

General Psychology Psy 100

Therapy and Treatment



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What We Will Cover in This Section

- **Goals of therapy**
- **Approaches**
 - Psychoanalytic
 - Behavioral
 - Cognitive
 - Existential-Humanistic
 - Biological



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Goals of Therapy

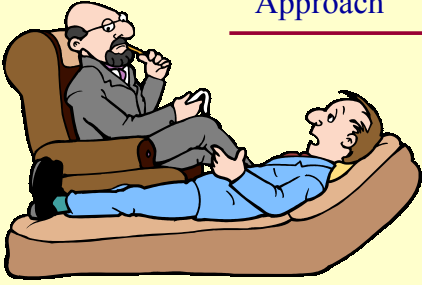
1. **Diagnosis.**
2. **Identification of causes.**
3. **Prognosis without treatment.**
4. **Therapeutic treatment.**

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Psychoanalytic Approach



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Classical Freudian Therapy

- **Psychoanalysis**
An intensive, lengthy technique for exploring the unconscious motivations and conflicts in neurotic and anxiety related disorders.
- **Insight**
The patient is guided to a personal discovery of the relationship between the symptoms and causes.

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Techniques #1

- **Free Association**
The patients gives a running account of his thoughts, wishes, sensations, and mental images as they occur.
- **Resistance**
The inability of unwillingness to discuss certain ideas, desires, or experiences.

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Techniques #2

- **Catharsis.**
Process of identifying and expressing strongly held but repressed emotions.
- **Dream Analysis**
Interpretation of the content of dreams to gain insight into unconscious conflicts and motives.

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Current Approaches

- **Emphasis on social environment.**
- **Look at all life experiences not just early experiences.**
- **Role of interpersonal relationships with an emphasis of affection and love.**
- **More emphasis on the Ego and self.**

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Critique

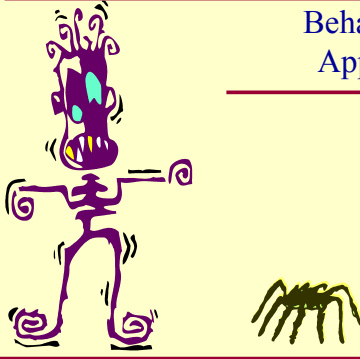
1. **Depends on after-the-fact interpretations.**
2. **Long, expensive, and hard to do.**
3. **Sexist.**
Women are treated as being a special case with weak egos.
4. **Spontaneous recovery.**
People recover from some conditions without the aid of the therapist.

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Behavioral Approach



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Overview

- Focus on observable behavior, not unconscious or mental processes.
- See fear, anxiety and guilt as the problems, not the symptoms.
- Use learning techniques of
 - Acquisition.
 - Extinction.
 - Reinforcement.

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Counterconditioning

- A group of therapies in which the maladaptive behavior is replaced by more acceptable ones.
- Based on the idea that people cannot hold two mutually exclusive feelings at the same time.

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Systematic Desensitization

1. List feared objects a hierarchy.
2. Train the person how to relax.
3. Gradually introduce the feared objects while having the person relax.

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Hierarchy for Fear of Spiders

1. Picture of a spider web.
2. Picture of a spider web with a small spider on it.
3. A spider in a cage on the other side of the room.
4. A spider in a cage on the table next to you.
5. Your hand on the top the spider cage.
6. Your hand in the spider cage.

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Flooding and Implosion Therapy

- **Flooding.**
Phobia therapy in which extinction the person is exposed to the stimuli most frightening to them.
- **Implosion.**
Therapy in which people are exposed to anxiety-producing stimuli by having the person imagine them.

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Aversive Conditioning

- **Therapy in which the person an unpleasant stimulus is paired with an stimulus that elicits an undesirable response.**

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Behavior Modification

Changing a target behavior through the application of the principles of reinforcement and punishment.

- **Token Economy**
Technique where a person is given small tokens for displaying a desired behavior. The tokens can be exchanged for treats or other primary reinforcers.

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Social Learning Therapy

- *A form of therapy where the person observes a model being reinforced while displaying a desirable behavior.*
 - **Participant Modeling**
The therapist demonstrates the desired behavior and the client is aided to imitate the behavior.
 - **Behavioral Rehearsal**
The person mentally rehearses the desired sequence of behavior.

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Cognitive Approach

Our feelings and emotions are influenced by our thinking. We need to relearn poorly learned thinking patterns.



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Cognitive Behavior Modification

Focus on changing negative thoughts, beliefs, and attitudes by replacing them with ones that are more appropriate.

- Cognitive restructuring.
Changing a person's negative self-statements into constructive statements.

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Changing False Beliefs-Depression

- Challenge person's basic assumptions about his/her functioning.
- Force client to evaluate the evidence for and against automatic thoughts.
- Reattribute blame.
- Develop success solutions for difficult situations.

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Ellis' Rational Emotive Therapy

- Focus on directly challenging irrational beliefs that cause undesirable and highly emotional reactions.
 - I SHOULD do this...
 - I MUST think this...

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Existential-Humanistic Approach



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Overview

- Focus on the whole person.
- People are in a continual state of change and 'becoming.'
- People are free to choose their actions and beliefs.
- We are individually responsible for the consequences of our actions and beliefs.

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Client-Centered Approach

- An approach that emphasizes the healthy psychological growth of the individual.
- Elements.
 - Empathy.
 - Unconditional Positive Regard.
 - Genuineness.

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Do Therapies Work?

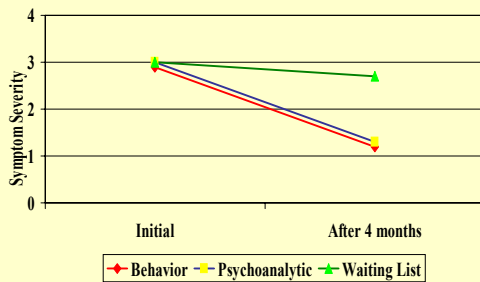
- No single therapy stands out as clearly better overall than any other type.
- Some types of therapies work better than others for specific disorders or problems.
- The quality of the therapist matters.
- Psychotherapy helps.

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Philadelphia Experiment Result

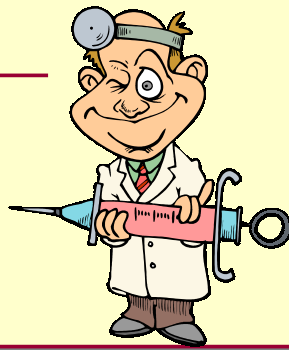


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Biomedical Approach



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Psychosurgery

- **Surgical procedure performed on the brain to alleviate a psychological disorder.**
 - **Prefrontal lobotomy**
Operation that severs the nerve fibers connecting the frontal lobes of the brain from the thalamus and hypothalamus areas.

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Electroconvulsive Therapy

- **The use of electrical shock to treat disorders such as severe depression.**

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Drug Therapy

- **Antidepressant drugs.**
 - **Selective serotonin reuptake inhibitors (SSRI).**
 - Increases the availability of serotonin.
 - **Monoamine Oxidase Inhibitors**
 - Increases the availability of norepinephrine.
 - **Lithium**
 - Effective for bipolar disorder.

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The Final End!

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