Final Discussion

Learning about psychology has always been enjoyable to me because it allows me to understand the lives of others from their point of view through the lens of a mental or personality disorder. I learned so much about different psychological disorders and illnesses, such as bipolar disorder, somatic symptom disorder, anorexia and bulimia disorder, and PTSD just to name a few. Doing the case studies was important to my learning and understanding of the disorders because it allowed me to place myself in the shoes of a psychologist or therapist, a field that I would like to go into some day. Being able to picture myself as these professions helped me to develop a deeper passion for helping others who simply just need someone to talk to so that they can cope with the issues they may be having. It is important for people to take care of others, no matter if they are hurting physically, mentally, or emotionally. I liked how this course was laid out, as it was easy to follow along and the instructions were always straight forward and understandable. I appreciated how organized the course was, since it made learning about difficult material easier.