**Unit 3 Final Project Audio Transcript:**

In this class, you will have a final project where you will be asked to use information gained each week and apply it to characteristics, symptoms, and treatment of a psychological disorder.

Later in this course, we will explore six (6) categories of psychological disorders, which are: Mood disorders, such as depression or Bi-polar disorder; Anxiety disorders, such as obsessive-compulsive disorder or post-traumatic stress disorder; Schizophrenia; Somatoform disorders; Personality disorders including anti-social and borderline; and Dissociative disorders, like multiple personality disorder.

Each week you will be asked to take what you’ve learned and apply it to a disorder of your choosing. You will use the same disorder for your entire final project.

For example, this third week, we are looking at cognitive development and learning theories. If I select post-traumatic stress disorder, which is an anxiety disorder, as my disorder for the final project, someone with this disorder may “learn” their responses based on classical conditioning principles. Many phobias and fears are the results of pairing that take place in classical conditioning. A soldier coming back from war at night may hear a loud noise and visualize comrades being hurt or killed and wake up in a sweaty panic. The pairing of loud noises with guns, tanks, killing and war has resulted in anxiety and the inability to sleep soundly or feel “safe.”