Cognitive Therapy: Helps a person identify situations, objects, thoughts that trigger abnormal behavior

Claustrophobia: Extreme or irrational fear of confined places.

Arachnophobia: Extreme fear of spiders

Mood Disorder: When you experience extreme emotions that make it difficult to function well in their daily lives

OCD:
- Obsession – unwanted thought or image that takes control of the mind
- Compulsion – an unreasonable need to behave in a certain way to prevent a feared outcome

4 causes of mental disorders
- Physical
  - Ex: brain damage, exposure to poison
- Heredit
- Early Experiences
  - Ex: child abuse, neglect
- Recent Experiences
  - Ex: death of a loved one

Types of self-injury
Cutting, lighted match, cigarette burns

Why people may not seek help for mental disorders
Sometimes people don’t recognize the signs of a mental disorder, or they have been told that they can overcome the problem, or they may not know where to go for help

Impulse control disorders
Cannot resist impulse to act in a way that is harmful to themselves or others
  - Ex: Kleptomania, Gambling, Uncontrolled shopping