



Subject information

Search : [Index](#) : [Faculty of Medicine, Dentistry and Health Sciences](#) : [Psychology](#)

Prev [512-322 Industrial/Organisational Psychology 3](#)

Next [512-330 Human Psychophysiology 3](#)

512-326 Overcoming Everyday Depression

Note	Students who have no concept of reality are advised not to enrol in this subject.
Credit Points	12.5
Coordinator	Prof. Paul X. Waterstone
Prerequisites	512-121 (or equivalent).
Semester	2 (view timetable)
Contact	24 hours of lectures, 12 hours of laboratory classes. 8 hours of electro-convulsive therapy.
Subject Description	<p>There are two components to this subject. Students learn about the ways of the world and how life isn't all sunshine and lollipops (<i>Realism</i>), and are taught strategies and paradigms to overcome dystopic anxiety in modern life (<i>Psychodynamic Fortification</i>).</p> <p><i>Realism</i> provides students with an introduction to the world as it is, designed to remove protective rose-coloured glasses and instill a firm concept of cynicism. The unit will examine modern social atrocities and the absurdity of life and human mortality. It will also delve into the history of human constructs designed to divert cognition away from the harshness of reality, such as the various psychosensory indulgences.</p> <p><i>Psychodynamic Fortification</i> provides students with an understanding of defence mechanisms and a set of tools which will enable them to deal with situations and objects of depression in their lives. Emphasis will be placed upon theory developed by Sigmund Freud, and refined by his daughter, Anna Freud. The unit will also cover notions of escapism versus confronting reality and the Maslow's concept of self-actualisation. There is also cursory discussion of the psychopathology of emotional cause and effect.</p>
Generic Skills	Upon completion of the subject, students will be able to: differentiate between idealism and realism; emotionally detach from almost any stimulus; describe how the major psychological defence mechanisms operate; understand the relationship between depressive stimulus and emotional affect, and explain why much of depression is illusory. Further, they will have a mindset more capable of dealing with negativity in life.
Assessment	<p>Subjecting to negative psychological stimuli and appraisal of coping ability (60%) examination of no more than two hours (20%) and written work of no more than 2000 words (20%).</p> <p>Each piece of assessment must be completed (hurdle requirement).</p> <p>Attendance at 80% or more of the ECT sessions is a hurdle requirement. In case of failure to meet the hurdle requirement, additional electro-convulsion sessions will be required before a passing grade can be awarded.</p>

Search : [Index](#) : [Faculty of Medicine, Dentistry and Health Sciences](#) : [Psychology](#)

Prev [512-322 Industrial/Organisational Psychology 3](#)

Next [512-330 Human Psychophysiology 3](#)

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