

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ «ОДЕСЬКА ЮРИДИЧНА АКАДЕМІЯ»

ENGLISH
for Masters of Clinical Psychology
Practical Course

Практикум
з англійської мови за професійним спрямуванням
для здобувачів другого магістерського рівня
за спеціальністю 053 «Клінічна психологія»

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ENGLISH for Masters of Clinical Psychology Practical Course. Практикум з англійської мови за професійним спрямуванням для здобувачів другого магістерського рівня факультету політології, психології та соціології за спеціальністю «Клінічна психологія» /М.Е. Алексєєв., Н.М. Дихта. – Одеса, Видавництво «Юридична література», 2025. – 57с.

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Практикум з англійської мови для магістрів в сфері клінічної психології підготовлені викладачами кафедри іноземних мов Національного університету «Одеська юридична академія» і висвітлюють предмет та методи щодо вивчення дисципліни «Іноземна мова за професійним спрямуванням» здобувачами вищої освіти другого магістерського рівня.

Структура подання матеріалу відповідає силабусу викладання цієї дисципліни у закладах вищої освіти. Запропоновано рекомендації щодо вивчення даної дисципліни поступово з ознайомленням конкретних тем та закріпленням матеріалу на практиці, виконуючи відповідні завдання. Матеріал побудовано в логічній послідовності, а також передбачається подальше використання отриманих вмінь та навичок, в тому числі, в майбутній професійній діяльності.

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Вступ

В сучасних умовах існування нашого суспільства та України психологічна підтримка та допомога фізичним особам, консультування з психологічних проблем, а також проходження курсу лікування стають пріоритетними. Використання іноземного досвіду в сфері психології, в тому числі в сфері клінічної психології є досить актуальним, крім того співпраця з міжнародними організаціями та професіоналами-психологами інших країн впливає на зацікавленість майбутніх психологів щодо вивчення та використання іноземної мови, насиченою професійною термінологією. Тому викладання іноземних мов за професійним спрямуванням забезпечуються освітніми програмами та силабусами. Даний практичний курс з англійської мови за професійним спрямуванням в сфері клінічної психології сприяє комунікативній мовній компетенстності здобувачів вищої освіти.

Мовна компетентність здобувача вищої освіти другого магістерського рівня за спеціальністю «Клінічна психологія» передбачає використання навичок письма і читання для дослідження, навчання, мислення і спілкування в академічному середовищі. Вивчення даного курсу має практичне спрямування щодо вдосконалення здобувачами вищої освіти англomовної комунікативної компетентності. Це здійснюється шляхом інтеграції мовленнєвих умінь та мовних знань в рамках тематичного та ситуативного контексту із застосуванням наступних методів навчання: пояснення матеріалу, тренувальні вправи, дискусія або обговорення проблемних питань та завдання для самостійної роботи. Використовується **комунікативний метод** для розвитку навичок спілкування в професійному середовищі (обговорення ситуацій англійською мовою, проведення міні-дискусій на теми психологічного здоров'я, психотерапії), **метод проєктів** для формування навичок самостійної роботи та активне використання професійної лексики у практичному контексті (підготовка презентацій англійською мовою на запропоновану тему), **читання з елементами аналізу (інтенсивне та екстенсивне читання)** для розширення словникового запасу

та розвитку навичок читання професійної літератури (аналіз науково-популярних або академічних статей з психології, робота з глосарієм професійних термінів), **проблемно-пошуковий метод** для розвитку критичного мислення і професійної мовної рефлексії (обговорення етичних дилем у психотерапії, аналіз контroversійних поглядів на психічне здоров'я у різних культурах).

Метою даного курсу передбачається закріпити та систематизувати набуті знання, вдосконалити мовні компетентності для здійснення усної та письмової комунікації англійською мовою з високим рівнем логічності та грамотності мовлення, сформувати додаткові уміння та навички здобувача вищої освіти. Зміст курсу пропонує здобувачам вищої освіти наступні актуальні теми: - Становлення та розвиток клінічної психології як науки. / The Introduction and Growth of Clinical Psychology as Science; - Теорія та практична діяльність в сфері клінічної психології. / Theory and practice of Clinical Psychology. - Поняття норми та відхилення від норм людської поведінки. / Concepts of normal and abnormal human behavior. - Психічні розлади. Характеристика та види. / Psychological Disorders. Characteristic and types . - Діагностика психічних розладів. Виявлення та протокол лікування. / The Diagnostic of Psychological Disorders. Detection and treatment protocol. - Фобії. Характеристика та перелік фобій. / Phobias. Characteristic and lists of Phobias. - Емоції та Стрес. Класифікація емоцій. Способи контролювання емоцій та стресових ситуацій. / Emotions and Stress. Classification of Emotions. Ways to Control Emotions and Stressful situations. - Культура поведінки та етика взаємовідносин з пацієнтами. Використання вербальних та невербальних засобів спілкування. / Culture of behavior and ethics of relationships with the patients. Application of Verbal and Nonverbal Communication. - Кар'єра та робота в сфері клінічної психології. / Career and employment in Clinical Psychology. - Самореалізація психолога. / Self-realization of psychologist. Амбіції та мотивація персонального розвитку психолога. / Ambition and motivation of Personal development of psychologist.

Unit 1

The Historical Background of Clinical Psychology. The Introduction and Growth of Clinical Psychology as Science. / Історична основа клінічної психології. Становлення та розвиток клінічної психології як науки.

Task 1. Read and translate this text into Ukrainian using active vocabulary

Emergence and development of clinical psychology

Over a hundred years ago psychology separated from physiology and philosophy thus becoming an independent discipline. In the past century this new area of knowledge has expanded in subject matter and methods of research; moreover, even the nature of psychology itself was discussed many times.

The following questions were asked: Is psychology the study of unconscious processes or conscious experience? Does the new discipline research into individual differences, or into observable behavior? It will be later seen that these different opinions had a special impact on the development of psychology.

Psychology as the Study of Conscious Experience. Psychology was formally born in Leipzig, Germany in 1879; Wilhelm Wundt who is generally regarded as its father established the first psychological laboratory there. He considered the study of conscious experience the sole subject matter of his research. Various complex combinations of elemental sensations (sensory building blocks) were believed by Wundt to comprise all our conscious experiences. Introspection was the method by which Wundt tried to discover the basic sensations. He also attempted to find the principles by which those sensations combine to become conscious experience.

Psychology as the Study of Unconscious Processes. Sigmund Freud regarded conscious experiences only as the tip of the iceberg. According to his opinion, the major part of this iceberg was unseen beneath the surface and comprised primitive biological instincts that are in conflict with the requirements of society and morality but require some sort of manifestation. Freud believed that these unconscious motivations and conflicts influence our conscious thoughts and actions. It is, therefore, they that are responsible for much human behavior.

Modern Psychology. Ancient Greece witnessed emergence of early ideas and views dealing with psychological issues, with its philosophers speculating about the nature of dreams and memory, emotion and sensation, perception and reason. Psychology now flourishes around the world and many countries have

contributed greatly to the modern science of psychology over many years, e.g. Germany, where Wundt established the first psychological laboratory; Britain well known due to Galton's works; Japan, which demonstrates modern approaches although this discipline is still relatively new, etc. The United States show wide public acceptance in Psychology and despite the fact that it still dominates the world scene, several other countries have as many psychologists with regard to their population. Israel, Belgium, Denmark, Spain, Finland, and the Netherlands are among these countries.

Areas of Specialization. Among the fields of specialization, experimental psychology should be mentioned. It investigates basic behavioral processes shared by various species. Physiological psychology or neuropsychology studies the connections between the nervous, endocrine systems and behavior. Ties between drugs and behavior are studied by psychologists who specialize in **psychopharmacology**. Other psycho-pharmacologists research into the connection between various mental disorders and psychopharmacology.

Developmental psychology, on the other hand, is concerned with alteration of behavioral patterns during the course of human life. Such psychological concepts as personality, motivation, memory, learning, perception, thinking, etc. can be examined from the viewpoint of its change and development through life. The capabilities of the newborn infants have become the subject of study for certain developmental psychologists whereas others deal with the development of these capabilities in the child, and still others focus on changes through adulthood.

The developmental changes connected with aging cause special interest since the past decades have witnessed the rapid growth of a lifespan; therefore, a large number of researchers focus on age-related behavioral change from birth to death. The study of the relation between personality and behavior, the connection between violence in the mass media and aggressive behavior, behavior of people in groups and many other relevant issues pose a serious challenge for modern researchers.

Task 2. Learn the following words. Pay special attention to psychological terminology

1. attitude (n) - ставлення
2. administer (v) - надавати допомогу, керувати
3. age-related (adj) - пов'язаний з віком
4. anxiety (n) - неспокій, тривога
5. adulthood (n) - дорослий вік
6. affect (v) - впливати
7. assess (v) - оцінювати

8. attempt (n) - спроба
9. behavior (n) - поведінка
10. consistency (n) – узгодженість, послідовність
11. conduct (v) - проводити, поводитись
12. conscious (adj) - свідомий
13. capability (n) - здібність
14. differ (v) - відрізнятися
15. discipline (n) - наука, галузь
16. disorder (n) - розлад
17. damage (n) - збиток, дефект
18. disabled (adj) - немічний, покалічений
19. diverse (adj) - різноманітний
20. emergency (n) - невідкладна допомога, непередбачений випадок
21. emerge (v) - з'явитися, виникнути
22. explore (v) - досліджувати
23. flexible (adj) - гнучкий
24. fertile (adj) - плідний, багатий
25. flourish (v) - бути у розквіті, процвітати
26. handle (v) - керувати, контролювати
27. influence/have an influence on - здійснювати вплив
28. investigate (v) - досліджувати
29. identify (v) - визначати, встановлювати
30. intricate (adj) - запутаний, складний
31. life span - тривалість життя
32. morale (n) - моральний стан
33. numerous (adj) - численний
34. observable (adj) - помітний, що піддається спостереженню
35. prevent (v) - відвернути, попередити
36. perception (n) - сприйняття
37. province (n) - сфера діяльності
38. research (n) - дослідження
39. receptor (n) - рецептор, орган чуття
40. reason (v) - мислити, переконувати
41. shared (adj) - набутий
42. species (n) - вид, рід, порода
43. stringently (adv) - достеменно, переконливо
44. sensation (n) - відчуття
45. significance (n) - важливість
46. staff (v) - забезпечувати персоналом
47. urge (v) - стимул, інстинкт, домагання
48. untangle (v) - розплутувати
49. violence (n) – насилля, жорстокість

- 50.various (adj) - різноманітний
51.visual (adj) - видимий, візуальний
52.vision (n) - бачення
53.wide-ranging (adj) – широкодіапазонний

Task 3. Explain the following word combinations or translate them into Ukrainian

- subject matter and methods of research
- unconscious processes
- conscious experience
- observable behavior
- have a special impact on the development
- sensory building blocks
- the tip of the iceberg
- be in conflict with the requirements of society and morality
- demonstrate modern approaches
- investigate basic behavioral processes
- alteration of behavioral patterns
- examined from the standpoint
- cause special interest
- pose a serious challenge

Task 4. Translate these word combinations into English and find these phrases in the text:

- надавати консультативну допомогу телефоном
- вікові зміни у поведінці
- внести вклад
- розвиток міжособистісних стосунків
- роздуми про природу відчуттів
- першочергове завдання
- некерований мотив
- відділитися від філософії
- девіантна поведінка
- розширити предмет дослідження
- кінцева мета умовний рефлекс
- розумові розлади
- амбулаторна клініка
- втрата пам'яті
- соціальні події

Task 5. Answer the following questions to the text; put down your answers:

1. What impact did Wilhelm Wundt's work have on the psychological science?
2. Were Sigmund Freud's views on consciousness different from those of Wilhelm Wundt?
3. Is clinical psychology popular presently?
4. What does experimental psychology interested study?
5. What specialists of investigate into the sensory systems work?
6. What is the sphere of interest of personality psychology?
7. Why has caused clinical psychology to become a wide-ranging field of psychological science within the recent period?

