

LET'S GET CURIOUS ABOUT A Level Psychology

THE ARTICLES to read...



Read all about OCD and the impact on a patient's life:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>



Read about a specific phobia and treatment options:

<https://psychcentral.com/anxiety/tryophobia#signs>



Read about a cognitive treatment of depression:

<https://www.psychologytoday.com/gb/blog/the-minute-therapist/202206/the-abcs-emotions>



THE VIDEOS to watch...



Watch this clip to learn more about how OCD can affect people:

<https://www.ocduk.org/ocd/introduction-to-ocd/>



Watch this clip to learn more about new ways to treat phobias:

<https://www.youtube.com/watch?v=r7tY07QY66A>



Watch this clip to learn more about how social media may affect mental health:

https://www.youtube.com/watch?v=Czg_9C7gw0o



THE ACCOUNTS to follow...



@PsychToday



@psychmag



@ResearchDigest



@psychologypedia

Engaging in the above activities will prepare you for our first week of activities and discussions. Get curious and see you in September!