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Оксана Иванова

English for Psychologists

20 articles to expand
professional vocabulary

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Аннотация

Данное пособие состоит из 20 статей на английском языке по психологии, предназначенных для профессионалов и студентов, изучающих английский язык и желающих расширить свой профессиональный словарный запас в области психологии. Каждая статья сопровождается подробным глоссарием, обеспечивающим удобный доступ к ключевым терминам и понятиям.

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UNIT 1

Examining the Impact of Trauma on Mental Health

Trauma is a significant life event that can have a profound impact on mental health. It can result from various experiences, such as childhood abuse, natural disasters, accidents, or witnessing violence. Understanding the psychological consequences of trauma is crucial for psychologists, as it can help them provide effective interventions and support to individuals who have experienced traumatic events.

Psychological Impact of Trauma

Trauma can lead to a wide range of psychological symptoms, including:

Post-traumatic stress disorder (PTSD): This is a common reaction to trauma that involves intrusive memories, nightmares, avoidance behaviors, and hypervigilance.

Anxiety disorders: Trauma can increase the risk of developing anxiety disorders, such as generalized anxiety disorder, panic disorder, and social phobia.

Depression: Trauma can also contribute to the development of depression, characterized by persistent feelings of sadness,

hopelessness, and loss of interest in activities.

Substance abuse: Individuals who have experienced trauma are more likely to engage in substance abuse as a coping mechanism.

Personality disorders: Trauma can increase the risk of developing personality disorders, such as borderline personality disorder and dissociative identity disorder.

Neurobiological Effects of Trauma

Trauma can also have significant neurobiological effects on the brain. These effects can include:

Altered brain structure: Trauma can lead to changes in the structure of the hippocampus, amygdala, and prefrontal cortex, areas involved in memory, emotion, and executive functioning.

Dysregulation of neurotransmitters: Trauma can disrupt the balance of neurotransmitters in the brain, such as serotonin, dopamine, and norepinephrine, which can lead to mood and anxiety disorders.

Increased inflammation: Trauma has been linked to increased inflammation in the brain, which can contribute to mental health problems.

Implications for Psychologists

Understanding the impact of trauma on mental health is essential for psychologists for several reasons:

Accurate diagnosis: Psychologists need to be able to accurately diagnose trauma-related disorders to provide appropriate treatment.

Effective interventions: Psychologists can use evidence-based interventions, such as trauma-focused cognitive behavioral therapy (TF-CBT) and eye movement desensitization and reprocessing (EMDR), to help individuals process and heal from trauma.

Prevention and early intervention: Psychologists can play a role in preventing trauma and providing early intervention services to reduce the risk of developing mental health problems later in life.

Conclusion

Trauma can have a significant impact on mental health, leading to a range of psychological and neurobiological effects. Psychologists play a crucial role in understanding the impact of trauma and providing effective interventions to help individuals heal and recover. By staying up-to-date on the latest research and best practices, psychologists can provide the best possible care to individuals who have experienced trauma.

WORDLIST:

Trauma – Травма

Mental health – Психическое здоровье

Post-traumatic stress disorder (PTSD) —

Посттравматическое стрессовое расстройство
(ПТСР)

Anxiety disorders – Тревожные расстройства

Depression – Депрессия

Substance abuse – Злоупотребление психоактивными
веществами

Personality disorders – Расстройства личности

Neurobiological – Нейробиологический

Hippocampus – Гиппокамп

Amygdala – Миндалевидное тело

Prefrontal cortex – Префронтальная кора

Neurotransmitters – Нейротрансмиттеры

Inflammation – Воспаление

Accurate diagnosis – Точная диагностика

Evidence-based interventions – Доказательные

методы лечения

Trauma-focused cognitive behavioral therapy (TF-

CBT) – Когнитивно-поведенческая терапия, ориентированная на травму (КПТТ)

Eye movement desensitization and reprocessing

(EMDR) – Десенсибилизация и переработка движением глаз (ДПДГ)