Task 6. Fill in each sentence with the suitable word from the vocabulary:

1. In the past century the science of psychology has expanded in ...
2. Is psychology concerned with the study of ... or conscious experience?
3. The first psychological laboratory was ... in Leipzig, Germany in 1879.
4. The method by which Wundt tried to discover the basic sensations was ...
5. Unconscious motivations and ... are responsible for much human behavior.
6. Psychology now ... around the world.
7. Experimental psychology investigates into basic ... processes shared by various species.
8. Japan demonstrates modern ... to psychology.
9. The United States show wide public ... of psychology.
10. The past decade has witnessed the rapid growth of a ...

Task 7. Complete the following sentences:

1. Wilhelm Wundt considered the study of conscious experience ...
2. According to Freud, our conscious thoughts and actions are influenced by ...
3. The researchers in physiological psychology or neuropsychology study ...
4. Developmental psychologists specialize in ...

Task 8. Role-play:

1. You plan to study psychology but you meet strong opposition from your parents. You are giving the reasons for your choice characterizing this field of science.
2. Explain your friends the differences in the specialties of a psychiatrist, psychologist, and psychoanalyst if they don't know it yet.

Psychological terms to be memorized

1. age-related - пов'язаний з віком
2. anxiety - неспокій, тривога
3. adulthood - дорослий вік
4. affect - впливати
5. behavior - поведінка
6. consistency – узгодженість, послідовність
7. conduct - проводити, поводитись
8. conscious - свідомий
9. capability - здібність
10. disorder - розлад
11. damage - збиток, дефект
12. disabled - немічний, покалічений
13. emergency - невідкладна допомога, непередбачений випадок
14. emerge - з'явитися, виникнути
15. explore - досліджувати
16. flexible - гнучкий
17. investigate - досліджувати
18. identify - визначати, встановлювати
19. life span - тривалість життя
20. morale - моральний стан
21. observable - помітний, що піддається спостереженню
22. perception - сприйняття
23. research - дослідження
24. receptor - рецептор, орган чуття
25. reason - мислити, переконувати
26. shared - набутий
27. sensation - відчуття
28. urge - стимул, інстинкт, домагання
29. visual - видимий, візуальний
30. vision - бачення
31. wide-ranging - широкодіапазонний

Unit 2

The contribution of famous scientists to the development of Clinical Psychology. Theory and practice of Clinical Psychology./ Внесок видатних вчених в розвиток клінічної психології. Теорія та практична діяльність в сфері клінічної психології.

Task 1. Read the following text; suggest your Ukrainian translation

The Historical Background of Psychology.

Like other sciences, psychology has both a traditional and scientific history. According to long-standing scientific tradition, the roots of psychology are found in the earliest speculations concerning the interaction of man and the environment, which date back to the Greek intellectuals' observations and discussions of these relationships around 600 B. C. According to Empedocles, the Cosmos consisted of four elements: air, fire, earth, and water, whereas Hippocrates regarded these elements as four bodily humors; he further characterized these humors as the basis for temperament of individuals.

Plato speculated about two classes of phenomena, namely things and ideas, which can originate from two sources. Some are innate and come with a soul while others should be seen as the product of observations through the organs of sense. Aristotle, on the other hand, was interested in anatomy and physiology of the body. He explained knowledge as achievement on the basis of observations and learning, as the process based on the association of ideas. Christian thinkers made a valuable contribution to the development of psychology. Thus, St. Augustine described the introspection method and developed what was later referred to as faculty psychology.

Scientific knowledge demonstrated rapid development in the 15th and 16th centuries including Newton's scientific investigations of psychology of vision and Harvey's research in physiology.

One of important problems for the 17th and 18th centuries philosophers was the one relating to mind and body, which remains relevant also for modern psychology. The following theories were formulated at this period:

1) *occasionalism*, according to which God is between a mind and a body;

2) *double aspect theory* suggesting that a mind and a body form different aspects of the same substance;

3) *psychophysical parallelism*. The theory has it that a mind and a body act parallel.

The empiricists (aka associanists), notably Thomas Hobbes and John Locke who were the founders of this theory, developed the doctrine of associations, according to which simple ideas form complex sensations and ideas; the doctrine of mental faculties actually opposed the association theory.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. aspect (n) - аспект
2. association (n) - асоціація, об'єднання
3. abnormal (adj) - аномальний, такий що відхиляється від норми
4. background (n) фон, основа, підстава
5. behavior (n) - поведінка
6. basis (n) - основа, база
7. characterize (v) - характеризувати
8. community (n) - спільнота
9. contribution (n) - внесок
10. concentrate (v) - концентруватися, зосередитися
11. conscious (n) - свідомість, свідомо психічна діяльність
12. clinical (adj) - клінічний
13. competing (adj) - конкуруючий
14. diagnosis (n) - діагноз
15. double (adj) - подвійна кількість
16. development (n) - розвиток
17. extrovert (n) - екстраверт, людина, що цікавиться тільки зовнішніми предметами
18. introvert (n) - інтроверт, людина, що зосереджена на собі
19. experimentation (n) - проведення дослідів
20. investigation (n) - дослідження
21. introspection (n) - інтроспекція, самоспостереження, самоаналіз
22. knowledge (n) - знання, пізнання
23. movement (n) - рух, переміщення
24. neuropsychiatry (n) - психоневрологія
25. observation (n) - спостереження
26. neurophysiology (n) - нейрофізіологія, фізіологія нервової системи
27. practice (n) - практика, застосування

- 28. psychoanalytic (adj) - психоаналітичний
- 29. relationship (n) - стосунок, зв'язок
- 30. parallelism (n) - паралелізм
- 31. psychiatrist (n) - психіатр
- 32. treatment (n) - лікування
- 33. psychology (n) - психологія
- 34. psychophysical (adj) - психологічний
- 35. scientist (n) - вчений, науковець
- 36. scientific (adj) - науковий
- 37. theory (n) - теорія
- 38. unconscious (adj) - підсвідомий, несвідомий

Task 3. Explain the following word combinations or translate them into Ukrainian

- association of ideas as the basis of learning
- the study, diagnosis, and treatment of abnormal behavior
- a separate discipline
- psychology of the unconscious
- psychophysical parallelism
- the collective unconscious
- the contribution of famous scientists
- double aspect theory
- interaction of conscious and unconscious
- to concentrate on neurophysiology
- traditional medical community
- have a wide background in
- personality types
- based on observation and experimentation
- competing schools of thought
- psychoanalytic movement
- explain human motivation

Task 4. Fill in each sentence with the suitable word from the vocabulary:

1. According to Empedocles, the cosmos consisted of four ____: air, fire, earth, and water.
2. Plato ____ about two classes of phenomena, namely things and ideas.
3. He characterized these humors as the basis for ____ of individuals.
4. He explained knowledge as achievement on the basis of ____ and learning.
5. Christian thinkers made a ____ to the development of psychology.

6. St. Augustine described the method of _____ and developed what is now referred to as _____.
7. Newton was engaged in scientific _____ of the psychology of vision.
8. The problem of relationship between mind and body remains _____ for modern psychology.
9. Thomas Hobbes and John Locke developed the doctrine of _____ .

Task 5. Complete the following sentences:

1. Like other sciences, psychology has ...
2. Hippocrates regarded these elements as ...
3. Plato speculated about ...
4. Aristotle, on the other hand, was interested in ...
5. One of important problems for the 17th and 18th centuries philosophers was ...

Task 6. Prepare relevant information about the contribution of famous scientists to the development of Clinical Psychology and write down this information in your notebooks:

1. About the contribution of Sigmund Freud
2. About the contribution of Jung Carl Gustav
3. About the contribution of Burrhus Frederic Skinner
4. About the contribution of William James
5. About the contribution of Jean Martin Charcot Task

Task 7. Role-play:

1. You are a journalist and are conducting an interview with a reputable psychologist. Ask questions about the historical evolution and modern development of clinical psychology.
2. You have just made a report, which deals with the research by a famous psychologist. What questions could your friends ask and what could be your answers?

Psychological terms to be memorized

1. abnormal - аномальний, такий що відхиляється від норми
2. behavior - поведінка
3. conscious - свідомість, свідомі психічна діяльність
4. clinical - клінічний
5. diagnosis - діагноз
6. extrovert - екстраверт
7. introvert - інтроверт
8. experimentation - проведення дослідів
9. investigation - дослідження
- 10.introspection - інтроспекція, самопостереження, самоаналіз
- 11.neuropsychiatry - психоневрологія
- 12.observation - спостереження
- 13.neurophysiology - нейрофізіологія
- 14.pschoanalytic - психоаналітичний
- 15.relationship - стосунок, зв'язок
- 16.parallelism - паралелізм
- 17.psychiatrist - психіатр
- 18.treatment - лікування
- 19.psychology - психологія
- 20.psychophysical - психологічний
- 21.unconscious - підсвідомий, несвідомий

Unit 3

Concepts of normal and abnormal human behavior./Поняття норми та відхилення від норм людської поведінки.

Task 1. Read the following text and suggest your Ukrainian translation

Concepts of normal and abnormal human behavior

Medically, “abnormality” characterizes a lack of integrity in any organ’s structure or function such as a broken bone, ulcer in the stomach or an excess of certain sugars in the blood. In medicine, the line between normality and abnormality can be relatively easy to set whereas for psychologists and psychiatrists such a division may not be so easy to specify.

