
Advance Diploma of Counselling and Psychology

Human development and psychology

Abnormal Psychology: The branch of psychology that deals with abnormal behavior and psychopathology. It focuses on understanding, diagnosing, and treating mental disorders.

Adolescence: The transitional period between childhood and adulthood, typically characterized by physical, cognitive, and emotional changes. It is a critical stage in human development marked by identity formation and peer relationships.

Attachment Theory: A psychological theory that explores the importance of early relationships in shaping human development. It suggests that secure attachments in infancy lead to positive emotional and social outcomes later in life.

Behaviorism: A psychological approach that emphasizes observable behaviors as the focus of study. It suggests that behavior is learned through conditioning and reinforcement.

Bioecological Systems Theory: A theory proposed by Urie Bronfenbrenner that emphasizes the influence of the environment on human development. It posits that individuals are shaped by multiple systems, including the microsystem, mesosystem, exosystem, and macrosystem.

Case Study: A research method that involves an in-depth analysis of a single individual, group, or event. It provides detailed information and insights into specific phenomena.

Child Development: The study of how children grow, learn, and develop physically, cognitively, emotionally, and socially. It examines the factors that influence children's development from infancy through adolescence.

Cognitive Development: The process of acquiring knowledge, understanding, and thinking skills. It includes processes such as perception, memory, language, problem-solving, and decision-making.

Cognitive-Behavioral Therapy (CBT): A type of psychotherapy that combines cognitive and behavioral techniques to help individuals change negative thought patterns and behaviors. It is commonly used to treat various mental health conditions.

Consciousness: The state of being aware of and able to perceive one's thoughts, feelings, sensations, and surroundings. It plays a crucial role in human experience and behavior.

Counseling Psychology: A branch of psychology that focuses on helping individuals deal with personal and interpersonal issues. It aims to enhance well-being, reduce distress, and improve functioning.

Cross-Sectional Study: A research design that compares different groups of individuals at a single point in time. It is used to study age-related differences and relationships between variables.

Developmental Psychology: The branch of psychology that studies how individuals grow, change, and develop across the lifespan. It explores physical, cognitive, emotional, and social development.

Empathy: The ability to understand and share the feelings of others. It involves perspective-taking, emotional understanding, and compassionate response.

Erikson's Stages of Psychosocial Development: A theory proposed by Erik Erikson that outlines eight stages of psychosocial development across the lifespan. Each stage is characterized by a unique developmental task or crisis to be resolved.

Experimental Psychology: A branch of psychology that focuses on conducting controlled experiments to study behavior and mental processes. It aims to uncover causal relationships and test hypotheses.

Freudian Psychoanalysis: A theory of personality and psychotherapy developed by Sigmund Freud. It emphasizes the role of unconscious processes, childhood experiences, and defense mechanisms in shaping behavior.

Gender Identity: A person's internal sense of their own gender, which may or may not align with their biological sex. It is influenced by biological, social, and psychological factors.

Genetic Counseling: A specialized field that provides information and support to individuals or families with genetic disorders or at risk for inherited conditions. It helps people make informed decisions about their health and reproduction.

Gestalt Psychology: A psychological approach that emphasizes the organization of perception and experience into meaningful wholes. It focuses on how individuals perceive patterns, structures, and relationships.

Humanistic Psychology: A psychological perspective that emphasizes personal growth, self-actualization, and the inherent goodness of individuals. It focuses on subjective experiences, free will, and the pursuit of meaning and fulfillment.

Intelligence Quotient (IQ): A numerical measure of a person's intelligence, typically assessed through standardized tests. It is used to compare individuals' cognitive abilities and predict academic and professional success.

Journal of Counseling Psychology: A scholarly journal that publishes research on counseling psychology, psychotherapy, and related topics. It provides a platform for academics and practitioners to share knowledge and advance the field.

Longitudinal Study: A research design that follows the same group of individuals over an extended period of time. It is used to study developmental changes, stability, and trajectories.

Motivation: The internal process that drives and directs behavior toward a goal or desired outcome. It involves biological, psychological, and social factors that energize and sustain action.

Neurodevelopmental Disorders: A group of disorders that affect the development of the nervous system, leading to cognitive, motor, or social impairments. Examples include autism spectrum disorder, attention-deficit/hyperactivity disorder, and intellectual disability.

Observational Learning: A type of learning that occurs through observing and imitating others' behaviors. It is a key component of social learning theory proposed by Albert Bandura.

Positive Psychology: A branch of psychology that focuses on promoting well-being, resilience, and flourishing. It emphasizes strengths, virtues, positive emotions, and the factors that contribute to a fulfilling life.

Psychoanalytic Theory: A psychological theory developed by Sigmund Freud that emphasizes the role of unconscious conflicts and early experiences in shaping personality and behavior. It includes concepts such as the id, ego, superego, and defense mechanisms.

Psychological Assessment: The process of gathering and interpreting information about an individual's thoughts, feelings, behaviors, and abilities. It involves psychological tests, interviews, observations, and other assessment tools.

Psychological Disorders: Mental health conditions characterized by distress, dysfunction, or impairment in functioning. They may involve disturbances in mood, thought, behavior, or perception.

Psychological Resilience: The ability to adapt, cope, and bounce back from adversity, trauma, or stress. It involves factors such as social support, self-efficacy, optimism, and problem-solving skills.

Psychological Testing: The use of standardized tests to assess cognitive abilities, personality traits, emotional functioning, and other psychological constructs. It helps psychologists make diagnostic and treatment decisions.

Psychosocial Development: The interplay between psychological and social factors in shaping human development. It involves the acquisition of social skills, values, and identities through interactions with others.

Reinforcement: A process that strengthens a behavior by providing a reward or consequence. Positive reinforcement involves adding a reward, while negative reinforcement involves removing an aversive stimulus.

Self-Efficacy: A person's belief in their ability to successfully perform tasks and achieve goals. It influences motivation, effort, persistence, and resilience in the face of challenges.

Social Psychology: The branch of psychology that studies how individuals think, feel, and behave in social contexts. It explores topics such as social influence, group dynamics, prejudice, and interpersonal relationships.

Stress: A physiological and psychological response to internal or external demands that exceed an individual's coping resources. It can have negative effects on health, well-being, and performance.

Therapeutic Alliance: The collaborative and trusting relationship between a therapist and client. It is essential for effective therapy and involves mutual respect, empathy, and communication.

Transactional Analysis: A theory of personality and communication developed by Eric Berne. It focuses on analyzing social transactions to understand individuals' ego states and relational patterns.

Unconditional Positive Regard: A term introduced by Carl Rogers to describe an attitude of acceptance, warmth, and empathy toward others. It is a core condition for effective counseling and psychotherapy.

Visual Perception: The process of interpreting and making sense of visual stimuli. It involves the brain's processing of visual information to perceive objects, shapes, colors, and spatial relationships.

Wellness: An active process of pursuing a healthy and fulfilling life. It involves physical, emotional, social, intellectual, spiritual, occupational, and environmental dimensions of well-being.

Xenophobia: An irrational fear, prejudice, or hostility toward people from other countries or cultures. It can lead to discrimination, violence, and social conflict.

Yerkes-Dodson Law: A psychological principle that describes the relationship between arousal and performance. It suggests that moderate levels of arousal lead to optimal performance, while high or low levels of arousal can impair performance.

Zygote: The initial cell formed by the union of a sperm and egg during fertilization. It contains the genetic material that will determine the individual's traits and development.