Prevention – Профилактика

Early intervention – Раннее вмешательство

Psychological impact – Психологическое воздействие

Neurobiological effects – Нейробиологические эффекты

Implications for psychologists – Значение для психологов

To experience trauma – Пережить травму

To develop mental health problems – Развивать

проблемы с психическим здоровьем

To suffer from PTSD – Страдать ПТСР

To manage anxiety disorders – Управлять тревожными расстройствами

To combat depression – Бороться с депрессией

To overcome substance abuse – Преодолевать
зависимость от психоактивных веществ

To diagnose mental health disorders —

Диагностировать психические расстройства

To provide evidence-based treatment —

Предоставлять научно обоснованное лечение

To promote resilience – Способствовать развитию
устойчивости

To facilitate recovery – Содействовать
восстановлению

To reduce stigma – Уменьшать стигму

To offer support – Предлагать поддержку

To seek therapy – Обращаться за терапией

To prescribe medication – Выписывать лекарства

To have a good prognosis – Иметь хороший прогноз

To raise awareness – Повышать осведомленность

To empower individuals – Усиливать возможности
людей

UNIT 2

Developing novel therapeutic approaches for various mental disorders

Mental disorders affect millions of people worldwide, causing significant personal and societal distress. While there are numerous treatments available, many individuals do not respond adequately to current interventions. This underscores the need for the development of novel therapeutic approaches that are more effective and widely applicable.

Researchers are exploring a range of innovative approaches, including:

1. Personalized Medicine: Utilizing genetic, neuroimaging, and other data to tailor treatments to individual patients. This approach aims to identify specific biomarkers that can guide treatment selection and improve outcomes.

2. Transcranial Magnetic Stimulation (TMS): A non-invasive procedure that uses magnetic pulses to stimulate targeted brain regions. TMS has shown promise in treating depression, obsessive-compulsive disorder (OCD), and other conditions.

3. Virtual Reality (VR) Therapy: Using VR simulations to create safe and controlled environments for exposure therapy. VR therapy has been used to treat anxiety disorders, phobias, and post-traumatic stress disorder (PTSD).

4. Neuroplasticity-Based Interventions: Enhancing brain plasticity through exercises or cognitive training. These interventions aim to improve cognitive function and reduce symptoms in conditions such as depression and schizophrenia.

5. Digital Health Technologies: Leveraging smartphones, wearable devices, and online platforms to deliver mental health interventions. These technologies offer convenience, accessibility, and the ability to track progress remotely.

6. Mindfulness-Based Interventions: Incorporating mindfulness techniques into therapeutic approaches. Mindfulness has been shown to reduce stress, improve emotion regulation, and enhance overall well-being.

The development of these novel therapeutic approaches holds great promise for improving the lives of individuals with mental disorders. Researchers are actively conducting clinical trials to evaluate their efficacy and safety. These approaches have the potential to reshape the future of mental health treatment and offer new hope to millions.

WORDLIST:

– Approach – подход

– Biomarker – биомаркер

– Clinical trial – клиническое исследование

– Cognitive function – когнитивная функция

– Condition – состояние

– Data – данные

– Disorder – расстройство

– Efficacy – эффективность

– Evidence-based treatment – лечение, основанное на доказательствах

– Exposure therapy – экспозиционная терапия

– Intervention – вмешательство

– Mindfulness – осознанность

- Neuroplasticity – нейропластичность
- Outcome – результат
- Resilience – устойчивость
- Response – реакция
- Scale – масштаб
- Therapeutic approach – терапевтический

подход

- Transform – преобразовывать
- Treatment – лечение
- Develop – разрабатывать
- Enhance – улучшать
- Evaluate – оценивать
- Facilitate – содействовать

- Improve – улучшать
- Incorporate – включать
- Personalize – персонализировать
- Reduce – уменьшать
- Refine – совершенствовать
- Respond – реагировать
- Tailor – адаптировать
- Transform – преобразовывать
- Evidence-based – основанный на доказательствах
- Innovative – инновационный
- Mindful – осознанный
- Neuroplastic – нейропластичный
- Personalized – персонализированный