Psychological abnormality may be defined in a number of ways, and some of these definitions may change in different societies in the course of evolution; this may also occur in the same society in different periods. Rules, by which members of a particular society live, that prescribe “right” and “wrong” conduct exist in each society covering practically every aspect of life, from marriage to food habits. Since norms are absorbed in childhood during the process of socialization, people take them for granted paying no special attention thereto and notice a norm only when it is broken. When the violation is bizarre they label the violator as abnormal.

Norms tend to change with the time; this may occur gradually and almost imperceptibly, but from time to time, the change does not come easily and may be accompanied by friction. Although norms may change radically and are apparently an inappropriate basis for the definition of normality, they remain the dominant standard because they have been deeply rooted in social consciousness. They seem natural and right and violations automatically seem abnormal. Moreover, the evolutionary history of the species may be the basis of such norms, which sometimes may have some survival value, since a social group cannot exist without some kind of norms. Defining conformity as “good” and marking the nonconformist as automatically “bad” poses a danger in using only norms to abnormality.

A somewhat different way of defining abnormality is based on deviation from a statistically calculated average, that is people whose behavior conforms to that of the majority are considered normal and vice versa. Naturally, this statistical definition encompasses violations of norm since the statistical majority of people follow cultural rules. A statistical definition of abnormality also presents problems despite the fact that it makes such a diagnosis simple since the application of statistics for defining the boundaries of normality does not allow distinguishing between the desirable and undesirable differences – those of genius and creativity and psychological disorder; it is not always that “average” human behavior is desirable and encouraged by a society.

A different approach to the definition of abnormality lies in the assessment of personal discomfort, which people experience with regard to their own normality; only those people who are distressed by their own behavior or thoughts are considered abnormal. Nevertheless, the criterion of personal discomfort is frequently being criticized since in cases where an individual’s conduct disrupts society or harms other people, one can hardly rely on personal contentment to measure normality. For a rapist or murderer their behavior may be perfectly “normal” causing content with their way of life.

Maladaptive behavior is the term describing yet another approach to abnormality. Indeed, most people would agree that if a person’s behavior results in

alienating family and friends, repeatedly getting fired from work or such an individual is simply unable to get out of bed in the morning, this should be regarded as some sort of psychological disturbance. The application of the standard of maladaptive behavior has the advantage of focusing on a person's behavior in relation to other members of the society, whereas the major disadvantage is that in certain cases, "adaptive" behavior may be morally objectionable.

The following method to define abnormality is to set a description of the ideal well-adjusted personality; further, all other personalities who seriously deviate from that ideal should be regarded as abnormal, which, however, leaves most of us in the abnormal category. In fact, rather few people ever achieve this ideal adjustment and, therefore, deviation from the ideal can hardly be regarded as a perfect guideline in the search for a definition of abnormality.

Classification of abnormal behavior into various categories has become the result of attempts to understand it; they include: somatoform disorders, anxiety disorders, dissociative disorders, major affective and social disorders.

- **Anxiety** is a feeling of dread, apprehension, or fear, which is accompanied by physiological arousal. Rapid breathing, perspiration, muscle tension, and increased heart rate are among the symptoms of this condition. Being in a state of confusion, an anxious person finds it difficult to think clearly and cannot solve problems. Anxiety is a common experience; mild anxiety can even be helpful in order to pay the bills on time, pass examinations or get medical checkups; drivers would be more cautious in complicated weather conditions, etc. However, certain situations may become a major source of anxiety with some people; anxiety for them becomes so severe that it interferes with work or school, family life or social activities – in a word, with everyday functioning. This condition is classified as an anxiety disorder, which can transform into a generalized anxiety disorder when the person is nervous and irritable, often demonstrating motor tension: such people can complain of aching, get tired easily, be jumpy and find it impossible to relax. These people occasionally suffer from panic attacks, which generally last from fifteen minutes to an hour. A panic attack may result from a particular stimulus, in which case it is referred to as phobia; where no particular stimulus precedes the attack, it is known as a panic disorder. Anxiety may be associated with slightly dangerous objects or situations, such as spiders, snakes or lifts; sometimes anxiety focuses on situations, which carry no potential danger at all, e.g. being in public places or being alone.
- All of us, from time to time, experience feelings of sadness, disappointment, loss of interest in life, which may be a response to a negative situation such as a serious argument with close people, divorce,

loss of job, etc. or may have no apparent reason. This is generally called a normal **depression**; its symptoms are similar to those of abnormal or major depression but they differ drastically in degree.

- **Personality disorders** are recognized when personality traits become maladaptive to the degree that it prevents a person from performing normal functions. Importantly, the individual does not recognize the existence of abnormality since this disorder has become part of his or her personality. Such disorders often appear at an early age as the reaction to some kind of stressful environment and are generally difficult to change.
- The antisocial personality, or **sociopath** is always in the focus of attention notably for a number of reasons: such people are blind to moral considerations, indifferent to the rights of others and do not possess emotions shared by the “normal” population.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. abnormality (n) - аномальність
2. apprehension (n) – побоювання
3. adjustment (n) - пристосування
4. alienating (n) - відчуження
5. contentment (n) - задоволення
6. bizarre (adj) - дивний, ексцентричний
7. drastically (adj) - рішуче, круто
8. dread (n) - жах, страх
9. delusion (n) - помилкова думка, ілюзія
10. to disrupt (v) – підривати
11. encourage (v) - заохочувати
12. enforce (v) - нав'язувати, забезпечувати
13. imperceptibly (adj) - непомітно
14. objectionable (adj) - неприємний, що викликає заперечення
15. sufficient (adj) - достатній
16. impair (v) - порушувати, пошкоджувати
17. inappropriate (adj) - невідповідний, невластивий
18. integrity (n) - цілісність
19. jumpy (adj) - нервовий
20. maladaptive (adj) - погано пристосований
21. take smth for granted — приймати як належне
22. ulcer (n) - виразка

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Integrity, encourage, inappropriate, apprehension, objectionable, maladaptive, contentment, abnormality, adjustment, ulcer alienating, bizarre, drastically, dread, delusion, to disrupt, enforce, imperceptibly, sufficient, impair, jumpy, take smth for granted,

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

Задоволення, цілісність, аномальність, непомітно, невідповідний (невластивий), відчуження, дивний (ексцентричний), нав'язувати (забезпечувати), достатній, неприємний (що викликає заперечення), побоювання. приймати як належне, помилкова думка (ілюзія), погано пристосований, порушувати (пошкоджувати), пристосування, виразка, підривати, Жах (страх), нервовий, заохочувати, рішуче (круто).

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- a lack of integrity
- to set a line between
- in the course of evolution
- to prescribe a conduct
- to cover every aspect of life
- absorbed during the process of socialization
- paying (no) special attention
- to label as abnormal
- change does not come easily
- remain the dominant standard
- be deeply rooted
- deviation from a statistically calculated average
- follow cultural rules
- presents problems
- distinguish between desirable and undesirable
- to disrupt society
- psychological disturbance
- to have the advantage of
- a state of confusion
- suffer from panic attacks
- to be in the focus of attention

Task 7. Say if the following statements are true according to the text

1. _____ It is generally a problem set the line between normality and abnormality in most branches of medicine.
2. _____ It is still not easy to establish the “normal” and “abnormal” when it concerns the work of human brain.
3. _____ One of the definitions of abnormality deals with the breach of socially accepted norm.
4. _____ Social norms are fixed and similar in all societies.
5. _____ Statistical norm is an ideal criterion to judge about normality and abnormality.
6. _____ Maladaptive behavior is a more suitable standard than social or statistical norm since it allows to measure an individual's normality in relation to other people.
7. _____ The method of comparing against an ideal personality cannot be regarded as successful since deviations are too frequent.
8. _____ Anxiety disorder has physical manifestations.
9. _____ A panic attack may result from a particular stimulus or may have no stimulus.
10. _____ Normal depression differs in its symptoms from abnormal or major depression.
11. _____ Personality disorders prevent people from performing their everyday activity.
12. _____ Sociopaths are not regarded as individuals dangerous to the community.

Task 8 Make up 10 questions to the text to form a plan for retelling

Task 9. People often say that the world is getting crazy. How did you use to distinguish between “normal” and “abnormal” before getting professional knowledge in psychology? Write down your considerations to make a short report.

Psychological and medical terms to be memorized

1. abnormality - аномальність
2. adjustment - пристосування
3. alienating - відчуження
4. contentment - задоволення
5. bizarre - дивний, ексцентричний
6. dread - жах, страх
7. delusion - помилкова думка, ілюзія
8. impair - порушувати, пошкоджувати

- 9. inappropriate - невідповідний, невластивий
- 10.integrity - цілісність
- 11. jumpy - нервовий
- 12.maladaptive - погано пристосований
- 13.ulcer - виразка

Unit 4 .

Psychological Disorders. Characteristic, descriptions and types of Psychological Disorders. / Психічні розлади. Характеристика, опис та види психічних розладів.

Task 1. Read the following text and suggest your Ukrainian translation

Psychological disorders

A particular pattern of behavioral or psychological symptoms, which create distress for the person experiencing them and exercise influence on practically all life is known in the science of psychology as a psychological or mental disorder.

The following disorders are generally included in the list of psychological disorders: adjustment disorders and anxiety disorders.

Adjustment Disorders are normally related to an identifiable source of stress that causes significant emotional and behavioral symptoms and include the following diagnostic criteria:

- distress that is excessive in relation to what could be expected from the stressor;
- it creates serious problems in school, work or social environments; the symptoms mentioned above occur within three months of exposure to the stressor and they must not last for longer than six months after exposure to the stressor.

Anxiety disorders are characterized by anxiety, fear and worry, which is abnormal. According to the recently published surveys up to 18 per cent of American adult population suffer from anxiety disorder. Among anxiety disorders the following should be mentioned:

- social anxiety disorder;
- generalized anxiety disorder;

- panic disorder;
- phobias;
- agoraphobia;
- cognitive disorders;
- post-traumatic stress disorder;
- separation anxiety.

The psychological disorders frequently influence cognitive abilities: memory, perception and problem solving. Disorders, which are classified as **cognitive disorders** include: *Alzheimer's disease, delirium, dementia, and amnesia.*

Developmental disorders, (aka childhood disorders) are normally diagnosed during infancy or childhood and include: *hyperactivity disorder, learning disabilities, mental retardation, autism, communication disorders, oppositional defiant disorder, attention-deficit, and conduct disorder.*

Dissociative disorders generally deal with dissociation or interruption in certain aspects of consciousness, including identity and memory; they generally include: *dissociative disorder (multiple personality disorder), depersonalization disorder, dissociative identity disorder, and dissociative fugue.*

Eating disorders are characterized by obsession with weight, which causes disruptive eating patterns having negative influence on patient's physical and mental health. *Rumination disorder, bulimia nervosa, anorexia nervosa, and factitious disorders* are generally mentioned as types of eating disorders.

