**Colleague Travis Post to week I discussion 1 Class 6**

Case 1 (Gary). Gary is a 23-year-old male who just last year enrolled in community college and who came to the attention of his professors when his grades started to drop. When asked what was going on he stated that there were people watching him all the time making it hard for him to sleep and therefore to study.

     I wonder if Gary is referring to actual people, or if he is experiencing delusions and hallucinations. For this referral, I took a look at the Diagnostic and Statistical Manual of Mental Disorders (DSM–5). There I can find the criteria for his disorder. Although the case is unclear (in addressing whether Gary is referring to actual individuals), I would recommend that he seek attention from a psychiatrist. According to American Psychiatric Association (2020). “a psychiatrist is a medical doctor (completed medical school and residency) with special training in psychiatry. A psychiatrist is able to conduct psychotherapy and prescribe medications and other medical treatments”. Using treatments (such as psychotherapy, medications, and so on), While they are physicians, psychiatrists can even diagnose patients.

Case 2 (Connie). Connie is a 40-year-old mother of three and has been employed at a local warehouse for the last many years. She is well liked and gets great job performance reviews. Recently she has shown instances of being late, her work has declined, and she has been seen crying when off alone. She states she is upset over her children leaving for college and her husband not giving her much attention.

     In case two, I believe that Connie would benefit by seeking assistance from a psychologist. In fact, according to American Psychological Association (2020), “psychologists can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses, and tests and assessments that can help diagnose a condition or tell more about the way a person thinks, feels, and behaves”. In other words, a psychologist specializes in behaviors and mental processes (such as emotional and cognitive processes, and the manner in which they people interact with their environments and other people). Connie is displaying her emotions. Emotions are often displayed through expressions (such as crying). For example, these expressions can “warn a rival that we are angry or tell friends that we are sad and would like some comfort and reassurance” (Carlson & Birkett, 2017, p. 11.4).

Case 3 (James). James is a 30-year-old semipro ball player. He was, until recently, moving up in his career and was getting a lot of attention from scouts. However, just in the last few weeks his pitching started to suffer, he became irritable over nearly everything, and was just found slumped over the steering wheel of his car that had rolled into another parking space. He was uninjured but seemed very confused.

     From this scenario, we know that James is a semipro ball player. However, because the scenario says that his pitching has begun to suffer, I assume that he is a baseball player. While, I am almost sure that James did not purposely roll into another parking space, the fact that he was slumped over the steering wheel of his car raises a flag. Moreover, because he was confused, this situation brings even more concern. After some consideration, in my opinion, James would be referred to a neuropsychologist. According to American Psychological Association (2020), “some of the conditions neuropsychologists routinely deal with include developmental disorders like autism, learning and attention disorders, concussion and traumatic brain injury”. Assuming that a traumatic brain injury is the result of James’s ball playing activities, this may be a reason for his mood.

American Psychological Association. (2020). Clinical Neuropsychology. Retrieved from https://www.apa.org/ed/graduate/specialize/neuropsychology

American Psychiatric Association. (2020). What Is Psychiatry? Retrieved from https://www.psychiatry.org/patients-families/what-is-psychiatry

American Psychological Association. (2020). What do practicing psychologists do? Retrieved from [https://www.apa.org/topics/about-psychologists (Links to an external site.)](https://www.apa.org/topics/about-psychologists)

Carlson, N. R., & Birkett, M. A. (2017). [Physiology of behavior](https://ashford.instructure.com/courses/72891/external_tools/retrieve?display=borderless&url=https%3A%2F%2Fcontent.ashford.edu%2Flti%3Fbookcode%3DCarlson.0505.17.1) (12th ed.) [Custom edition]. Retrieved from [https://content.ashford.edu](https://content.ashford.edu/?_ga=2.209372946.1463116358.1600960800-1635694893.1585251062)