Sierra Robinson post to week 4 discussion 1

Dr. Stephen Brewer has seen Bob as a patient. Dr. Brewer followed ethical standards outlined in Section 4 of the APA Ethical Principles of Psychology and Code of Conduct. Dr. Brewer gained signed consent from Bob to speak to his college mate. However, Bob refused to sign one for Dr. Brewer to speak to his mom. Dr. Brewer was not following the ethical principles when he tried to hunt Bob’s mom down independently. Section 4.01 states that the primary obligation is to take reasonable precautions to protect confidential information (APA, 2010). Dr. Brewer needed to be able to get signed consent to speak to Bob’s mom.

The relevant information from Bob’s history that I will use to inform my conceptualization of Bob’s problems and diagnosis is from Bob and his friends. Bob stated that he has concerns about his life direction and career choices as a patient technician after college (Brewer & Simpelo, 2014). Bob states that he has existential anxiety regarding his future. Bob was guarded when speaking of his family and childhood. Bob grew up with a strict mom described as rule-based (Brewer & Simpelo, 2014). Bob refused to sign a consent to speak to his mom. When she mentioned that she would move closer to him, he cut all communication. Friends described him as withdrawing about this time and possibly having an addiction being, he was dropping weight rapidly and his disconnection between them.

The behavioral theoretical orientation approach can explain Bob’s symptoms and presenting problems. The root of behavioral theoretical orientation is the classical and operant conditioning theories. The behavioral theory believes that behavior is derived from external forces and past learning experiences (Bennett,2011). Skinner’s work was based on operant conditioning. Operant is a theory based on reinforcers such as attention, and social interactions are the primary forcer of an individual’s behaviors (Bennett, 2011). Bob started changing his behavior when his mom worked at his school. When he spoke with his mom on the phone, she stated she wanted to be closer to him, and he did not want that and hung up and vanished for a couple of months because she wanted to move closer to him. Bob learned to cope with his issues with his mom by disconnecting from society.

Sometimes it can be challenging to diagnose individuals. Sometimes diagnosis mimics one another. According to Bob’s symptoms and feeling lack of excitement in his current career, he could experience major depressive episodes. It would explain Bob’s weight loss, mood changes, withdrawal from individuals he once hung out with at functions, and generalized anxiety disorder. Bob’s dad passed a year ago, and his mom had a strict rule.

Exercise is evidence-based in that it helps relieve depression symptoms in individuals. Aerobic exercise is an effective antidepressant intervention for individuals with major depression disorder (Morres, 2019). Exercise helps show that reduces the negative thoughts. non-evidence-based treatments are stimulation therapies such as ECT (electron convulsive therapy) may provide relief for individuals that medication or other evidence-based practices will not work (NIMH, n.d.). Many treatment options can be used for each individual as it is not a one-size-fits-all disorder.

Has Bob had a loss of energy, interest in hobbies, or agitation?

Has Bob declined his cognitive characteristics such as feelings of worthlessness, hopelessness, or inappropriate guilt?

Sierra Robinson

American Psychological Association. (2010). [Ethical principles of psychologists and code of conduct: Including 2010 amendments (Links to an external site.)](http://www.apa.org/ethics/code/index.aspx)

Bennett, P. (2011). Abnormal and clinical psychology : An introductory textbook (3rd ed.). Berkshire, England: Open University Press. Retrieved from [http://www.ebrary.com (Links to an external site.)](http://www.ebrary.com/)

Brewer, S., & Simpelo, V. (2014). [PSY645 grand rounds presentation  (Links to an external site.) (Links to an external site.)](http://ashford.mediaspace.kaltura.com/media/t/0_a7mxm6pt) [Video]. Ashford University: San Diego, CA.

Morrison, J. (2014). [DSM-5 made easy: The clinician’s guide to diagnosis](https://ashford.instructure.com/courses/82266/modules/items/4162228). New York, NY: The Guilford Press. Retrieved from [https://redshelf.com (Links to an external site.)](https://redshelf.com/)

Morres, I. D., Hatzigeorgiadis, A., Stathi, A., Comoutos, N., Arpin, C. C., Krommidas, C., & Theodorakis, Y. (2019). Aerobic exercise for adult patients with major depressive disorder in mental health services: A systematic review and meta‐analysis. Depression and Anxiety, 36(1), 39–53. [https://doi-org.proxy-library.ashford.edu/10.1002/da.22842 (Links to an external site.)](https://doi-org.proxy-library.ashford.edu/10.1002/da.22842)

National Institute of Mental Health, (n.d.), **Transforming the understanding
and treatment of mental illnesses, U.S. Department of Health Science. Retrieved from** [NIMH » Depression (nih.gov) (Links to an external site.)](https://www.nimh.nih.gov/health/topics/depression/index.shtml#:~:text=Several%20types%20of%20psychotherapy%20%28also%20called%20%E2%80%9Ctalk%20therapy%E2%80%9D,therapy%20%28CBT%29%2C%20interpersonal%20therapy%20%28IPT%29%2C%20and%20problem-solving%20therapy.)