Psychology in relation to psychiatry

definitions
As the word (behavior) tells: it can be defined as the scientific study of human and other animals behavior. The operational definition focused on the overt (directly observed) by other people such as social interaction, speech, motor skills, social skills but it also includes the internal (private process) such as thinking and emotions, where some of these thoughts and emotions can be shown by speech, gestures, non-verbal cues, face expressions, most of them are hidden and can not be observed by other people.
With the progress of scientific methods in research and foundation of psychological laboratories, many of these hidden emotions were revealed by different ways like psychometric tests, recording of physiological responses for example: increased heart rate and blood pressure at time of feeling anxious or fearful.

Description of psychiatric disorders and their treatment make frequent use of psychological theories and findings.

Clinical psychology
Clinical psychology

Its defined as applying scientific theories of psychology to the health problems, clinical psychologists deals with clients and patients regarding psychological assessment for them under supervision of the treating psychiatrists, like applying psychometric tests: questionnaires, MMPI, Roashakh inkblot and other tests and laboratory experiments, they are engaged actively in treatment and can help the psychiatric patients through their cognitive-behavioral orientation, the main scopes of their skills are the geriatric psychiatry, learning difficulties, psychiatric rehabilitation, forensic psychiatry, child and family psychiatry, they are also working with other health professionals in medicine, neurological rehabilitation, pediatric and primary health care.
Basic knowledge in psychology (behavioral sciences) has been used in treatment of psychiatric disorders.

- **Modeling**: is to change the behavior of laboratory animals to reshape or abolish or create a new behavior, thus providing a model for the patient to follow like inducing speech in a mute schizophrenic patient by encouragement of the therapist - talking, uttering in front of him. Modeling also plays a role in the treatment of phobic disorders. Bandura (1971) described a modeling session with people who had phobic fear of snakes, establishing a new behavior and eliminating fear.
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Applied psychology in treatment

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It is a well known policy in institutions that house people with serious problems, such as schizophrenia or severe mental retardation. Some behaviors are targeted as desirable and therapeutic. The principle is simple: a list of tasks is completed and residents receive tokens as rewards for performing the task. Later, they can exchange these tokens for snacks, various privileges, for token economies to be effective all staff members who deal with residents must learn how the system works –this is goes with the label –behavioral therapy.
Flooding and systemic desensitization

These are examples of applying principals of psychology in treating psychiatric disorders, where flooding was used to treat phobias like animal phobia or dirt phobia as the patient is overwhelmed by the fearful stimulus suddenly, but with the supervision of the therapist. While systemic desensitization means that gradual exposure to the fearful stimulus with reassurance and sometimes using antidepressants or sedatives to calm down the patients when he or she faces escalating feelings of anxiety. Like treatment of simple phobia, agoraphobia.

Therapists usually ask family member to share in the course of behavioral therapy as their presence will help reinforcement and reassurance.
Cognitive behavioral psychotherapy

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Group Psychotherapy

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In 1931 Menro developed a form of structured group therapy called psychodrama in which clients are asked to act out some of their problems by pretending that they are members of the cast of a play, in this method the psychological theory is used called (mirroring). the person will act out a particular maladaptive behavior so that his behavior will be reflected to himself and others.