

Psychology final Checklist

40 marks | WEDNESDAY | 03/09/2025



Unit 4 : Anxiety and Psychosomatic Illnesses

- ☐ Introduction: understanding anxiety.
- ☐ Types of anxiety disorders.
- ☐ Psychosomatic illnesses: bridging mind and body.
- ☐ Managing anxiety and psychosomatic symptoms.
- ☐ Practical Application.



Unit 5 : The Psychology of Pain Management

- ☐ Introduction: what is pain?
- ☐ Psychological theories of pain.
- ☐ Psychological intervention in pain management.
- ☐ Turning inward.
- ☐ Implementing psychological insight in pain care.



Unit 6 : Interpersonal Skills in Healthcare

- ☐ Interpersonal skills in healthcare.
- ☐ Active listening skills.
- ☐ Questioning skills during medical interviews.
- ☐ Empathy skills.
- ☐ Practical applications.



Unit 7 : Burnout in Healthcare; Symptoms and Strategies

- ☐ Burnout in healthcare.
- ☐ The immediate and long-term consequences of unaddressed burnout.
- ☐ Symptoms and diagnostic approaches of burnout.
- ☐ Approaches to deal with work related burnout.
- ☐ Self-care techniques to reduce burnout.