Description

Introduction to Psychology Essay and Video Due Date: March 21, 2021 at 11:59 p.m. Essay (15 points): Length: 8 – 10 Pages Double-spaced APA format (For help writing in APA format, log on to Purdue Online Writing Lab, https://owl.purdue.edu/owl/research\_and\_citation/apa\_style/apa\_formatting\_and\_style\_guide/general\_format.html Include a title page and reference page. The reference page is to include 5 peer-reviewed journal articles published less than 10 years ago. Contact the UIW librarian, Erin Cassity (cassity@uiwtx.edu) for assistance with finding articles. No abstract page is needed. Topic Traditional talk therapy and medication are commonly utilized to help people manage and/or cure mental health disorders. Alternative therapies are becoming more popular as people look for other methods to help improve mental health. Choose an alternative therapy from the list below. Find research that studied your chosen alternative therapy. Write an essay discussing the therapy and how the research supports or disproves the effectiveness of the therapy. Address at least four of the topics discussed this semester, i.e., biology, learning, memory, motivation, stress, etc. Your essay should include: • a description of the therapy; • what part of the body/mind is affected by the therapy (topics covered this semester) • how the therapy is implemented and the required training for the practitioner; • a summary of the research; • how people may or may not benefit from the therapy; • predictions for future use of the therapy; and • information about a local or national organization that supports the therapy, i.e., American Art Therapy Association; Therapy Animals of San Antonio. International Association for Neurofeedback & Research. Alternative Therapies • relaxation therapies: self-hypnosis, progressive relaxation, biofeedback, guided imagery, meditation, deep-breathing exercises • supplements: herbs, vitamins, minerals, probiotics, food choices (see https://drlesliekorn.com/ for more information) • • acupuncture • yoga • aromatherapy • reflexology • eye movement desensitization and reprocessing • animal-assisted therapy • music therapy • art therapy • play therapy • dance/movement therapy • neurofeedback