Factitious disorders are diagnosed when an individual acts as if he or she had an illness; the symptoms are deliberately exaggerated or faked; there are cases when damage to the body is self-inflicted. Among the types of factitious disorders, the following are commonly mentioned: *Ganser syndrome, Munchausen syndrome, and Munchausen syndrome by proxy.*

Impulse-control disorders are characterized by inability to control impulses, which may result in causing harm to oneself or others and include *Pyromania (setting fire deliberately), Kleptomania (stealing), Pathological gambling, Intermittent explosive disorder, Dermatillomania (skin-picking) and Trichotillomania (hairpulling).*

Mental Disorders Due to a General Medical Condition are the result of an underlying medical condition, which can cause certain psychological symptoms including catatonia and personality changes, e.g. *AIDS related psychosis, Psychotic disorder due to epilepsy, Depression caused by diabetes, and Personality changes due to brain damage.*

The changes in mood are characteristic of a group of mental disorders generally referred to as **mood disorders**, including: *Major depressive disorder*, *Bipolar disorder*, *Cyclothymic disorder*.

Personality disorders are generally spoken of when a patient has developed a maladaptive pattern of behaviors, thoughts or feelings; the above said usually seriously harms personal relationships as well as other spheres of life. *Schizoid personality disorder* and *Schizotypal personality disorder* *Antisocial personality disorder*, *Obsessive-compulsive personality disorder* and *Paranoid personality disorder* are generally mentioned among the most serious types of personality disorders; *Narcissistic personality disorder*, *Dependent personality disorder*, *Avoidant personality disorder*, *Borderline personality disorder*, and *Histrionic personality disorder* should be added to the list.

Psychotic disorders are diagnosed when the patient loses the contact with reality often experiencing hallucinations and displaying disorganized thinking; delusional beliefs are also characteristic of this class of psychological disorders. *Schizophrenia*, *Delusional disorder* should be mentioned among psychotic disorders.

Sexual and gender identity disorders. Where sexual functioning is affected (e.g. *Erectile dysfunction*), we generally speak about sexual disorders, whereas gender identity disorders are diagnosed when a person shows discontentment with the biological sex he or she was born with.

An interruption in sleep patterns is characteristic of **Sleep disorders**, which negatively affects both physical and mental health. Among the examples of sleep disorders, the following should be mentioned: *Sleepwalking disorder* *Sleep terror disorder*, *Narcolepsy*, and *Primary insomnia*.

Somatoform disorder include *Somatization disorder*, *Pain disorder* *Conversion disorder*, *Hypochondriasis*, *Body dysmorphic disorder* and form a class of psychological disorder that involves symptoms, which usually mimic real diseases or injuries, but do not have a physical cause. It is noteworthy that such disorders should be differentiated from factitious disorders since people suffering from somatoform disorders do not fake their symptoms.

Substance-related disorders (*alcohol abuse*, *caffeine induced anxiety disorder*, *cocaine withdrawal*) generally involve the use and/or abuse of different substance, such as alcohol, opiates, cocaine, and methamphetamine and can include anxiety, intoxication, dependence, abuse, delirium, and withdrawal psychosis due to the use of various substances.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. abnormal (adj) - аномальний
2. abuse (n) - образа, (v) - ображати, зловживати
3. alcohol abuse - зловживання алкоголем
4. anxiety (n) - тривога, занепокоєння;
5. anorexia (n) - анорексія
6. aspect (n) - аспект
7. behavioral (adj) - поведінковий
8. bereavement - важка втрата
9. bulimia (n) - булімія
10. catatonia (n) - кататонія, ступір, нерухомість
11. cocaine withdrawal – відмова від кокаїну
12. cognitive (adj) - пізнавальний
13. classification (n) - класифікація
14. create (v) - створювати, творити
15. communication (n) – комунікація, спілкування
16. consciousness (n) - свідомість
17. damage (n) - шкода, збитки, (v) - завдавати шкоди/ збитків, шкодити
18. deliberately (adv) - свідомо
19. depersonalization (n) - втілення
20. depression (n) - депресія, пригнічений стан
21. developmental (adj) - еволюційний, пов'язаний з розвитком
22. diagnostic (adj) - діагностичний
23. disability (n) - нездатність
24. disease (n) - хвороба, захворювання
25. dissociation (n) - дисоціація, відокремлення
26. distress (n) - страждання, біль
27. disorder (n) - безлад, плутанина
28. emotional (adj) - емоційний, хвилюючий
29. exaggerating (n) - перебільшування
30. explosive (n) - вибухова речовина, вибухівка
31. exposure (n) - піддавання зовнішньому впливу
32. excessive (adj) - надмірний, зайвий
33. fear (n) - боязнь, (v) - боятися
34. involve (v) - включати, припускати
35. inability (n) - нездатність, неможливість
36. injury (n) - травма, тілесне ушкодження
37. intermittent (adj) - періодичний
38. interruption (n) - перерва, тимчасове припинення
39. list (n) - перелік

- 40.manual (n) - посібник, настанова, (adj) -мануальний
- 41.mental (adj) - психічний, розумовий
- 42.mood (n) - настрій
- 43.nervosa (adj) - нервова
- 44.perception (n) - сприйняття, відчуття
- 45.physical (n) - медогляд (adj) - фізичний
- 46.post-traumatic (adj) - пост травматичний
- 47.proxy (n) - повноваження, доручення
- 48.psychotic (n) - психічно хворий
- 49.psychological (adj) - психологічний
- 50.stress (n) - стрес, тиск
- 51.stressor (n) - чинник, що викликає стрес, стресор
- 52.substance (n) - речовина
- 53.symptom (n) - симптом
- 54.syndrome (n) - синдром

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Post-traumatic, communication, abnormal, symptom, abuse, alcohol abuse, involve, anxiety, anorexia, aspect, behavioral, bereavement, catatonia, cocaine withdrawal, manual, classification, create, inability, physical, consciousness, damage, deliberately, depersonalization, depression, developmental, bulimia, diagnostic, disability, disease, dissociation, distress, disorder, emotional, exaggerating, explosive, exposure, excessive, fear, injury, intermittent, interruption, list, mental, mood, nervosa, perception, proxy, psychotic, psychological, stress, stressor, cognitive, substance, syndrome.

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

чинник, що викликає стрес (стресор), нервова, психічний (розумовий), надмірний (зайвий), важка втрата, повноваження (доручення), аномальний, синдром, психічно хворий, пізнавальний, періодичний, поведінковий, перерва (тимчасове припинення), страждання (біль), перебільшування, симптом, психологічний, речовина, стрес, тиск, хвороба (захворювання), перелік, пост травматичний, дисоціація (відокремлення), медогляд (фізичний), піддавання зовнішньому впливу, сприйняття (відчуття), посібник (настанова, мануальний), образа (ображати, зловживати), тривога (занепокоєння), безлад (плутанина), кататонія (ступір, нерухомість), шкода, збитки, (завдавати шкоди/ збитків, шкодити), емоційний (хвилюючий),

зловживання алкоголем, відмова від кокаїну, анорексія, вибухова речовина (вибухівка), класифікація, нездатність (неможливість), еволюційний (пов'язаний з розвитком), булімія, травма, тілесне ушкодження, втілення, включати (припускати), аспект, боятися, настрої, створювати (творити), нездатність, свідомо, депресія (пригнічений стан), комунікація (спілкування), свідомість, діагностичний.

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- pattern of behavioral or psychological symptoms
- list of psychological disorders
- identifiable source of stress
- cause significant emotional and behavioral symptoms
- within three months of exposure to the stressor
- influence cognitive abilities
- dissociation or interruption in aspects of consciousness
- are characterized by obsession with
- symptoms are deliberately exaggerated or faked
- damage to the body is self-inflicted
- inability to control impulses
- the result of an underlying medical condition
- develop a maladaptive pattern of behaviors
- lose the contact with reality
- discontentment with the biological sex
- interruption in sleep patterns
- mimic real diseases or injuries

Task 7. Suggest your answers and explanations where necessary in writing on the basis of the information from the text

1. What Is a Psychological disorder? _____
2. What are Adjustment disorders? _____
3. How can you characterize Anxiety disorders? _____
4. What are Cognitive disorders? _____
5. What are Developmental disorders? _____

6. What are the basic characteristics of Dissociative disorders? _____
7. What are the symptoms of Eating disorders? _____
8. Can you characterize Factitious disorders and give examples? _____
9. What are Mental disorders due to a general medical condition? Give examples.

10. What are the characteristics of Impulse-control disorders? _____
11. How can you characterize Mood disorders? _____
12. What are Psychotic disorders? _____
13. What are the examples of Personality disorders? _____
14. What are Sexual and gender identity disorders? _____
15. What is the definition of Sleep disorders? _____
16. What are symptoms of Somatoform disorders? _____
17. What are Substance Related Disorders? Give examples. _____

Task 8. Say if the following statements are true according to the text

1. _____ Despite the fact that a psychological disorder is a breach in behavioral pattern, it has little influence on a person's everyday activity.
2. _____ The following factors are important for the definition of adjustment disorders: identifiable source of stress; excessive reaction to it; serious problems resulting from it.
3. _____ Over a quarter of the US population suffer from anxiety disorders.
4. _____ Cognitive disorders are associated with the loss of memory, perception and cognitive abilities.
5. _____ Eating disorders are characterized by patients' obsession with weight,
6. _____ In Factitious disorders the patient believes he or she is absolutely well despite possible illnesses.
7. _____ Pyromania, Kleptomania and Pathological gambling are examples of Impulse-control disorders.
8. _____ Somatoform disorders are similar with Impulse-control disorders.
9. _____ Sleep disorders negatively influence both physical and mental health of the patient.
10. _____ Alcoholism is excluded from the list of Substance-related disorders.

