**Psychological Disorders**

Introduction

The textbook Psychology in Your Life by Robert S. Feldman (2012) opens with an introduction to psychology, followed with a chapter on neuroscience and behavior, and then a chapter on sensation and perception, then states of consciousness, a chapter on learning, then thinking, memory, cognition and language, then motivation and emotion, then development, then personality and individual differences, then psychological disorders, then treatment of psychological disorders, with a concluding chapter on social psychology. Since this textbook covers so many topics and the scope of this essay would be unable to cover all of the topics in Feldman’s (2012) textbook, this essay will focus on psychological disorders and the treatment of psychological disorders. First, I will discuss psychological disorders.

Psychological Disorders

Psychological disorders take on many shapes and forms. Other names for psychological disorders include mental disorders or psychiatric disorders. These disorders impact on the lives of individuals and make it difficult for them to perform normally in society (Feldman, 2012). Some of these disorders begin in childhood. They include developmental disorders or learning disorders (Feldman, 2012). These disorders make it difficult for the child to function in school and then the child may require special education learning in order to help them to transition into normal classroom activity if this is possible to do so. Other childhood disorders can include Autism and Asperger’s Syndrome. In many cases these latter psychological disorders do not ever go away, however they can be managed and many children that are diagnosed or born with these disorders can go on to live very productive lives. An attachment disorder is also a disorder that is linked to childhood disorders where the child is unable to detach from their parents, other people such as their teacher or friends (Feldman, 2012). Attention deficit or Hyperactivity disorders have been commonly discussed in the news. This is when a child either lacks the ability to focus or is too overly hyperactive to the point that it disrupts with their daily duties and daily obligations (Feldman, 2012). Conduct disorder is when the conduct of the child is regularly inappropriate. Many children that have a conduct disorder often end up in juvenile court a little later in their lives if this disorder is treated. Disorders that deal with speech include stuttering and Tourette’s syndrome. Often times these disorders can be helped with the assistance of a Speech Pathologist. Next, I will discuss personality disorders.

Many people who have personality disorders do not even get diagnosed until they are a young adult. Many people who have a personality disorder do not even seek treatment for their disorder. Here are some of the personality disorder classifications that exist:

* [Antisocial Personality Disorder](http://psychcentral.com/disorders/antisocial-personality-disorder-symptoms/)
* [Avoidant Personality Disorder](http://psychcentral.com/disorders/avoidant-personality-disorder-symptoms/)
* [Borderline Personality Disorder](http://psychcentral.com/disorders/borderline-personality-disorder-symptoms/)
* [Dependent Personality Disorder](http://psychcentral.com/disorders/dependent-personality-disorder-symptoms/)
* [Histrionic Personality Disorder](http://psychcentral.com/disorders/histrionic-personality-disorder-symptoms/)
* Multiple Personality Disorder, see[Dissociative Identity Disorder](http://psychcentral.com/disorders/dissociative-identity-disorder-symptoms/)
* [Narcissistic Personality Disorder](http://psychcentral.com/disorders/narcissistic-personality-disorder-symptoms/)
* [Obsessive-Compulsive Personality Disorder](http://psychcentral.com/disorders/obsessive-compulsive-personality-disorder-symptoms/)
* [Paranoid Personality Disorder](http://psychcentral.com/disorders/paranoid-personality-disorder-symptoms/)
* [Schizoid Personality Disorder](http://psychcentral.com/disorders/schizoid-personality-disorder-symptoms/)
* [Schizotypal Personality Disorder](http://psychcentral.com/disorders/schizotypal-personality-disorder-symptoms/)

All of the above disorders are personality disorders.

Next, I will discuss other psychological disorders.

Other psychological disorders that have been made popular in the media include schizophrenia which was highlighted in the movie *A Beautiful Mind* (2001). This movie highlighted the brilliance of a professor who had schizophrenia and how his loving wife is supported him throughout the difficulties of his illness. As well, another psychological disorder which has been featured in the media is bipolar disorder. Singers such as Macy Gray, the late Patty Duke and Sting all have this disorder and function just fine in society. Next, I will discuss the treatment of psychological disorders.

As mentioned previously for stuttering and Tourette’s syndrome, the treatment would be for the patient to follow up with a Speech Pathologist. When it comes to other psychological disorders such as personality disorders, bipolar disorder and schizophrenia, in many cases the treatment for these disorders is a combination of psychiatry, therapy and drug therapy. Many of these patients will take medication for years in order to remain stable so that they do not have any psychotic episodes. Here is an example.

The writer of *How To Talk To Crazy People* (Kakonge, 2012) during her 20s had 16 breakdowns mainly caused by not taking her medication. Here is an excerpt from the opening of her book:

It’s my last year of high school at Stephen Leacock Collegiate in Scarborough, Ontario. My friend Gino and I sit on a bus on our way to downtown Toronto. A man boards the bus and immediately screams at passengers in the bus aisle who he thinks stand in his path.

“He’s nine-nine-nine,” exclaims Gino. “He’s nine-nine-nine.”

“What does that mean?” I ask.

“It means he’s crazy,” Gino explains. “He’s from 999 Queen Street (a psychiatric hospital at the time) and he’s a loon!”

I sit and quietly fidget with my hands. I stare at the man’s facial ticks and listen intently to his babble about “spies” and “the devil coming” and “the end of the world.”

The following pages contain my voice and my story through sixteen breakdowns over a five-and-a-half-year period. I ask that you please read, learn and understand what it’s truly like to live a crazy life.

Kakonge went onto seeing her psychiatrist coupled with medication and therapy once a week, then twice a week, then once a month, once every two months, once every three months, once every four months, twice a year and now sees her psychiatrist once a year. She has not been hospitalized for 20 years.

Conclusion

The textbook Psychology in Your Life by Robert S. Feldman (2012) opens with an introduction to psychology, followed with a chapter on neuroscience and behavior, and then a chapter on sensation and perception, then states of consciousness, a chapter on learning, then thinking, memory, cognition and language, then motivation and emotion, then development, then personality and individual differences, then psychological disorders, then treatment of psychological disorders, with a concluding chapter on social psychology. Since this textbook covers so many topics and the scope of this essay was unable to cover all of the topics in Feldman’s (2012) textbook, this essay focused on psychological disorders and the treatment of psychological disorders.

**References**

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