– Potential – потенциальный

– Promising – перспективный

– Resilient – устойчивый

– Develop novel therapeutic approaches —

разрабатывать новые терапевтические подходы

– Provide hope to millions – давать надежду миллионам

– Suffer from mental disorders – страдать психическими расстройствами

– Improve mental health outcomes – улучшать результаты лечения психических заболеваний

– Conduct clinical trials – проводить клинические

исследования

– Utilize genetic data – использовать генетические данные

– Enhance brain plasticity – повышать

нейропластичность мозга

– Incorporate mindfulness techniques – включать техники осознанности

UNIT 3

Neurobiological mechanisms of emotional regulation

Emotional regulation refers to the ability to manage and control one's emotions, both positive and negative. It is an essential skill for maintaining mental health and well-being. Neurobiological research has helped to shed light on the mechanisms that underpin emotional regulation.

Neural Circuits Involved in Emotional Regulation

The brain regions primarily involved in emotional regulation include:

Prefrontal cortex (PFC): Responsible for cognitive control, decision-making, and managing impulsive behavior.

Amygdala: Processes emotional information and initiates fear and anxiety responses.

Hippocampus: Involved in memory consolidation and contextualizing emotional events.

Insula: Detects bodily changes associated with emotions and generates subjective feelings.

Neurotransmitters and Emotional Regulation

Neurotransmitters, such as dopamine, serotonin, and norepinephrine, play a crucial role in emotional regulation:

Dopamine: Involved in reward processing and positive mood regulation.

Serotonin: Regulates mood, sleep, and appetite.

Norepinephrine: Facilitates alertness, focus, and energy.

Structural and Functional Connectivity

The strength of connections between different brain regions is crucial for emotional regulation. For instance, stronger connections between the PFC and amygdala promote enhanced cognitive control. Likewise, reduced connectivity between the amygdala and hippocampus may impair contextualization and lead to overreactions to emotional stimuli.

Intervention and Treatment Strategies

Understanding the neurobiological mechanisms of emotional regulation has implications for intervention and treatment strategies. Techniques such as mindfulness meditation, cognitive behavioral therapy (CBT), and transcranial magnetic stimulation (TMS) have been shown to enhance emotional regulation skills.

Conclusion

Neurobiological research has provided valuable insights into the mechanisms underlying emotional regulation. By understanding the neural circuits, neurotransmitters, and connectivity involved, psychologists can develop more effective strategies to help individuals manage their emotions and promote mental well-being.

WORDLIST:

- Emotional regulation – Регуляция эмоций
- An essential skill – Базовый навык
- To shed light – Пролить свет
- Underpin emotional regulation – Поддерживать регуляцию эмоций
- Neural circuits – Нейронные цепи
- Prefrontal cortex – Префронтальная кора
- Decision-making – Принятие решений
- Impulsive behavior – Импульсивное поведение
- Amygdala – Миндалевидное тело
- Hippocampus – Гиппокамп

- Memory consolidation – Консолидация памяти
- Insula – Островковая доля
- Detects bodily changes – Определяет изменения в ntkt
- Play a crucial role – Играет важную роль
- Facilitates alertness – Помогает сохранять бдительность
- Structural and functional connectivity – Структурная – функциональная связь
- Promote enhanced cognitive control – Способствует более эффективному когнитивному контролю
- Likewise – Аналогичным образом
- Overreactions to emotional stimuli – Чрезмерная реакция на эмоциональные стимулы
- Transcranial magnetic stimulation —

Транскраниальная магнитная стимуляция

UNIT 4

Investigating cognitive functioning in psychotic disorders

Introduction:

Psychotic disorders, such as schizophrenia and bipolar disorder, are characterized by profound alterations in thinking, perception, and behavior. Impaired cognitive functioning is a core symptom that significantly impacts the daily lives of individuals with these disorders. Understanding the mechanisms underlying these cognitive deficits is crucial for developing effective interventions.

Neurocognitive Deficits:

Individuals with psychotic disorders exhibit a range of cognitive deficits, including:

Attention and executive function: Difficulty sustaining attention, inhibiting impulses, and planning complex tasks.

Memory: Impaired short-term and long-term memory, particularly for episodic and semantic information.

Processing speed: Slowed information processing and reaction times.

