Extended study suggestions for A Level Psychologists

Websites:

https://www.bps.org.uk/collections/research-digest

Psychology - BBC News

The Psychologist | BPS

Ideas about Psychology

Books:

- 'Invisible Women' by Caroline Criado-Perez – *Explores gender bias in research*
- 'Why We Sleep' by Matthew Walker – *Insights into sleep and cognitive function*
- 'The Psychopath Test' by Jon Ronson – *Examination of psychopathy and mental health*
- 'Hidden Valley Road' by Robert Kolker – *Case study of a family affected by schizophrenia*
- 'Thinking, Fast and Slow' by Daniel Kahneman – *Cognitive psychology and decision-making*
- 'The Lucifer Effect' by Philip Zimbardo – *Social psychology and human behaviour*
- 'The Body Keeps the Score' by Bessel van der Kolk – *Trauma and its psychological impact*
- 'The Selfish Gene' by Richard Dawkins – *Evolutionary psychology perspective*
- 'Sapiens' by Yuval Noah Harari – *Human behaviour and societal evolution*
- 'Classic Case Studies in Psychology' by Geoff Rolls – *Key historical experiments*
- 'Girl Interupted' by Susanna Kaysen – *First hand account of a patient in a psychiatric hospital*
- 'Opening of Skinner's Box' by Lauren Slater – *classic psychological experiments*
- 50 Great Myths of Popular Psychology' by Scott Lilienfeld – *Debunking misconceptions*

Podcasts

- The Psych Files – *Key psychology concepts and case studies*
- Speaking of Psychology – *APA podcast on current research*
- All in the Mind – *BBC podcast on mental health and disorders*
- PsychCrunch – *BPS podcast covering research and applications*
- MindShift – *Focus on learning and cognitive psychology*
- The Psychology Podcast – *Creativity and human potential discussions*

- Hidden Brain – *Storytelling approach to psychological concepts*
- The Happiness Lab – *Science of happiness by Dr. Laurie Santos*

FIlms / TV

- A Beautiful Mind
  The film follows the life of John Forbes Nash, a maths genius, who suffers from a severe mental illness, the symptoms of which are consistent with schizophrenia. As the story progresses, the difficulties of coping are portrayed alongside the importance of having social support in dealing with the disorder.
- Shutter Island
  Based in an American mental hospital for the clinically and criminally insane during the 1950's. A psychological thriller with twists and turns which creates an elaborate role-play into the world of clinical psychology which, at the last moment, reveals the narrative is actually centred around a psychosis of the main character, Teddy. Not to give the game away (sorry).
- Girl Interuptted
  Susanna Kaysen's 1993, Girl, Interrupted, is a memoir that explores Kaysen's time as a teenage psychiatric patient in McLean Hospital in the late 1960s. Kaysen explores the murky definitions of mental health and illness, as she recounters her experience of being diagnosed with Borderline Personality Disorder and makes compelling arguments about the subjective nature of personality, behavior, and disorder.
- 12 Angry Men
  A jury deliberates behind closed doors on the fate of someone accused of murder. One lone dissenter within the jury (played by Henry Fonda) pleads a compelling case to convince the other eleven jurors that this is not a clear-cut case, unveiling and challenging prejudices and preconceptions as they arise in the debate.
- The Wave (Die Welle)
  German (subtitled) fictionalised adaptation inspired by the true story of teacher Ron Jones's experiment in America during the 1960s. During activities week, Herr Rainer Wenger, the teacher leading sessions on autocratic society, tasks his students with constructing their own autocracy in order to understand national socialism. As the week progresses, things begin to get out of hand and a semblance of a Nazi Germany totalitarian movement becomes apparent.
- The Experimenter
  Based on the true story of Stanley Milgram's academic investigations on obedience to authority at Yale University during the 1960s. Shows simulated and

archived footage of his original experiment as detailed on the specification as well as other investigations such as the lost-letter experiment.

- One Flew Over the Cuckoo's Nest
  Jack Nicholson plays Randle Murphy, a criminal with a long past who decides that he is going to plead reasons of insanity to serve his custodial sentence in mental health institution rather than jail, she he thinks it will be the easier option. This film shows the disturbing reality of early mental health care including the use of electro-convulsive therapy alongside talking and group therapy.
- Dangerous Method
  Based in Vienna and a Zurich psychiatric hospital, this film follows Keira Knightley' character, Sabina, as she undergoes treatment from Dr Carl Jung who is using Sigmund Freud's cure of talking therapy to treat patients with 'hysteria'. Sabina is successfully cured using psychoanalysis and goes onto lead a fulfilling life with Jung himself.
- 50 First Dates
  This film follows Drew Barrymore's character as she suffers with short-term memory loss following a car accident. Her family go to elaborate levels to help her avoid the grave reality of her condition and collude in her belief that time has stopped and re-started over and again every 24 hours. Towards the end of the film there is a glimmer of hope that she is, in fact, able to encode new memories and fall in love with Adam Sandler's character.
- Derren Brown - Derren Brown - YouTube
- The Creative Brain – Netflix
- 100 Humans – Netflix
- Three Identical Strangers – Netflix