

Applied Adult Psychology: Problem People, People Problem

Want to help people with a psychological disorder?

Interested to learn more about how to deal with people with a psychological disorder?

Interested to know how to help people around us with a psychological disorder?

Introduction

Many of us feel stressed and do not know how to deal and live with people with a psychological disorder. It turns out both parties become stressed and tense. In this module, the participant is exposed to psychopathology treatment such as obsessions and compulsions, depression, fears and anxiety, sexual dysfunction, social behaviour in adults, marital dysfunction, schizophrenia, problems related to sexual variation treatment, major addictions, problems in the elderly, rehabilitation, personality, disorders of eating and weight, cardiovascular disease and other psychological problems. This training helps you to accept happily and live happily with people with a psychological disorder.

Program Objectives

This training program aims to

- Provide broad coverage of the field of clinical adult psychology.
- Enable participants to handle cases independently on clinical adult psychology.
- Develop skills to administrate, handle and live with people with psychology.

Learning Outcomes

After completing this program, participants should be able to

- Understand the function and apply principles of body language
- Read and interpret the movement and gestures during interpersonal communication
- Improve relationships and communication among couples, between children and colleagues.
- Identify deceit and untruthfulness

Who should attend?

Non-managerial, first-line management, middle management, senior management and anyone who wants to acquire knowledge on applied adult psychology

Methodology

BI0004 Applied Adult Psychology: Problem People, People Problem

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Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
<p>9.00am– 10.30am</p>	<p>Fundamental of Adult Psychology</p> <p>In this module, the participants would start to focus on and understand adult psychology. The participants would be exposed to various psychopathology encountered among adults.</p>
<p>10.30am-11.00am</p>	<p>Morning Break and Networking</p>
<p>11.00am-1.00pm</p>	<p>Obsessive-Compulsive Disorder</p> <p>Obsessive-Compulsive Disorder (OCD) involves unwanted and disturbing thoughts, images, or urges (obsessions) that intrude into a person’s mind and cause a great deal of anxiety or discomfort, which the individual then tries to reduce by engaging in repetitive behaviours or mental acts (compulsions). Participants would understand the symptoms and management on how to handle and help people with OCD.</p>
<p>1.00pm-2.00pm</p>	<p>Lunch and Networking</p>
<p>2.00pm-3.30pm</p>	<p>Depression</p> <p>Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function at work and at home. Participants would understand the symptoms and management on how to handle and help people with depression.</p>

3.30pm-4.00pm	Tea Break and Networking
4.00pm-5.00pm	<p>Fears and Anxiety</p> <p>Fear and anxiety often occur together, but these terms are not interchangeable. Even though symptoms typically overlap, a person's experience with these emotions differs based on their context. Fear relates to a known or understood threat, whereas anxiety follows from an unknown or poorly defined threat. The participants would understand the symptoms and management on how to handle and help people with fear and anxiety.</p>
Time	Day Two
9.00am– 10.30am	<p>Sexual Dysfunction</p> <p>In this module, participants would learn the fundamentals of sexual dysfunction and methodology to overcome it. Sexual dysfunction occurs during any phase of the sexual response cycle that prevents the individual or couple from experiencing satisfaction from the sexual activity</p>
10.30am-11.00am	Morning Break and Networking
11.00am-1.00pm	<p>Antisocial Personality Disorder</p> <p>People with antisocial personality disorder (ASPD) can be witty, charming, and fun to be around -- but they also lie and exploit others. ASPD makes people uncaring. Someone with the disorder may act rashly, destructively, and unsafely without feeling guilty when their actions hurt other people. After completing this module, the participant would know how to handle antisocial personality disorder among adults.</p>
1.00pm-2.00pm	Lunch and Networking

<p>2.00pm-3.30pm</p>	<p>Disorders of Sleep</p> <p>A sleep disorder is a condition that frequently impacts your ability to get enough quality sleep. While it's normal to experience difficulties sleeping occasionally, it's not normal to regularly have problems getting to sleep at night, to wake up feeling exhausted, or to feel sleepy during the day. The participants would learn how to identify and manage sleeping disorders by the end of the module.</p>
<p>3.30pm-4.00pm</p>	<p>Tea Break and Networking</p>
<p>4.00pm-5.00pm</p>	<p>Schizophrenia</p> <p>By the end of this module, participants would understand schizophrenia is a mental disorder characterised by abnormal behaviour, strange speech, and a decreased ability to understand reality. Other symptoms include false beliefs, unclear or confused thinking, hearing voices that do not exist, reduced social engagement and emotional expression, and lack of motivation.</p>
<p>3.30pm-4.00pm</p>	<p>Tea Break and Networking</p>
<p>4.00pm-5.00pm</p>	<p>Introduction of Psychotherapy in Adult Psychology</p> <p>In this module, participants would learn fundamentals of psychotherapy such as Sigmund Freud psychoanalytic, Gestalt Behavioural Therapy, Cognitive Behavioural Therapy.</p>