AP Psychology Requirements

XIII. Treatment of Abnormal Behavior (5–7%)

This section of the course provides students with an understanding of empirically based treatments of psychological disorders. The topic emphasizes descriptions of treatment modalities based on various orientations in psychology.

*AP students in psychology should be able to do the following:*

• Describe the central characteristics of psychotherapeutic intervention.

• Describe major treatment orientations used in therapy (e.g., behavioral, cognitive, humanistic) and how those orientations influence therapeutic planning.

• Compare and contrast different treatment formats (e.g., individual, group).

• Summarize effectiveness of specific treatments used to address specific problems.

• Discuss how cultural and ethnic context influence choice and success of treatment (e .g ., factors that lead to premature termination of treatment).

• Describe prevention strategies that build resilience and promote competence.

• Identify major figures in psychological treatment

* Aaron Beck,
* Albert Ellis,
* Sigmund Freud,
* Mary Cover Jones,
* Carl Rogers,
* B. F. Skinner,
* Joseph Wolpe)
* Philippe Pinet
* Dorothea Dix