



Psychology

Wider Reading

Students should engage in any appropriate psychological textbook and may also find the following interesting:

- Freud for Beginners – Richard Appignanesi and Oscar Zarate
- Introducing Psychology: A Graphic Guide to Your Mind and Behaviour – Nigel Benson
- Mindwatching: Why We Behave the Way We Do – H.J. Eysenck and Michael W. Eysenck
- Eysenck
- Psychology: A Very Short Introduction – Gillian Butler and Freda McManus
- Psychology of Mind, Science and Behaviour (5th edition) – R. Gross
- Surrounded by Idiots- Thomas Erikson
- Working memory, thought and action- Baddeley
- Attachment- Bowlby
- The Selfish Gene: Richard Dawkins
- Routledge Modular Psychology Series:
 - Awareness: biorhythms, sleep and dreaming
 - Classification and diagnosis
 - Early socialisation
 - Evolutionary explanations of human behaviour
 - Interpersonal relationships
 - Memory and forgetting
 - Physiological basis of behaviour
 - Psychopathology
 - Social cognition
 - Theoretical approaches in psychology
 - Therapeutic approaches

Enrichment Activities

Approaches Documentary	In this interview, Abraham Maslow, founder of the concept of Self Actualization, discusses what he found when he set out to study psychological health rather than pathology in humans. His study of a select group of exceptional people led to his theory of the actualized personality	https://www.youtube.com/watch?v=7DOKZzbuJQA&list=PLsF6HTtnrEbtI9AkILXfa3bjqGS57FWGm&index=43&t=0s&safe=true
Memory Podcast	Claudia Hammond meets Elizabeth Loftus, the psychologist whose research into eye witness testimony and the fallibility of memory changed how police and courts deal with witnesses.	https://www.bbc.co.uk/programmes/b00yhv36
Social Influence Documentary	Episode 1 of BBC prison experiment. This can be used as discussion regarding Zimbardo's experiment	https://www.dailymotion.com/video/x5is8ru
Psychopathology Documentary	Stephen Fry presents this documentary exploring the disease of manic depression; a little-understood but potentially devastating condition affecting an estimated two percent of the population.	https://topdocumentaryfilms.com/stephen-frythesecret-life-of-themanicdepressive/
Attachment Podcast	Claudia Hammond looks at Ainsworth's observational work in Africa influencing perceptions of the parentchild relationship.	https://www.bbc.co.uk/programmes/p00f8n6q
Biopsychology Documentary	The Brain: A Secret History In a compelling and, at times disturbing series, Dr Michael Mosley explores the brutal history of experimental psychology.	https://topdocumentaryfilms.com/brainsecrethistory/
Issues and Debates Documentary	A documentary exploring the debate of nature vs. nurture	https://www.bing.com/videos/search?q=nature+vs+nurture+documentaries&qpv=detail&mid=97A46F65151EBA4AF8A497A46F65151EBA4AF8A4&&FORM=VRDGAR
Schizophrenia Documentary	People Say I'm Crazy: A movie that offers a unique viewing experience when it comes to schizophrenia documentaries. This film begins by documenting a college senior's treacherous battles with schizophrenia. The student, John Cadigan, experiences a psychotic breakdown,	https://www.youtube.com/watch?v=VdzHI65XPYc

	indicating the onset of the disorder and causing him to drop out of school. This movie about schizophrenia is the first of its kind, shot and produced by a person actively dealing with the illness and depicting the chaos inside his mind.	
Schizophrenia Film	A Beautiful Mind: American biographical drama based on the life of the American mathematician John Nash. The story begins in Nash's days as a graduate student at Princeton University. Early in the film, Nash begins to develop paranoid schizophrenia and endures delusional episodes while watching the burden his condition brings on wife and friends.	
Cognition and Development – Series of documentaries	Child of Our Time: Professor Robert Winston follows the development of 25 children born in 2000. Example of a longitudinal study (over a long period of time).	https://www.bbc.co.uk/programmes/b0072bk8/episodes/guide
Forensic Psychology - Documentary	Inside the Minds of Killers. Criminal psychologist Tim Watson-Munro and criminal anthropologist Dr Xanthe Mallett join Michael Usher to delve into the minds of some of the world's worst psychopaths, narcissists and sociopaths to unravel the real reasons behind their chilling crimes. Cases include Dalia Dippolito, Jerrod Murray, Fiona Barbieri and Ivan Milat.	https://www.youtube.com/watch?v=6Y0GNakNkAU
Forensic Psychology Drama series	Mindhunter: Netflix drama based on the development of Offender Profiling in the US	https://www.netflix.com/gb/title/80114855