



الجامعة التقنية الشمالية
كلية التقنيات الصحية والطبية الدور
قسم تقنيات العلاج الطبيعي

Medical psychology



خارطة القياس المعتمدة

المعرفة ١٥ الفهم ١٠ التطبيق ٨ التحليل ٥ التقييم ٢ المجموع ٤٠

$$\text{نسبة المعرفة } ١٥ = ٤٠ / ١٠٠ * ٣٧,٥$$

$$\text{نسبة الفهم } ١٠ = ٤٠ / ١٠٠ * ٢٥$$

$$\text{نسبة التطبيق } ٨ = ٤٠ / ١٠٠ * ٢٠$$

$$\text{نسبة التحليل } ٥ = ٤٠ / ١٠٠ * ١٢,٥$$

$$\text{نسبة التقييم } ٢ = ٤٠ / ١٠٠ * ٥$$

$$\text{الأهمية النسبية للفصل الأول} = ٤ \text{ أسابيع} * ٢ \text{ عدد الساعات} = ٨ \text{ عدد ساعات الفصل الأول} = ٣٠ / ١٠٠ * ٨ = ٢٦,٦٦ \%$$

$$\text{الأهمية النسبية للفصل الثاني} = ٦ \text{ أسابيع} * ٢ \text{ عدد الساعات} = ١٢ \text{ عدد ساعات الفصل الثاني} = ٣٠ / ١٠٠ * ١٢ = ٤٠ \%$$

$$\text{الأهمية النسبية للفصل الثالث} = ٥ \text{ أسابيع} * ٢ \text{ عدد الساعات} = ١٠ \text{ عدد ساعات الفصل الثالث} = ٣٠ / ١٠٠ * ١٠ = ٣٣,٣ \%$$

$$٣٠ = ١٠ + ١٢ + ٨$$

-إيجاد مجموع الصفحات لكل فصل = الأهمية النسبية x عدد الفقرات / ١٠٠

$$\text{عدد صفحات الفصل الأول} = ٢٦,٦ * ٤٠ / ١٠٠ = ١٠,٦$$

$$\text{عدد صفحات الفصل الثاني} = ٤٠ * ٤٠ / ١٠٠ = ١٦$$

$$\text{عدد صفحات الفصل الثالث} = ٣٣,٣ * ٤٠ / ١٠٠ = ١٣,٣٢$$

إيجاد عدد الصفحات لكل هدف = النسبة المئوية للهدف * عدد الصفحات الكلي او الفقرات / ١٠٠

$$\text{عدد صفحات المعرفة} = ٣٧,٦ * ٤٠ / ١٠٠ = ١٥,٠٤$$

$$\text{عدد صفحات الفهم} = ٢٥ * ٤٠ / ١٠٠ = ١٠$$

$$\text{عدد صفحات التطبيق} = ٢٠ * ٤٠ / ١٠٠ = ٨$$

$$\text{عدد صفحات التحليل} = ١٢,٥ * ٤٠ / ١٠٠ = ٥$$

$$\text{عدد صفحات التقييم} = ٥ * ٤٠ / ١٠٠ = ٢$$

عدد الفقرات	الأهداف السلوكية					الأهمية النسبية	عناوين الفصول	المحتوى التعليمي
	التقييم	التحليل	التطبيق	الفهم	المعرفة			
	٥ %	١٢,٥ %	٢٠ %	٢٥ %	٣٧,٥ %			
١٠,٦	٠,٥٣	١,٣٢	٢,١٢	٢,٦٥	٤	٢٦,٦٥ %		الفصل الاول
١٦	٠,٨	٢	٣,٢	٤	٦	٤٠ %		الفصل الثاني
١٣,٣٢	٠,٦	١,٦٦	٢,٦٦	٣,٣٣	٥	٣٣,٣ %		الفصل الثالث
٤٠	٢	٥	٨	١٠	١٥	١٠٠ %		المجموع