Psychological terms to be memorized

1. abnormal - аномальний
2. abuse - образа, зловживати
3. alcohol abuse - зловживання алкоголем
4. anxiety - тривога, занепокоєння;
5. anorexia - анорексія
6. behavioral - поведінковий
7. bulimia - булімія
8. catatonia - кататонія, ступір, нерухомість
9. cocaine withdrawal – відмова від кокаїну
- 10.cognitive - пізнавальний
- 11.consciousness - свідомість
- 12.depersonalization - втілення
- 13.depression - депресія, пригнічений стан
- 14.developmental - еволюційний, пов'язаний з розвитком
- 15.diagnostic - діагностичний
- 16.disability - нездатність
- 17.disease - хвороба, захворювання
- 18.dissociation - дисоціація, відокремлення
- 19.distress - страждання, біль
- 20.disorder - безлад, плутанина
- 21.emotional - емоційний, хвилюючий
- 22.inability - нездатність, неможливість
- 23.injury - травма, тілесне ушкодження
- 24.intermittent - періодичний
- 25.mental - психічний, розумовий
- 26.mood - настрій
- 27.nervosa - нервова
- 28.perception - сприйняття, відчуття
- 29.physical - медогляд (adj) - фізичний
- 30.post-traumatic - пост травматичний
- 31.psychotic - психічно хворий
- 32.psychological - психологічний
- 33.stress - стрес, тиск
- 34.stressor - чинник, що викликає стрес, стресор
- 35.substance - речовина
- 36.symptom - симптом
- 37.syndrome - синдром

Unit 5

The Diagnostic of Psychological Disorders. Detection and treatment protocol./ Діагностика психічних розладів. Виявлення та протокол лікування.

- Task 1.** A) Read the following text and suggest your Ukrainian translation
B) Entitle the paragraphs of the text

THE DIAGNOSTIC OF PSYCHOLOGICAL DISORDERS

_____ One of the most serious steps in treatment psychological disorders, which mental health providers and mental health clients encounter, is their classification and diagnosis. There are several different classification and diagnostic criteria for psychological disorders and clinicians, therefore, make use of the “Diagnostic and Statistical Manual of Mental Disorders” (hereinafter - DSM-IV TR), published by the American Psychiatric Association, to determine whether a set of symptoms or behaviors meet the criteria for diagnosis as a psychological disorder. In addition, the World Health Organization has published “The International Classification of Diseases” (hereinafter - ICD-16), which may also be applied for this purpose.

_____ Development of an effective treatment plan is possible only after getting a valid diagnosis although some people may fear social stigma resulting therefrom. However, it should be clearly understood that diagnosis does not have the purpose of applying a label to the individual, rather it is the only way to discover the relevant solutions and apply an effective treatment. According to recent research psychological disorders occur far more frequently than it had been previously believed. As many as 26 percent of American adult population suffer from some type of mental disorder (the figures were provided by the National Institute of Mental Health). Furthermore, over 30 per cent of respondents to the National Comorbidity Survey stated that they had had symptoms of a psychological disorder in the previous year whereas nearly 50 per cent of all adults have experienced some form of mental disorder at some point in their life; mood disorders, eating disorders, sleep disorders, anxiety disorders somatoform disorders, and personality disorders are among those most frequently mentioned.

_____ Clinicians and psychiatrists generally use the “Diagnostic and Statistical Manual of Mental Disorders”, which is published by the American Psychiatric Association and lists over 250 mental disorders for diagnosis of

psychiatric illnesses. The manual is of practical value encompassing all categories of mental health disorders for adults and children giving relevant information concerning symptoms and statistics about the typical age of onset, the gender most frequently affected by the illness, the treatment approaches and the effects of treatment.

_____ The manual was updated in 2000 with minor text revision in the descriptions of certain disorders and is used by mental health providers to better understand a client's potential needs and to make a more comprehensive evaluation of a client's level of functioning with the final purpose to give valid assessment and diagnosis with regard to the influence a mental illness may have on the various spheres of patients' lives.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. approve (v) - дозволяти, санкціонувати
2. assessment (n) - оцінювання
3. Association (n) - асоціація
4. client (n) - клієнт
5. clinician (n) - клінічний лікар
6. comorbidity (n) - хворобливість
7. criterion (pl. – criteria) (n) - критерій
8. diagnose (v) - діагностувати
9. diagnosis (n) - діагноз
10. diagnostic (n) - симптом, діагностика
11. discover (v) - відкривати, виявляти
12. disease (n) - хвороба
13. health (n) - здоров'я
14. illness (n) - хвороба
15. interpersonal (adj) - міжособистісний
16. long-term (adj) - довгостроковий
17. manual (n) - настанова
18. prominent (adj) - помітний, очевидний
19. provider (n) - постачальник
20. psychosocial (adj) - психосоціологічний
21. psychiatric (adj) - психіатричний
22. psychiatrist (n) - психіатр
23. relatively (adv) - порівняно, відносно
24. retardation (n) - уповільнення
25. research (n) - дослідження, вивчення
26. self-care (n) - догляд за собою

- 27.skills (n) - навички, уміння
- 28.social (adj) - соціальний, суспільний
- 29.solution (n) - вирішення, розчин
- 30.stigma (n) - стигма
- 31.survey (n) - огляд, обстеження, експетиза
- 32.treatment (n) - лікування
- 33.treatment plan - протокол лікування
- 34.payment for treatment - оплата за лікування

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Client, provider, approve, retardation, assessment, Association, treatment, clinician, comorbidity, criterion (pl. – criteria), diagnose, psychosocial, diagnosis, diagnostic, discover, disease, health, illness, self-care, interpersonal, long-term, manual, prominent, psychiatric, psychiatrist, relatively, research, skills, social, solution, stigma, survey, treatment plan, payment for treatment

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

вирішення (розчин), дослідження (вивчення), здоров'я, помітний (очевидний), критерій, дозволяти (санкціонувати), протокол лікування, оцінювання, довгостроковий, психосоціологічний, оплата за лікування, психіатричний, клінічний лікар, постачальник, діагностувати, асоціація, огляд (обстеження, експертиза), хворобливість, соціальний (суспільний), навички (уміння), клієнт, симптом (діагностика), лікування, порівняно (відносно), догляд за собою, діагноз, стигма, уповільнення, міжособистісний, настанова, хвороба, психіатр, відкривати (виявляти).

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- treatment psychological disorders
- symptoms meet the criteria for diagnosis
- be applied for this purpose
- development of a treatment plan
- fear social stigma
- apply a label to an individual
- to discover the relevant solutions

- apply an effective treatment
- far more frequently than it had been previously believed
- be of practical value
- the typical age of onset
- the gender most frequently affected by the illness
- minor text revision
- make a comprehensive evaluation of a client's level of functioning

Task 7. Suggest your answers to the following questions in writing on the basis of the information from the text

1. What are the initial and the most important steps in the treatment psychological disorders?
2. What is the reason for application of "Diagnostic and Statistical Manual of Mental Disorders" by the clinicians?
3. What other manuals can be used for the same purpose?
4. Why do some people fear to determine their diagnosis?
5. What is the primary aim of the diagnosis in psychological disorders?
6. What are the statistical data provided by the recent research psychological disorders among the US adult population?
7. What are the most frequent psychological disorders mentioned in the surveys?
8. How many mental disorders are listed in "Diagnostic and Statistical Manual of Mental Disorders", which is published by the American Psychiatric Association?
9. Does the above mentioned manual have only theoretical value?
10. When was the manual updated and what were the changes?

Task 8. Say if the following statements are true according to the text

1. ____ There are strictly defined and unchangeable classification and diagnostic criteria for psychological disorders.
2. ____ "Diagnostic and Statistical Manual of Mental Disorders" is a tool for setting a diagnosis in mental disorders.
3. ____ "Diagnostic and Statistical Manual of Mental Disorders" is the only source of such information.
4. ____ Effective treatment plan is impossible without a valid diagnosis.
5. ____ Some people don't want to know their psychological diagnosis for fear to be badly treated by their relatives and friends.
6. ____ The diagnosis in mental disorders is a way to protect the society against mentally ill people.

7. _____ The number of people who suffer from some type of mental disorder has decreased according to the recent surveys.
8. _____ “Diagnostic and Statistical Manual of Mental Disorders” gives practical assistance to the clinicians in determining the diagnosis.
9. _____ “Diagnostic and Statistical Manual of Mental Disorders” does not require updating and is used in its original form.

Psychological terms to be memorized

1. clinician - клінічний лікар
2. comorbidity - хворобливість
3. criterion (pl. – criteria) - критерій
4. diagnose - діагностувати
5. diagnosis - діагноз
6. diagnostic - симптом, діагностика
7. disease - хвороба
8. health - здоров'я
9. illness - хвороба
10. interpersonal - міжособистісний
11. psychosocial - психосоціологічний
12. psychiatric - психіатричний
13. psychiatrist - психіатр
14. retardation - уповільнення
15. treatment - лікування
16. treatment plan - протокол лікування

Unit 6

Phobias. Characteristic, descriptions and list of Phobias. / Фобії.
Характеристика, опис та перелік фобій.

Task 1. Read the following text and suggest your Ukrainian translation

Characteristics and description of phobias

American Psychiatric Association characterizes phobias as irrational and/or excessive fear connected with a particular object or situation, notably where it

involves a feeling of danger or a fear of harm. Agoraphobia, for instance, refers to fear of being trapped in an inescapable place or situation.

Symptoms of Phobias may appear when a person suffering from it faces the object of fear or even thinks about the feared object. It is generally acknowledged that the symptoms associated with phobias include: sense of unreality, dizziness, nausea, breathlessness and fear of dying. These symptoms, under certain conditions, can escalate into a full-scale anxiety attack.

Some individuals, who experience these symptoms, turn to isolating themselves, which generally results in significant complications in daily life. A constant concern with imagined illnesses or death may prompt other individuals to seek medical assistance.

Three types of phobias are generally recognized, namely a) fear of social situations (social phobias); b) fear of being trapped in an inescapable place or situation (agoraphobia); fear of a specific objects, such as dogs or spiders (specific phobias). With regard to specific phobias, the following four major types are recognized:

- a) fear of water, lightning, storms, etc. (the natural environment);
- b) fear of mice, bats, snakes, etc. (the animals);
- c) fear of seeing blood, injections, nurses, doctors, etc. (medical);
- d) fear of traffic, driving, bridges, leaving the home, etc. (situational).

Phobias occur quite commonly; over 10 per cent of the US adult population suffer from some kind of phobia thus being the most common mental disorder in the United States. Women are more prone to phobias than men. It is quite frequently that people can realize that their fear is irrational, which allows taking measures (including medical) to overcome their phobia; as a result, only about 10 percent of reported cases become life-long phobias.

As it has been mentioned above, there are three types of phobias, namely social phobia, specific phobia, and agoraphobia. They have some common symptoms although the basic symptoms of each type vary. Among the common symptoms, the following should be mentioned:

- terror - persistent and overwhelming fear of the object or situation;
- physical symptoms, including shaking, palpitations and dizziness;
- obsessive thoughts: persistent thinking the fear and the object causing it;
- desire to escape: an intense urge to leave the situation.
- anticipatory anxiety: constant worrying about future events with the phobic object or situation.

Phobic symptoms are often difficult to diagnose; the reason is that some symptoms of physical illnesses are very similar to those of a phobia, e.g. an

allergic reaction (or an undiagnosed heart condition) may have anxiety symptoms such as sweating, palpitations, etc., although a physical illness causes more generalized symptoms of anxiety.

