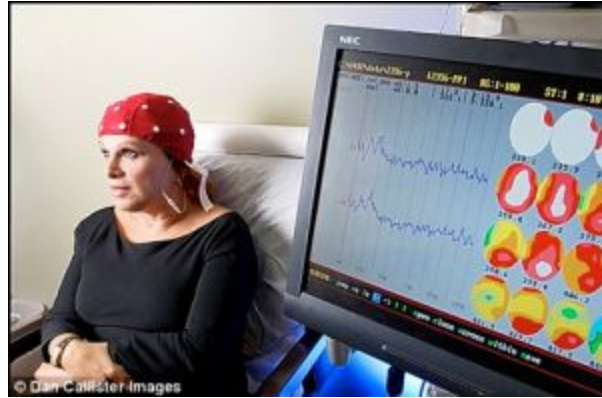


INSTRUMENTS USED IN PSYCHOLOGY



EMOTIONAL INTELLIGENCE QUESTIONNAIRE (EIQ) IS AN EMOTIONAL INTELLIGENCE TEST DESIGNED TO HELP YOU (AS THE PSYCHOLOGIST) UNDERSTAND HOW YOUR PATIENT MANAGES THEIR EMOTIONS AND HOW WELL THEY PERCEIVE THE EMOTIONS OF OTHERS. PSYCHOLOGIST ALSO USE THIS AS A BASIS FOR DEVELOPMENT.

→ YOUR SCORES ARE REPORTED IN 3 DIFFERENT CATEGORIES: ABOVE AVERAGE: INCLUDES SCORES THAT RANGE FROM 70%-99%, AVERAGE: 30%-69%, BELOW AVERAGE: 1%-29%. THERE ARE NO RIGHT OR WRONG ANSWERS IN THIS QUESTIONNAIRE, THIS TEST IS A BASIS FOR DEVELOPMENT. SO GENERALLY THESE SCORES CAN FLUCTUATE DEPENDING ON YOUR SOCIAL AND MENTAL PERFORMANCE.



COGNITIVE MAPS OR “BRAIN MAPPING”: QUANTITATIVE EEG

QUANTITATIVE EEGS ARE MENTAL REPRESENTATIONS OF LOCATIONS TO SEE WHAT IS PROMINENT AND WHAT ISN'T IN THAT PERSON'S MIND. GETTING A QEEG INVOLVES A PATIENT PUTTING ON A CAP THAT MEASURES 19 DIFFERENT SITES ON THEIR BRAIN, LIKE FOCUS, WORRY, AND OBSESSIVE THINKING. WITH AN QEEG YOU GET TO SEE A CLEARER IMAGE OF WHAT IS GOING ON IN THEIR BRAIN IN THE FORM OF WAVES.

NEUROFEEDBACK RETRAINS THESE WAVES BACK TO A MORE STABLE WAVE.

FOR EXAMPLE IF YOU HAVE ADHD, YOU HAVE SLOW BRAIN WAVES IN YOUR FRONTAL LOBE. IN TREATMENT, YOU HAVE A SENSOR ATTACHED TO THE SPECIFIED REGION, AND YOU ARE WATCHING A MOVIE ON A SCREEN. THE SCREEN IS SMALL AND FOR THE SCREEN TO GET LARGE ENOUGH TO VIEW, THE PATIENT ACTUALLY HAS TO CHANGE HIS OR HER BRAINWAVES. THE BRAIN WILL PUSH DOWN THE SLOW WAVES AND INCREASE THE FAST WAVES. THE BRAIN WANTS TO CHANGE ITSELF. IT WANTS TO BE ABLE TO SEE THE MOVIE. SO IN GENERAL, IF YOU HAVE A MENTAL DISEASE YOU CAN SEE YOUR BRAIN WAVES ON A COMPUTER AND RETRAIN THEM.