المحتويات

الاولى	رقم المحاضرة:
	عنوان المحاضرة:
م.م طه اكرم شبيب	اسم المدرس:
المستوى الثاني	الفئة المستهدفة:
تمكين الطلاب من فهم المبادئ الأساسية لعلم النفس الطبي واهدافه	الهدف العام من المحاضرة:
- مهارات التفكير من خلال ترجمة وتحليل وتقييم واستخلاص الافكار - زرع القيم الاخلاقية للتعامل الصحيح مع المرضى	الأهداف السلوكية او مخرجات التعلم:
استراتيجية العصف الذهني - استراتيجية العمل الجماعي - استراتيجية المناقشة	استراتيجيات التيسير المستخدمة
اكتساب المهارات والقدرات على كتابة التقارير العلمية المختبرية للتجارب المختلفة وكيفية تحليل ومناقشة نتائج هذه التجارب والاختبارات العلمية .	المهارات المكتسبة
المناقشة والاختبارات	طرق القياس المعتمدة

mental processes

terms are often used interchangeably to refer to the functions or processes of perception,

reasoning, memory, and language, with, in other words, all the things the mind does, such as memory, forgetting,

thinking, language,

Memory: It is a mental process that enables us to store and retrieve information. It is

a complex process that includes three main stages: encoding, storage, and retrieval. Benefits of memory for humans: Memory is of great importance in our lives, including Learning, planning and decision making, problem solving, language and

communication. Memory disorders can be caused by various factors, including brain injury, disease, and aging. Memory disorders can be treated with medication and therapy.

Memory disorders

Memory can be affected by various psychological conditions, leading to disturbances in normal functioning. These disorders may include:

- Disorders of temporary memory (such as forgetfulness and disorientation)
- Disorders of long-term memory (such as dementia and Alzheimer's disease)
- Disorders of selective memory (such as amnesia)

treatment of memory disorders

treatment of memory disorders depends on the type and severity of the disorder.

treatment options may include:

- Medications (such as cholinesterase inhibitors to treat Alzheimer's disease)

• Psychotherapy (such as cognitive behavioral therapy)

1- Thinking: is a mental process characterized by the use of symbols to represent

2- Thinking is a purposeful behavior, as it is done for a purpose and aims to solve a problem

3- Thinking is a process that can be learned and developed through practice. • Thinking depends on several processes that help

4- To solve the problem, such as analysis, classification,

5- Memory: the process of storing information in the brain for later use.

6- Forgetfulness is the loss or alteration of information previously stored in short-term or long-term memory. It can happen suddenly or gradually as old memories are lost.

7- Although it is usually normal, excessive or unusual forgetfulness may be a sign of a more serious problem Causes of forgetfulness:

Depression, where short-term memory becomes rusty from lack of use.

Fatigue due to overwork.

Not exercising regularly

Poor nutrition and irregular eating.

Lack of sleep. head injury.

Thyroid problems

Benefits of forgetting

- ١ It contributes to the continuation of life, and supports the proper functioning of the brain.
- ٢ It also rids the mind of old, unused information,
- ٣ Painful experiences, and painful shocks,

Treatment for forgetfulness

- 1 Study regularly
 - ٢ Think of brain games
 - ٣ Get enough sleep
 - ٤ Diversify your study methods
 - ٥ TaRing notes

Language is a complex mental process that allows humans to communicate, express and organize their thoughts. Language consists of many components, involves multiple processes, and involves different areas of the brain. They are also essential for social interaction, knowledge transfer, thinking and learning. The importance of language. Language is essential to several aspects of human life,

including:

- 1-Communication and cooperation.
 - ٢- Transferring Knowledge and experience.
 - ٣-Expressing cultural and social identity.
 - ٤-Thinking and learning.

Definition of Humanistic psychology

Humanistic psychology is a branch of psychology that focuses on the study of human behavior and subjective experiences from a comprehensive human perspective. It emphasizes the ability of individuals to grow, develop, and achieve self-actualization, and considers that each person possesses unique value and internal abilities that drive him or her to achieve his or her goals.

The principles of humanistic psychology include:

١. Self-esteem: Emphasizes the importance of self-respect.
٢. Self-actualization: Focuses on seeking and realizing one's full potential.
٣. Attention to individual experience: Self-experience is important for understanding behavior.
٤. Positive foundation: Enhances a positive outlook on the person.

Goals of human psychology

This science seeks to achieve a set of goals that it seeks to reach, The most important of which are the following:

- ١. Study and understand human behavior.
- ٢. Develop scientific explanations for it.
- ٣. Develop a predictive map of what human behavior will become.
- ٤. Control and dominate behavior.