The symptoms of physical illness and phobias may be closely connected when the patient feels fear of showing symptoms of a real illness especially where such symptoms are generally regarded as abnormal or embarrassing. It is natural for people suffering from such disorders to exhibit fear of their symptoms being noticed in public. The fear, however may become so strong that such a fear (not the disease itself) is able to limit the patient's activities; in such a case, it is diagnosed as a phobia.

A number of physical illnesses can cause symptoms of specific phobias, for instance, photophobia (aversion to light), which can be a common symptom of several illnesses including meningitis, eye infections or injuries. It is, therefore, important to make sure that photophobia is not the result of eye conditions. Other examples include phono phobia (fear of loud sounds), osmophobia (aversion to odors), aqua phobia (fear of bodies of water), which is often confused with hydrophobia (fear of drinking water or other fluids), which appears at the late stage of rabies. Only a trained medical professional can distinguish phobias from physical illnesses.

The specific treatment for phobias is chosen depending on the individual and the type of phobia. Among several potential phobia treatments, the exposure treatment method and the counter-conditioning method are most frequently applied.

In the former method, the patient is exposed to the fear object or situation; the goal is to help the individual to overcome their fear - the individual faces their fear and realizes that the fear object cannot harm them.

The latter type of treatment - counter-conditioning – is often applied with the patients who are unable to stand the method of exposure. In the counter-conditioning method, the patients are taught new reactions to the fear object; they learn relaxation techniques in order to substitute anxiety and fear, which makes the previous panicked reaction and the phobic response gradually fade.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. agoraphobia (n) - агорафобія
2. anxiety (n) - тривога, патологічний стан тривоги
3. association (n) - асоціація, об'єднання
4. attack (n) - напад

5. cause (n) - причина
6. concern (n) - турбота
7. constant - постійний
8. death (n) - смерть
9. diagnostic (adj) - діагностичний
10. endangerment (n) - небезпека
11. excessive (adj) - надмірний, зайвий
12. fear (adj) - страх, боязнь
13. full-scale (adj) - в повному обсязі
14. harm (n) - шкода, збитки, неприємність
15. illness (n) - захворювання
16. imminent (n) - неминучий
17. irrational (adj) - іраціональний, нерозумний
18. medication (n) - лікування
19. object (n) - предмет, об'єкт
20. phobia (n) - страх, фобія
21. phobic (adj) - який страждає на фобію
22. prevalence (n) - існування, поширення, розповсюдження
23. psychiatric (adj) - психіатричний
24. physical (adj) - матеріальний, фізичний
25. reaction (n) - реакція, реагування
26. sense (n) - почуття, усвідомлення
27. specific (adj) - спеціальний, специфічний
28. symptom (n) - симптом, ознака

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Prevalence, excessive, agoraphobia, association, attack, cause, constant, death, diagnostic, anxiety, endangerment, fear, full-scale, , physical, reaction, sense, specific, symptom, harm, illness, imminent, medication, object, phobia, phobic, psychiatric, concern, irrational.

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

Почуття (усвідомлення), психіатричний, лікування, матеріальний (фізичний), агорафобія, страх (боязнь), асоціація (об'єднання), в повному обсязі, - реакція, іраціональний (нерозумний), симптом (ознака), тривога (патологічний стан тривоги), спеціальний (специфічний), предмет (об'єкт), діагностичний, шкода (збитки, неприємність), напад, страх (фобія),

існування (поширення, розповсюдження), неминучий, який страждає на фобію, смерть, причина, захворювання, постійний, надмірний (зайвий), турбота, небезпека.

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- irrational and/or excessive fear
- being trapped in an inescapable place or situation
- It is generally acknowledged
- experience the symptoms
- escalate into a full-scale anxiety attack
- constant concern with imagined illnesses or death
- more prone to phobias
- causes more generalized symptoms of anxiety
- cause more generalized symptoms of anxiety
- be generally regarded as abnormal or embarrassing
- be often confused with
- distinguish phobias from physical illnesses
- be exposed to the fear object or situation

Task 7. Suggest your answers to the following questions in writing on the basis of the information from the text

1. What is the definition of phobia given by American Psychiatric Association?
2. What are the characteristics of Agoraphobia?
3. What are the symptoms that are generally associated with phobias?
4. What is the reaction of some individuals, who experience the symptoms of a phobia?
5. What are the three types of phobias?
6. What are the common symptoms for the above mentioned three types of phobias?
7. What is the common difficulty in diagnosing a phobia?
8. How can a fear of showing symptoms develop into a phobia?
9. How should the specific treatment for phobias be chosen?
10. How is the exposure treatment method applied?
11. What are the characteristics of the counter-conditioning method?

Task 8. Say if the following statements are true according to the text

1. _____ Agoraphobia is the fear of mice, bats, snakes, etc.
2. _____ American Psychiatric Association is still unable to find the definition for phobias.
3. _____ Exposure to the object fear brings symptoms of a phobias in a person suffering from it.
4. _____ A full-scale anxiety attack can develop from phobic symptoms under certain conditions.
5. _____ Phobias are among the most common mental disorders in the USA.
6. _____ Men more often suffer from phobias than women.
7. _____ One of the reasons why it is difficult to diagnose a phobia is the similarity of certain symptoms with those of physical illnesses.
8. _____ Aquaphobia is the same disease as hydrophobia.
9. _____ In the counter-conditioning method, the patient is exposed to the fear object or situation.
10. _____ In the counter-conditioning method, the patients are taught new reactions to the fear object.

Psychological terms to be memorized

1. agoraphobia - агорафобія
2. anxiety - тривога, патологічний стан тривоги
3. association - асоціація, об'єднання
4. attack - напад
5. cause - причина
6. constant - постійний
7. death - смерть
8. diagnostic - діагностичний
9. endangerment - небезпека
10. fear - страх, боязнь
11. full-scale - в повному обсязі
12. harm - шкода, збитки, неприємність
13. illness - захворювання
14. irrational - іраціональний, нерозумний
15. medication - лікування
16. phobia - страх, фобія
17. phobic - який страждає на фобію
18. psychiatric - психіатричний
19. physical - матеріальний, фізичний
20. reaction - реакція, реагування
21. sense - почуття, усвідомлення
22. specific - спеціальний, специфічний

Unit 7

Emotions and Stress. Classification of Emotions. Ways to Control Emotions and Stressful situations. Post-Traumatic Stress Disorders./ Емоції та Стрес. Класифікація емоцій. Способи контролювання емоцій та стресових ситуацій Посттравматичні стресові розлади.

Task 1. Read the following text and suggest your Ukrainian translation

Classification of emotions

Emotions structure the world for us being an important tool in the process of human survival and adaptation; they are the basis for judging the world objects and events. Indeed, what an object has done or can do to us is more important than its physical characteristics - size, shape, length or texture. The object's sensory aspects are less important than its impact on us. The fact that it can hurt, surprise or infuriate us is essential. Emotions govern our attitudes and relations in our families, communities, and society in general. Our emotional experiences with objects and events allows labeling certain things and actions as "good" and others as "bad". These categories are applied to every aspect of our social life, from the food we eat and clothes we wear to the relationships with people in our group.

Emotions are important for the functioning of the society at large since it often exploits our emotional reactions and attitudes, such as morality and loyalty, guilt, shame and pride, fear and greed for its benefit. We all experience a broad span of feelings, both mild and intense. They may be momentary and trivial or they may be profound, sometimes changing all our life: we are happy when we fall in love, we feel sorrow when someone we love dies. Our emotional experiences are an essential part of our life, however, defining emotions is far from being easy, especially if we attempt to describe them precisely in everyday, commonsense terms.

Psychologists generally apply a different approach - they have noted that despite various sources and quality of emotions, these share three basic aspects or components: arousal, expression, and experience. The term "arousal" in psychology refers to the series of psychological changes when an individual has an emotion, notably in the autonomic nervous system. The term "expression" is applied to behavioral acts that are brought by the emotion, such as a smile or baring the teeth in a moment of rage. The term "experience" is used with regard to

the subjective feeling that accompanies the emotion. Activation of the autonomic nervous system comes as the result of strong emotions and brings increase in heart rate, respiration, and muscular tension. The brain coordinates the activation of the autonomic nervous system as it triggers emotional arousal.

The body reacts to emotions; the relationship between the bodily changes, including changes of facial expressions that characterize emotions and the way a person understands the situation that produced them is still under debate. According to James Lange's theory emotion is the perception of bodily changes. Although the theory was criticized due to a number of inconsistencies, it should be noted that the perception of physiological changes actually plays an important role in the experience of emotions.

Stress

The symptoms of stress are well known to the majority of the people. During an interview for a job, important examination or assignment one may experience increases in pulse rate, blood pressure, heart racing, dry mouth, perspiration and shaking hands and hence, stress is a pattern of psychological and physiological reactions to events that threaten a person's ability to cope. The symptoms of stress also include cognitive disorganization, such as inability to concentrate, obsessive thoughts and higher levels of certain hormones; emotional upset i.e. excitement, anxiety, fear, anger and embarrassment may also be present.

Although a certain amount of stress is a part of everyday activity, acute stress can damage emotional, cognitive, and psychological functioning. Moreover, chronic stress can lead to the decrease of general health and a number of specific diseases, such as allergies, high blood pressure, which, in turn, creates a greater risk of heart diseases and sudden cardiac death.

Death of a close relative, divorce or losing a job are extremely upsetting events, which many of us have to cope with as well as the annoyances problems of daily life such as material problems, excessive quantity of work and inadequate quantity of sleep, romantic breakups or even traffic jams, noisy neighbors, and computer malfunctions. In addition, it is practically impossible to assess the negative impact of environmental events. Interestingly, minor or even welcome events were mentioned as stress factors alongside clearly distressing events (the death of a spouse) by medical patients according to T. Holmes and R. Rahe recent research, which allowed the researchers to conclude that change is a major factor in stress, since they force people to introduce changes in their lives.

In addition, stress depends on psychological factors. When people do not believe that they can predict and control events in their environment, they develop learned helplessness.

External and internal pressures that may lead to stress require adequate management - the process, which is referred to as coping, being dependent on a combination of emotional self-regulation and problem-solving ability. A person can be said to cope well if he or she is able to change environmental conditions that are harmful or threatening, thereby to solve a problem; he or she should further be able to adjust to unavoidable realities, no matter how painful they might be; and to regain emotional equilibrium after the upsetting event. In addition, he or she should preserve a positive self-image and continue positive relationships with others (emotional self-regulation).

