals as expected companions or mates. These aptitudes regularly are the way other decide an individual's status, think about individuals as likely companions or mates, and think about them for business or advancements in the work environment. The inverse is social incompetence, which is a failure to utilize those components that would make one a decent communicator (Christensen, 2019).

ROLE AS SUPPORT WORKER

I work as a support worker during the night shift. My role as a support worker is to assist the elderly people with dementia with their needs, by feeding and encouraging, personal care, feeding, washing. My role includes monitoring my clients and in checking their temperature their weight takes their pulse every day. My role is to encourage the elder people with dementia and to and to assisted with activities, including reports. Stay with family during an emergency circumstance. Teamwork is important in my role; the staff are more focus on promoting their own accomplishment as going against their fellow staff. self-compassion can be used as a professional.

HUMANISTIC THEORIES

Humanistic mind investigation is a perspective that underscores that looks after individual stresses thought, for instance, over top decision, self-amp less, and self-efficacy. Humanistic cerebrum research help people with fulfilling their inert and intensify their success (Cherry, 2019). Learning should be a working cycle, where the understudy is secured with the learning activities to pick up the data unequivocal to their condition. Since a huge subject is the understudy being the wellspring of intensity, the understudy sorts out what acknowledging materials are used, and how they will get acquainted with the materials. They could choose to examine, check out talks, watch movies or practice what they have acknowledge through social associations or by conveying a specific yield (MuLeod,2020).in health care industry is about helping other people. Self-efficacy and self-compassion can be applied as a professional health care as a support worker,

SELF COMPASSION

Self-compassion is a method of identifying with oneself-with generosity. This is the part that demonstrates an absence of confidence. Self-compassion includes having a worry for one enduring just as moving toward one's own deficiency with thoughtfulness non-judgment and comprehension. Person who are self-compassion perceive that their own insufficiencies are important for the regular human experience and react to them with warm and seeing, as opposed to self-analysis (Abrams, 2017) As a support worker working in a residential home, I should allow address my own issues, perceiving that this would not improve my own personal satisfaction. It will upgrade my capacity to be there for those that depend on me. For example, if am loosening up music, I should take up a yoga

class, spend time, with a companion for a night or get a back rub. This will make me to open and discuss about what is happening to me (Neff, 2020). Self-empaths mean regarding oneself with deference and thought. To look after myself and practice is first to forgive myself and know am not perfect and be easy with myself. (Koulouris, 2020). when people do things for, I should learn how to show my gratitude there is blessing in gratitude for example being grateful keep the jealousy under control and make people stronger.

PSYCHODYNAMIC THEORY

Psychodynamic theory is a variety of mental theories which complement the criticalness of drives and various forces in human working, especially careless drives. The technique holds that young experience is the purpose behind adult character and association. Psychodynamic perspective relationship with Freud and the treatment, psychodynamic research now put a great deal of trust in a part of Freud's musings. For instance, the id, ability to be self-aware, and superego. Today, the philosophy is rotated around a middle game plan of rules that both rise out of and build up Freud's speculation (Vinney, 2019) In health care professional psychodynamic therapy is used to encourages clients express themselves without any hidden agendas. Treatment is carried from one week to three weeks. For instance, a client whose mother left her first thing in life may experience pressure ensuring to completing treatment as they person would get gets less thought from the clinicians. The practitioner would examine the person anxiety, which affected the person from their childhood emotional towards her mother (Meyer, 2017)

WHAT I LEARNED

Cognitive development is the examination of internal mental cycles-all that go on inside cerebrum, including acumen, thinking, memory, thought, language, basic reasoning, and learning. Psychological analysis regularly utilizes a data handing model to portray how the psyche functions, proposing that the mind stores and cycles data much like a pc. Cognitive theory is an approach to manage cerebrum science that endeavors to explain human lead by observing anyway quantifies. (Fischer, 2020). Cognitive learning theory discussed on how the internal and external factors affect people is mental processed to provide to their learning. When cognitive are not working properly. These processes are like attention, retrieval from long -term memory, observation, and categorization. Jean Piaget's investigated and focused on the internal cognitive, his theory of cognitive development showed how a child were able to reason understand and thought to develop theory their own world. Children grow and understand and experience

difference through change of their mental processes (Valamis, 2020). Piaget's pick carefully the itemized observation perception of youths and from these he collected information to outline the outcome of the events. He uses clinical meeting to percept the kids who has understanding and can conversation and ask question.

CONCLUSION

The main reason Erikson and Kohlberg's matter, clinicians internationally, and guarding naturally, utilize these thoughts in arrangement kids. Adolescents, for instance, should be dealing with building up a feeling up a feeling of what their identity is, and they do as such by contemplating the numerous choices managed the cost of them. Also, by participating in these cycles, they conclude that the best activity originates from their perspective on how the world perspectives them (Centre, 2020).

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