Factors affecting behavior

- The factors affecting behavior are:
- 1. Biological genetic determinants: Genetics affects behavior and activity through its impact on the physical structure, such as the nervous system, muscles, sensory receptors and is directly and indirectly from grandparents to children, These characteristics may be physical or mental such as intelligence.

2. Environmental determinants of the environment : It is a group of external factors that can affect behavior, as the social environment is the general social atmosphere in which the individual lives and is affected by it with all its deep laws, standards and values it carries.

Patient behavior

Patient behavior refers to the behaviors and actions that a person exhibits during their illness or in the context of receiving health care. The study of patient behavior is an important part of the medical and psychological fields, as it helps doctors and health practitioners understand how patients respond to illnesses, treatments, or hospitalizations.

Five tips on what to say and do when dealing with a patient:

- 1- Stay calm and avoid negative words with the patient.
- 2- Avoid arguing with him, treat him with respect and reassure him that you will take care of him.
- 3- Let the patient tell you how he got to this point, this will help him overcome his problem.
- 4- Listen to him and control yourself even in difficult situations.
- 5- When dealing with the patient, this will give him psychological comfort

(anddisorientation)

- Disorders of long-term memory (such as dementia and Alzheimer's disease)
- Disorders of selective memory (such as amnesia)

treatment of memory disorders

treatment of memory disorders depends on the type and severity of the disorder.

treatment options may include:

- Medications (such as cholinesterase inhibitors to treat Alzheimer's disease)

• Psychotherapy (such as cognitive behavioral therapy)

Thinking: is a mental process characterized by the use of symbols to represent things and concepts. It is a process that is used to solve a problem.

Thinking is a process that is learned and developed through practice. It depends on several processes that help solve the problem, such as analysis, classification, etc.

Memory: is the ability to store and retrieve information. It is a process that is used to store information for later use.

• Forgetfulness is the loss or alteration of information previously stored in short-term or

long-term memory. It can happen suddenly or gradually as old memories are lost.

Although it is usually normal, excessive or unusual forgetfulness may be a sign of a more serious problem.

Causes of forgetfulness:

↳ It contributes to the continuation of life, and supports the proper functioning of the brain.

↳ It also rids the mind of old, unused information,

↳ Painful experiences, and painful shocks,

Treatment for forgetfulness

1 Study regularly

↳ Think of brain games

↳ Get enough sleep

↳ Diversify your study methods

↳ Take notes

↳ -Language is a complex mental process that allows humans to communicate, express and organize their thoughts. Language consists of many components, involves multiple processes, and involves different areas of the brain. They are also essential for social interaction, knowledge transfer, thinking and learning

The importance of language Language is essential to several aspects of human life, including:

1-Communication and cooperation.

-↳ Transferring Knowledge and experience

↳ Expressing cultural and social

1 identity.

↳ -Thinking and learning.

Exploring the Psychological and Somatic

Disorders: OCD and Somatization

This document provides an overview of Obsessive-Compulsive Disorder (OCD) and Somatization Disorder, examining the biopsychosocial model of mental health, diagnostic criteria, and treatment approaches.

Understanding the Biopsychosocial Model of Mental Health

The biopsychosocial model views mental health as a complex interplay of biological, psychological, and social factors. This holistic approach considers genes, brain chemistry, thoughts, emotions, past experiences, relationships, and environment.

By understanding these interactions, mental health professionals can develop more personalized and effective treatment plans, leading to improved outcomes.

Symptoms

Intrusive Thoughts

Persistent and unwanted thoughts, images, or urges that cause significant distress.

Compulsive Behaviors

Repetitive actions or mental rituals performed to alleviate anxiety or prevent perceived negative outcomes.

Excessive Worry

Constant and uncontrollable worrying about a variety of topics, often disproportionate to the actual risk.

Somatic Symptoms

Physical manifestations of psychological distress, such as headaches, muscle tension, or gastrointestinal issues.

Avoidance

Purposeful avoidance of situations, objects, or activities that trigger obsessive thoughts or compulsive behaviors.

Diagnostic Criteria and Clinical Presentation of OCD

Obsessive-Compulsive Disorder (OCD) involves unwanted thoughts and repetitive actions.

OCD is diagnosed when these thoughts and actions take up significant time, cause distress, and interfere with daily life.

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