

Year 9 A-F PSYCHOLOGY

Subject	Psychology
Class/ Division	Year 9 A-F
Week	26th (21st to 25th February)
Work sent to students via	Zoom Meeting and Google Classroom
Total number of lessons per week	3 Zoom Classes(Synchronous) 1 Google Classroom
Topic (Term 2 Lesson)	Psychological Problems

<p>Lesson Topic</p>	<p><u>Cognitive Theory as an Explanation of Depression.</u> <u>Cognitive Behavioral Therapy (CBT) as a Treatment for Depression.</u></p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> a. Understand how cognitive theory can be used to explain why people develop depression. b. Evaluate the cognitive theory as an explanation of developing unipolar depression. c. Explain how CBT is used to treat people with depression. d. Assess the effectiveness of the treatment CBT to treat depression. <p>Learning Outcomes:</p> <ol style="list-style-type: none"> a. Use cognitive theory to explain how people develop depression. b. Assess the strengths and weaknesses of the explanation on how people develop depression using cognitive theory. c. Describe how CBT is used to treat people with depression and evaluate the therapy.
<p>Content in Psychological problems</p>	<p>Task 1</p> <ol style="list-style-type: none"> 1. What do you mean by cognitive theory? 2. What does negative triad mean? 3. How did Ellis's ABC model explain the causes of depression? 4. Compare Beck's and Ellis cognitive theory. 5. Explain what happens in a negative view of the future. 6. Outline how CBT is done to help the patient with depression. 7. Suggest how a person with depression might be helped if antidepressants won't work. <p>Write the answers on a word Doc, submit on GC. (Google Classroom Session)</p>
<p>Task</p>	

Resources	<p>Task 2: Homework: Application</p> <p>There are two version of cognitive therapy one by Albet Ellis and one by Aaron Beck. Albet Ellis cognitive therapy is called Rational Emotive Therapy based on his ABC model of depression while Aaron Beck Cognitive therapy is based on his ideas about the cognitive triad.</p> <p>Do some research on these therapies and explain how these two versions of CBT work differently.</p> <p>Submit on GC using Google Docs or Word (Google Classroom)</p> <p>TB. Psychology Book Edexcel GCSE (9-1) 1 pp. 55– 58 Ppts</p>
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