

### **\*\*\*MENTAL HEALTH FINAL EXAM\*\*\***

1. Modules 7-10 BUT know defense mechanisms and therapeutic communication and intervention
2. **Theory of Psychosocial Development – Erik Erikson** ---NEED TO KNOW THESE REALLY WELL to apply to final exam!! - According to Erikson, a person's personality continued to evolve throughout the life span. The successful or unsuccessful completion of each stage affects the person moving to the next phase.
  - **Stage 1: Infancy (0 -1.5 yr) Trust vs. Mistrust**
    - Develops sound basis for relating to and trusting others.
  - **Stage 2: Early Childhood (1.5 – 3 yr) Autonomy vs. shame and doubt**
    - Develops a sense of self-control and adequacy.
  - **Stage 3: Preschool (3-6 yr) Initiative vs. shame and doubt**
    - Develops the ability to initiate one's own activities and has a sense of purpose.
  - **Stage 4: School Age (6-12 yr) Industry vs. inferiority**
    - Developing social, physical, and school skills.
    - Develops competence and ability to work.
  - **Stage 5: Adolescence (12-20 yr) Identity vs. role confusion**
    - Develops a sense of personal identity
  - **Stage 6: Early Adulthood (20-35 yr) Intimacy vs. isolation**
    - Develops an ability to love deeply and commit.
  - **Stage 7: Middle Adulthood (35-65 yr) Generativity vs. self-absorption**
    - Develops an ability to give and care for others.
  - **Stage 8: Later years (65-death) Integrity vs. despair**
    - Has a sense of integrity and fulfillment- **Reflecting – if someone is reflecting in an earlier stage- that is not normal**
3. **Theory of Object Constancy- Mahler's study** has to do with the mother & taking love away = fear of abandonment & can result in bipolar Disorder – keyword **ABANDONMENT**- do not need to know the stages, just the theory
  - Stage 1: (birth to 1 month) Normal autism
  - Stage 2: (1-5 months) Symbiosis – The infant perceives mother-infant as single entity.
  - Stage 3: (5-10 months) Differentiation – The infant recognizes distinction from the mother.
  - Stage 4: (11-18 months) Practicing – The ability to walk and explore expands the child's sense of the separateness.
  - Stage 5: (18-24 months) Rapprochement – Toddlers move away and come back for emotional refueling. Need for independence alternates with dependence.
  - Stage 6: (2-5 years) Object constancy – The child realizes that the mother is permanent, even if not physically present.
4. **Borderline Personality disorder** ----KNOW THE OUTLINE that make it unique, such as abandonment and if it is real or made up- self harm/hurt themselves/**ABANDONMENT** issues– they have poor boundaries and rely on other people to fulfill needs – emptiness, low self-esteem, isolation, instability, abandonment, **SPLITTING** to get their needs met (tell one person one thing and another person something else to get their needs met-playing people or nurses against each other) – put **ALL THE** situations in a psychiatric inpatient unit **UNLESS** they specify that you are in an ER.
  - **\*\*\*Questions will ask 'what would you do as the nurse if the patient is using splitting against you and another nurse? How do you respond?' – Talk directly to the other nurse and do not just take the patient's word.**
  - **\*\*\*Mental health tests-** Are you afraid of being by yourself? Are you afraid of being alone? **THOSE** would be the **answers** if it is **BORDERLINE PERSONALITY DISORDER**
    - **\*\*\*They do not want to be alone and will split staff\*\***

# Health Final Exam Study Guide Calhoun

**Daniel F McAuley**



## **Health Final Exam Study Guide Calhoun:**

## **Health Final Exam Study Guide Calhoun** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Health Final Exam Study Guide Calhoun**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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### **Table of Contents Health Final Exam Study Guide Calhoun**

1. Understanding the eBook Health Final Exam Study Guide Calhoun
  - The Rise of Digital Reading Health Final Exam Study Guide Calhoun
  - Advantages of eBooks Over Traditional Books
2. Identifying Health Final Exam Study Guide Calhoun
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Health Final Exam Study Guide Calhoun
  - User-Friendly Interface
4. Exploring eBook Recommendations from Health Final Exam Study Guide Calhoun
  - Personalized Recommendations
  - Health Final Exam Study Guide Calhoun User Reviews and Ratings
  - Health Final Exam Study Guide Calhoun and Bestseller Lists

5. Accessing Health Final Exam Study Guide Calhoun Free and Paid eBooks
  - Health Final Exam Study Guide Calhoun Public Domain eBooks
  - Health Final Exam Study Guide Calhoun eBook Subscription Services
  - Health Final Exam Study Guide Calhoun Budget-Friendly Options
6. Navigating Health Final Exam Study Guide Calhoun eBook Formats
  - ePub, PDF, MOBI, and More
  - Health Final Exam Study Guide Calhoun Compatibility with Devices
  - Health Final Exam Study Guide Calhoun Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Health Final Exam Study Guide Calhoun
  - Highlighting and Note-Taking Health Final Exam Study Guide Calhoun
  - Interactive Elements Health Final Exam Study Guide Calhoun
8. Staying Engaged with Health Final Exam Study Guide Calhoun
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Health Final Exam Study Guide Calhoun
9. Balancing eBooks and Physical Books Health Final Exam Study Guide Calhoun
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Health Final Exam Study Guide Calhoun
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Health Final Exam Study Guide Calhoun
  - Setting Reading Goals Health Final Exam Study Guide Calhoun
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Health Final Exam Study Guide Calhoun
  - Fact-Checking eBook Content of Health Final Exam Study Guide Calhoun
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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