Language: Reduced verbal fluency, impaired

comprehension, and difficulty with social communication.

Neurobiological Basis:

The underlying neurobiological mechanisms of cognitive deficits in psychotic disorders are complex and multifaceted. They involve alterations in brain structure, function, and neurochemical systems.

Brain structure: Reduced brain volume, particularly in the prefrontal cortex, hippocampus, and amygdala.

Brain function: Abnormal patterns of brain activity, such as hyperactivity in certain regions and hypoactivity in others.

Neurochemical systems: Dysregulation of dopamine, glutamate, and GABA neurotransmitter systems.

Assessment of Cognitive Functioning:

Assessing cognitive functioning in psychotic disorders is essential for diagnosis, treatment planning, and monitoring progress. Standardized neuropsychological batteries are commonly used to measure a wide range of cognitive domains. These batteries can provide a comprehensive profile of cognitive strengths and weaknesses.

Implications for Treatment:

Understanding cognitive deficits in psychotic disorders has important implications for treatment. Cognitive remediation therapy aims to improve cognitive functioning through targeted exercises and training programs. These therapies have shown promise in improving attention, memory, and executive function.

Future Directions:

Ongoing research is investigating the genetic, environmental, and neurodevelopmental factors that contribute to cognitive deficits in psychotic disorders. Advanced neuroimaging techniques, such as functional magnetic resonance imaging (fMRI), are providing new insights into the neural processes underlying these cognitive impairments.

Conclusion:

Investigating cognitive functioning in psychotic disorders is crucial for understanding the nature and severity of these impairments. By elucidating the neurobiological basis of cognitive deficits, we can develop more effective interventions to improve the quality of life for individuals with these conditions.

WORDLIST:

- psychotic disorders – психотические расстройства
- profound alterations – глубокие изменения
- impaired cognitive functioning – нарушение когнитивных функций
- core symptom – основной симптом
- significantly impacts – существенно влияет
- cognitive deficits – когнитивные нарушения
- effective interventions – эффективные вмешательства
- attention and executive function – внимание и исполнительные функции
- difficulty sustaining attention – трудности с поддержанием внимания
- reduced verbal fluency – снижение вербальной беглости
- impaired comprehension – нарушение понимания

– complex and multifaceted – сложные и многогранные

– reduced brain volume – уменьшение объема мозга

– abnormal patterns of brain activity – аномальные паттерны мозговой активности

– cognitive domains – когнитивные области

– cognitive remediation therapy – когнитивная реабилитационная терапия

– targeted exercises – целевые упражнения

– executive function – исполнительная функция

– ongoing research – текущие исследования

– advanced neuroimaging techniques – передовые нейровизуализационные методы

– cognitive impairments – когнитивные нарушения

– elucidating the neurobiological basis of cognitive

deficits – выяснение нейробиологической основы когнитивных нарушений

UNIT 5

The role of positive psychology in promoting well-being

Positive psychology is a relatively new field of study that focuses on the strengths and virtues that enable individuals and communities to thrive. It is based on the belief that people are not simply the sum of their weaknesses, but rather have the potential for great happiness and fulfillment.

Positive psychology research has identified a number of factors that contribute to well-being, including:

Positive emotions: Positive emotions, such as joy, gratitude, and love, are associated with a number of benefits, including improved physical health, increased resilience, and better relationships.

Strengths and virtues: Strengths and virtues, such as optimism, resilience, and gratitude, are associated with greater happiness and well-being.

Meaning and purpose: Having a sense of meaning and purpose in life is essential for well-being. It gives us a sense of direction and motivation, and helps us to feel connected to something larger than ourselves.

Social relationships: Strong social relationships are essential

for well-being. They provide us with love, support, and a sense of belonging.

Positive psychology interventions are designed to help people build on their strengths and virtues, and to cultivate positive emotions and experiences. These interventions have been shown to be effective in improving well-being, reducing stress, and promoting resilience.

One of the most well-known positive psychology interventions is the gratitude intervention. This intervention involves writing down three things that you are grateful for each day. Research has shown that this simple practice can lead to significant increases in happiness and well-being.

Конец ознакомительного фрагмента.

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