

Psychology 100 Lab: Diagnosing Psychological Disorders

For this lab, your group will be interviewing a “client” who is suffering from unspecified psychological problems. Your group’s task is to engage with this individual, see if you can diagnose his or her problem, and make recommendations for treatment. Assume that this person does not know what is wrong, so you cannot just come right out and ask the person what disorder they have. During the session, take notes on the person’s behavior and on the answers that he or she gives to the questions being asked by you and the other group members.

Writing the Lab Report:

1. Begin by describing what happened in the session. Describe the client’s behavior, emotional state, and how he or she represents the problems being experienced. Also describe how the client related to the group.
2. Make a list of the most obvious symptoms, and based upon what you have learned about mental disorders, make a diagnosis about what you think is wrong.
3. Using one theory of personality/therapy, describe why you think the person has the problems that he or she has. Use specific concepts from class to support your position.
4. Using the same personality/therapy theory, describe the approach that you would recommend if you were in charge of treating this client. Be sure to demonstrate that you understand the theory you are using and that you know how to apply it correctly.