A number of techniques have been devised to assist people to control their reactions to stress, including “progressive relaxation” - through deep breathing and muscle relaxation, autogenic training on the basis of self-suggestion, and biofeedback. Stress management workshops combine these techniques with training in coping skills.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. accompany (v) - супроводжувати
2. acute (adj) - гострий
3. affection (n) - прихильність, приязнь
4. alive (adj) - живий
5. amuse (v) - розважати
6. angle (n) - кут
7. anguish (n) - біль, страждання
8. annoyance (n) - прикрість, роздратування
9. anxiety (n) - тривога
10. arousal (n) - фаза збудження (про емоції)
11. apply (v) - застосовувати
12. beneficial (adj) - корисний, вигідний, благотворний
13. biofeedback (n) - рефлексорний зворотний зв'язок
14. bond (n) - зв'язок
15. cardiac (adj) - коронарний, кардіологічний
16. charted for - що має пріоритет
17. confident (adj) - впевнений
18. consistency (n) - послідовність, відповідність, узгодженість
19. degeneration (n) - виродження, переродження
20. devise (v) - придумувати, винаходити
21. disruptive (adj) - що спричинює руйнування
22. be elicited - бути виявленим
23. embarrassment (n) - збентеження, зніяковіття

- 24.emotion tinged (adj) - емоційно забарвлений
- 25.enhance (v) - збільшувати, посилювати
- 26.equilibrium (n) - рівновага
- 27.exploit (v) - експлуатувати, використовувати
- 28.experience (n) - фаза переживання (про емоції)
- 29.expression (n) - фаза виходу (про емоції)
- 30.frustration (n) - крах
- 31.greed (n) - жадність
- 32.guilt (n) - провина, вина
- 33.hardy (adj) - витривалий
- 34.hue (n) - тон, відтінок
- 35.impact (n) - вплив
- 36.inevitable (adj) - неминучий
- 37.infuriate (v) - розлючувати, доводити до нестями
- 38.lack (v) - відчувати нестачу, бракувати
- 39.loyalty (n) - вірність, лояльність
- 40.maintain (v) - утримувати
- 41.malfunction (n) - неспрацьовування, відмова, збій
- 42.occur (v) - виникати, з'являтися
- 43.obsessive (adj) - нав'язливий
- 44.profound (adj) - ґрунтовний, серйозний
- 45.rage (n) - гнів, лють
- 46.range (v) - охоплювати, сягати, простягатися
- 47.readjustment (n) - повторне пристосування
- 48.reward (n) - нагорода, винагорода
- 49.self-assured (adj) - самовпевнений
- 50.span (n) - відрізок, розмах
- 51.spouse (n) - чоловік/ дружина, подружжя
- 52.threat (n) - загроза
- 53.trigger (v) - викликати, привести в дію
- 54.unavoidable (adj) - неминучий
- 55.visceral (adj) - внутрішній

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Accompany, inevitable, unavoidable, acute, affection, alive, amuse, angle, anguish, annoyance, degeneration, anxiety, trigger, arousal, apply, beneficial, biofeedback, bond, cardiac, hardy, charted for, unavoidable, confident, consistency, devise, disruptive, be elicited, embarrassment, emotion tinged, enhance, equilibrium, exploit, span, experience, expression, frustration, greed, guilt, hue, impact,

infuriate, lack, loyalty, maintain, hardy, malfunction, occur, obsessive, profound, rage, range, readjustment, reward, self-assured, spouse, threat, visceral

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

Неминучий, нав'язливий, жадність, рефлекторний зворотний зв'язок, викликати, привести в дію, коронарний (кардіологічний), супроводжувати, внутрішній, повторне пристосування, що спричинює руйнування, загроза, послідовність (відповідність, узгодженість), чоловік/ дружина (подружжя), розлючувати (доводити до нестями), нагорода (винагорода), що має пріоритет, зв'язок, виникати (з'являтися), відчувати нестачу (бракувати), провина (вина), ґрунтовний (серйозний), впевнений, відрізок (розмах), фаза виходу (про емоції), збільшувати (посилювати), емоційно забарвлений, гострий, біль (страждання), фаза збудження (про емоції), експлуатувати (використовувати), охоплювати (сягати, простягатися), прихильність (приятельство), живий, витривалий, утримувати, прикрість (роздратування), фаза переживання (про емоції), розважати, самовпевнений, корисний (вигідний, благодіючий), гнів (лють), кут, неспрацьовування (відмова, збій), тривога, виродження (переродження), вірність (лояльність), тон (відтінок), неминучий, придумувати (винаходити), вплив, бути виявленим, рівновага, застосовувати, крах, збентеження (зникнення)

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- the process of human survival and adaptation
- emotions govern our attitudes
- every aspect of our social life
- exploit our emotional reactions and attitudes
- a broad span of feelings
- defining emotions is far from being easy
- in everyday, commonsense terms
- three basic aspects or components
- autonomic nervous system
- bare the teeth
- coordinate the activation of the autonomic nervous system
- trigger emotional arousal
- be criticized due to a number of inconsistencies

- play an important role
- an interview for a job
- inability to concentrate
- obsessive thoughts
- higher levels of certain hormones
- a part of everyday activity
- lead to the decrease of overall health
- extremely upsetting events
- romantic breakup
- assess the impact of environmental events
- adjust to unavoidable realities
- regain emotional equilibrium
- preserve a positive self-image

Task 7. Suggest your answers to the following questions in writing on the basis of the information from the text

1. Why are emotions important?
2. Which is more important in an object: its sensory aspects or its influence on us?
3. What are the categories, which we apply to objects and events on the basis of our emotional experiences?
4. How can a society exploit our emotional reactions?
5. Is it easy to give a strict definition of “emotion” in every day, commonsense terms?
6. What are three basic aspects or components of emotion?
7. What are the consequences of activation of the autonomic nervous system?
8. How does the body react to emotions?
9. What are the symptoms of stress?
10. What can trigger mild stress? Acute stress?

Task 8. Say if the following statements are true according to the text

1. ____ An objects or events physical characteristics are as important as their emotional impact.
2. ____ One can hardly define emotions precisely in everyday, commonsense terms.
3. ____ The term “arousal” describes psychological changes in the autonomic nervous system when an individual has an emotion.

4. _____ The term “expression” describes behavioral acts, which occur as a result of the emotion.
5. _____ Stress is the result of dangerous events.
6. _____ Stress comes without symptoms.
7. _____ Stress often occurs when an individual does not believe in his or her ability to cope with the situation.
8. _____ An individual copes well if he or she is able to solve the problem and maintain self-regulation.
9. _____ Preservation of a positive self-image and continuance of positive relationships with others are components of emotional self-regulation.
10. _____ “Progressive relaxation” is the only technique that has been devised to assist people to control their reactions to stress.

Psychological terms to be memorized

1. acute - гострий
2. affection - прихильність, приязнь
3. anguish - біль, страждання
4. annoyance - прикрість, роздратування
5. anxiety - тривога
6. arousal - фаза збудження (про емоції)
7. apply - застосовувати
8. beneficial - корисний, вигідний, благотворний
9. biofeedback - рефлекторний зворотний зв'язок
10. bond - зв'язок
11. cardiac - коронарний, кардіологічний
12. confident - впевнений
13. degeneration - виродження, переродження
14. be elicited - бути виявленим
15. embarrassment - збентеження, зніяковіння
16. emotion tinged - емоційно забарвлений
17. equilibrium - рівновага
18. experience - фаза переживання (про емоції)
19. expression - фаза виходу (про емоції)
20. frustration - крах
21. greed - жадність
22. guilt - провина, вина
23. hardy - витривалий
24. impact - вплив
25. infuriate - розлючувати, доводити до нестями
26. malfunction - неспрацьовування, відмова, збій

- 27. occur - виникати, з'являтися
- 28. obsessive - нав'язливий
- 29. profound - ґрунтовний, серйозний
- 30. rage - гнів, лють
- 31. readjustment - повторне пристосування
- 32. reward - нагорода, винагорода
- 33. self-assured - самовпевнений
- 34. threat - загроза
- 35. trigger - викликати, привести в дію
- 36. unavoidable - неминучий
- 37. visceral - внутрішній

Unit 8

Culture of behavior and ethics of relationships with the patients. Application of Verbal and Nonverbal Communication./ Культура поведінки та етика взаємовідносин з пацієнтами. Використання вербальних та невербальних засобів спілкування.

Task 1. Read the following text and suggest your Ukrainian translation

Verbal and nonverbal communication. Relationship with the patients

Language is a social tool of exchanging information in a particular social group in order to coordinate our activity. Simpler communication is characteristic of certain other living creatures like bees, wasps and ants who are able to communicate rather complex information to others of their species though a set of movements; seagulls use sounds they produce to inform of the location of food or the presence of danger; dolphins and whales use quite sophisticated signals to convey information. These animal signaling systems, however, are comparatively simple and rigid.

By contrast, human language is incredibly flexible and complex, which is used by humans in various spheres of life in order to manipulate the social environment. Language is generally regarded from two different perspectives: in

terms of its structure, which is the field of linguistic study, and or in terms of its function.

The basic task of any language system is to build a bridge or connection between our thoughts and ideas with the sounds we utter, which we then organize in accordance with the rules of grammar of our language structuralizing the levels of speech and interrelation between those levels in order to express a thought or convey an intention. The thought, which differs from the actual sentence we pronounce, initially occurs in our consciousness in the form of proposition, consisting of a subject with a predicate. However, our thoughts rarely occur in such a simple form, therefore, complex relationships in an utterance frequently consist of several propositions in a single sentence arranged according to the rules of grammar.

For psychologists, grammatical phrases (also referred to as constituents) are of interest since people treat them as perceptual chunks that have unity and integrity. Grammatical phrases are spoken at a time and separated by pauses, and listeners perceive the whole part at a time. We share the rules of a common language and a breach of these rules carries the risk of error in understanding. Language is the only way to share our thoughts; if it were not for the language, each of us would exist inside a virtually impenetrable shell. This means that knowledge could not be accumulated and transmitted, societies could not function and cultures could not be passed through generations.

Unlike linguists, who are interested in the language's structure, psychologists study its function and the way it is used; the branch of psychology dealing with these issues is psycholinguistics. On the other hand, pragmatics studies possible ways of using the language by the speaker in order to achieve a certain goal.

Task 2 Learn the following words. Pay special attention to psychological terminology

1. acquire (v) - набувати
2. ad hoc - на конкретний випадок
3. accomplish (v) - виконувати, досягати
4. appropriate (adj) - відповідний, придатний
5. blindfolded (adj) - із зав'язаними очима
6. bully (n) - задирака, хуліган
7. cognition (n) - пізнання
8. comprehension (n) - розуміння
9. convey (n) - передавати

- 10.cope (v) - справлятися, упоратися з чимось
- 11.diverse (adj) - інший, різноманітний
- 12.devise (v) - придумати, виробити
- 13.essential (adj) - обов'язковий
- 14.flanked (adj) - розташований збоку
- 15.flexible (adj) - гнучкий, податливий
- 16.fuzziness (n) - неясність, непевність
- 17.hive (n) - вулик
- 18.hostile (adj) - ворожий, вороже налаштований
- 19.impenetrable (adj) - непроникний, недоступний
- 20.infinite (adj) - безмежний
- 21.instance (n) - зразок
- 22.integrity (n) - цілісність
- 23.judgement (n) - судження
- 24.jumble (n) - купа, безладна суміш
- 25.predict (v) - передбачати
- 26.property (n) - властивість
- 27.proposition (n) - пропозиція судження
- 28.resemblance (n) - подібність
- 29.retarded (adj) - відсталий
- 30.rigid (adj) - грубий
- 31.rind (n) - шкірка
- 32.sanity (n) - здоровий розум, нормальна психіка
- 33.species (n) - вид, рід
- 34.spur of the moment - миттєвий, інстинктивний
- 35.tool (n) - знаряддя
- 36.utter (v) - промовляти
- 37.utterance (n) - висловлення
- 38.vary (v) - змінюватися, різнитися

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Acquire, ad hog, accomplish, appropriate, blindfolded, bully, cognition, comprehension, convey, cope, diverse, devise, essential, flanked, flexible, fuzziness, hive, hostile, impenetrable, infinite, instance, integrity, judgement, jumble, predict, property, proposition, resemblance, retarded, rigid, rind, sanity, species, spur of the moment, tool, utter, utterance, vary.

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

Висловлення, набувати, миттєвий (інстинктивний), безмежний, промовляти, цілісність, непроникний (недоступний), на конкретний випадок, пропозиція (судження), передбачати, інший (різноманітний), здоровий розум (нормальна психіка), змінюватися (різнитися), відсталий, купа (безладна суміш), судження, ворожий (вороже налаштований), подібність, придумати (виробити), зразок, виконувати (досягати), неясність (непевність), властивість, грубий, вид (рід), обов'язковий, гнучкий (податливий), відповідний (придатний), із зав'язаними очима, розташований збоку, задирака (хуліган), справлятися (упоратися з чимось), вулик, розуміння, шкірка, передавати, пізнання.

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- tool of exchanging information
- living creatures
- sophisticated signals to convey information
- comparatively simple and rigid
- incredibly flexible and complex
- regarded from two perspectives
- in terms of its structure
- in terms of its function
- express a thought
- convey an intention
- occur in consciousness
- perceptual chunks that have unity and integrity

Task 7. Suggest your answers to the following questions in writing on the basis of the information from the text

1. What is the primary function of a language?
2. Are humans the only living beings who exchange information?
3. What examples of the animal languages can you provide?
4. What is the difference between human language and the languages of other creatures?
5. Why do we need grammar in a language?

6. Is an utterance the same as a thought?
7. What happens if an utterance is built with a breach of linguistic rules?
8. What is the perspective from which psychologists view languages?
9. What is the subject matter of pragmatics?

Task 8. Say if the following statements are true according to the text

1. ____ A language is necessary to coordinate activity of a social group/
2. ____ The ability to convey information is characteristic only of people.
3. ____ Bees communicate with sounds.
4. ____ Human language is more sophisticated than any language of other living beings.
5. ____ Linguistics studies the social function of languages.
6. ____ The basic task of any language system is to build a connection between the thought and the utterance.
7. ____ Grammar is more important than words in a sentence.
8. ____ Civilization is impossible without a language.

Task 9. Role-play

1. Give examples of the situations where nonverbal communication is more important than speech.
2. Describe situations where verbal communication a) is the only way to convey information; b) is a preferable way to communicate.

Psychological terms to be memorized

1. ad hoc - на конкретний випадок
2. accomplish - виконувати, досягати
3. appropriate - відповідний, придатний
4. cognition - пізнання
5. comprehension - розуміння
6. convey - передавати
7. cope - справлятися, упоратися з чимось
8. essential - обов'язковий
9. flexible - гнучкий, податливий
10. hostile - ворожий, вороже налаштований
11. integrity - цілісність
12. judgement - судження
13. predict - передбачати

- 14.property - властивість
- 15.proposition - пропозиція судження
- 16.retarded - відсталий
- 17.rigid - грубий
- 18.sanity - здоровий розум, нормальна психіка
- 19.utter - промовляти
- 20.utterance - висловлення

Unit 9

Career and employment in Clinical Psychology./ Кар'єра та робота в сфері клінічної психології

Task 1. Read the following text and suggest your Ukrainian translation

Career and employment in clinical psychology

The answer to the question why people work lies deeper and goes far beyond the obvious answer – to earn one's living. Psychologists wondered what could be the dominant driving force, which encourages mental and physical activity including work. The answer brings us to the same set of motivators which led a primitive man to hunt and fight in a tribal setting. Moreover, certain motives appear more basic than others. They are structured according to the Abraham Maslow's theory, in which he reasons that the motives in question are ordered. Maslow theorized that humans possess five basic systems of needs being arranged in the hierarchy.

These are the needs to be taken care of and as soon as a certain set of needs has been satisfied (starting from the most basic) the following comes into place. We proceed through these needs in a particular order. Physiological needs (i.e. oxygen, protection from temperature extremes, food, water and sex occupy the first place according to Maslow's theory; they satisfy the strongest needs, which provide for survival. Until these needs have not been addressed, at least to some degree, other needs do not appear. Even one unsatisfied need dominates all the others, which arise only after human physiological needs have been satisfied. For adults, this may be stable jobs, saving accounts, medical treatment and insurance. The safety needs including working conditions and adequate pay take precedence. When they have been addressed, people seek love and be loved, which is achieved

in the family being the most important unit where they can receive support. This goal is also achievable in larger organization such as a team or company, a trade union or professional community. The next dominant need following the love need is the need for self-esteem and respect from others. Self-esteem is an important part of job satisfaction and is another step in the hierarchy. An individual seeks recognition for the contribution made by him in the common effort; a major role is played by words of congratulation and rewards.

The realization of potential is the final step in the hierarchy. This may be an ambition to succeed or the desire to make a contribution to a sphere of activity, adding knowledge to a science or realization of a political program. People struggle to realize their potentials and to implement their ideals, however no more than one per cent of Americans achieve self-actualization. Maslow theorized that these needs predominate in healthy personalities.

Self-actualization is rare due to the fact that people are unwilling to see their true potentials, according to Maslow's theory. Cultural stereotypes dominate over personal needs. In addition, concerns about safety make us fearful of risk taking and closed to new experiences.

Task 2 Check the pronunciation of the following words, find the translation and learn them paying special attention to psychological terminology

1. obvious _____
2. earn one's living _____
3. dominant _____
4. driving force _____
5. encourage _____
6. motivator _____
7. primitive man _____
8. tribal setting _____
9. reason (v) _____
- 10.theorize (v) _____
- 11.hierarchy _____
- 12.temperature extremes _____
- 13.set of needs _____
- 14.proceed (v) _____
- 15.address (v) _____
- 16.arise (v) _____
- 17.medical treatment _____
- 18.insurance _____
- 19.safety needs _____

20. professional community _____
21. self-esteem _____
22. seek (v) _____
23. ambition to succeed _____
24. predominate (v) _____
25. self-actualization _____

Task 3. Work in pairs. Practice translation of the words from the active vocabulary into Ukrainian

Arise, self-actualization, obvious, earn one's living, seek, dominant, driving force, predominate, encourage, motivator, primitive man, tribal setting, reason, theorize, hierarchy, temperature extremes, set of needs, proceed, address, medical treatment, insurance, safety needs, professional community, self-esteem, ambition to succeed,

Task 4. Work in pairs. Practice translation of the words from the active vocabulary into English

професійна спільнота, прагнення до успіху, звертатися, очевидний, лікування, заробляти на життя, домінуючий, рушійна сила, самооцінка, заохочувати, мотиватор, первісна людина, самоактуалізація, племінне середовище, міркувати, теоретизувати, ієрархія, екстремальні температури, набір потреб, продовжувати, виникати, страхування, потреби безпеки, , шукати, переважати.

Task 5 Make 10 sentences of your own with the words from the active vocabulary

Task 6. Explain the following word combinations or translate them into Ukrainian

- go far beyond
- earn one's living
- dominant driving force
- encourage mental and physical activity
- set of motivators
- arranged in the hierarchy
- satisfy the needs
- in a particular order
- physiological needs
- occupy the first place

- addressed to some degree
- take precedence
- the need for self-esteem
- seek recognition
- realize their potentials
- predominate in healthy personalities

Task 7. Suggest your answers to the following questions in writing on the basis of the information from the text

1. What is the driving force underlying the people's inclination to work?
2. Do the motivators encouraging modern people to work differ from those driving primitive men to hunt?
3. What does the Maslow's theory say about the order of motives?
4. How are the motivators organized?
5. What is generally included in physiological needs?
6. What needs arise after the physiological needs have been satisfied?
7. What are the safety needs for adults?
8. What follows the safety needs?
9. How can the needs for self-esteem be realized?
10. What is the average percentage of people who achieved self-actualization?

Task 8. Say if the following statements are true according to the text

1. ____ The question "why do people work" has an easy answer.
2. ____ The psychologist has determined what the dominant driving force underlay the primitive people's desire to hunt and fight.
3. ____ A. Maslow's theory deals with the structure of human needs.
4. ____ According to Maslow, the needs for survival take precedence in comparison to other needs.
5. ____ Other needs appear only after the basic needs have been satisfied.
6. ____ Stable jobs, saving accounts, medical treatment and insurance are among the safety needs.
7. ____ The need to maintain high self-esteem is among the basic needs.
8. ____ The need to love and be loved is normally realized in a family.
9. ____ A. Maslow did not include the realization of human potential in his hierarchy of needs.
10. ____ Research shows that majority of American population achieve self-actualization.

Task 9. Role-play

1. Describe your personal hierarchy of needs. Which of them do you see as the least?
2. Define your motives to work
 - a) for your probable employer;
 - b) for your friend.

Psychological terms to be memorized

1. dominant - домінуючий
2. driving force - рушійна сила
3. encourage - заохочувати
4. motivator - мотиватор
5. reason - міркувати
6. theorize - теоретизувати
7. hierarchy - ієрархія
8. set of needs - набір потреб
9. arise - виникати
10. medical treatment - лікування
11. professional community - професійна спільнота
12. self-esteem - самооцінка
13. ambition to succeed - прагнення до успіху
14. predominate - переважати
15. self-actualization - самоактуалізація

Рекомендований перелік джерел

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