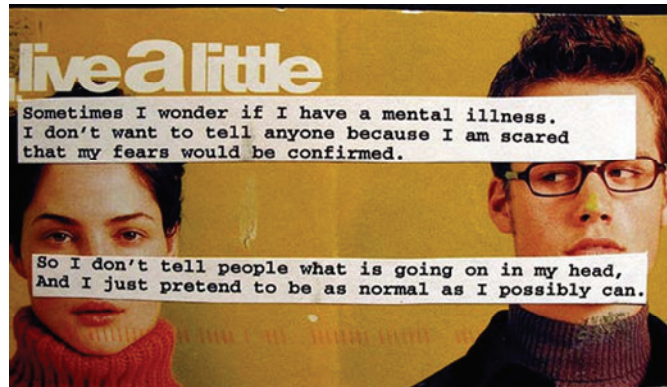


## 9.2a Methods of Treatments

### Treatment of Psychological Disorders



National Standards Treatments for Disorders: Prominent Methods

### Goals of Therapy

- Ψ Providing a caring and positive atmosphere
- Ψ Helping a person to achieve insight or a different perspective
- Ψ To help people who want help with problems



## 9.2b Methods of Treatments Psychoanalysis

### Principles of Psychoanalyses



- Ψ People are driven by sexual & aggressive instincts
- Ψ The goals are to understand the influence of unconscious conflicts on thoughts and behavior
- Ψ The therapist's role is to be neutral; to help client explore meaning of behaviors
- Ψ There is an emphasis on revealing unresolved, unconscious conflicts from the past

### Methods of Psychoanalysis

- Ψ Free association
  - To state whatever comes to mind
- Ψ Dream interpretation
  - manifest vs. latent content
- Ψ "Freudian slips"
- Ψ Analysis of
  - Transference
  - Counter-transference



## 9.2c Methods of Treatments Humanistic Therapy

### Humanistic Therapy

- Ψ People have free will, choice, and the capacity for self-actualization
  - The goals are self-acceptance, remove things blocking self-awareness and actualization
  - The therapist's role is to facilitate the client's growth; client and therapist are equals
  - The time frame is in the here and now; focus on immediate experience

### Carl Roger's Therapy

- Ψ Unconditional positive regard
- Ψ Empathy
  - Active listening
  - Reflection
- Ψ Congruence (genuineness)



## 9.2c Methods of Treatments Behavioral Therapy

### Behavior Therapy

- Ψ People's actions are based on learning, conditioning, and past experience
  - The goals are to change one's thinking and behaving in particular classes of situations
  - The therapist role is to be a teacher/trainer who helps the client replace undesirable thoughts/behaviors
  - The time frame is for current behavior/thoughts; do not need to know origins of behavior

### Behavioral Methods

- Ψ Classical Conditioning Techniques
  - Systematic desensitization
  - Flooding
- Ψ Observational
  - Modeling
- Ψ Operant Conditioning
  - Positive reinforcement
  - Aversive conditioning
  - Token Economies
  - Punishment



## 9.2d Methods of Treatments Cognitive Therapy

### Cognitive Therapies

Ψ Emphasizes the problematic ways in which people think & how it affects their behavior

Ψ Two types:

- Ellis' Rational-Emotive Behavior Therapy
- Beck's Cognitive Therapy



### Ellis' Rational-Emotive Behavior Therapy (RET)

Ψ Psychological problems, such as anxiety, guilt, and depression, are caused how people *think* about events

Ψ Therefore, first identify self-defeating thoughts and then replace with more realistic & beneficial ones through:

- Cognitive restructuring
- Stress-inoculation training

## 9.2e Methods of Treatments

National Standards Treatments for Disorders: Prominent Methods

### Cognitive Restructuring

Impulsive Thought

Restructured Thought

Ψ Hot Thoughts

Ψ Cool Thoughts

Ψ He is always mean to me.

Ψ Maybe he had a bad day.

Ψ I did a lousy job.

Ψ It'll be better next time

Ψ I deserve better.

Ψ But people are people

Ψ It's not fair.

Ψ Life is not fair.

Ψ That jerk!

Ψ It's his problem!

National Standards Treatments for Disorders: Prominent Methods

### Beck's Cognitive Therapy

Ψ Based on the ideas that negative cognitive patterns are maintained by

- Errors in logic and erroneous beliefs
- Thoughts that minimize the value of one's accomplishments

Ψ Involves another type of cognitive restructuring


- Notice negative thoughts
- "Investigate" and challenge the "truth" of these thoughts

## 9.2f Methods of Treatments Biological Treatments

National Standards Treatments for Disorders: Prominent Methods

### Biological Treatments

- Ψ Altering some for of brain function and/or the nervous system.
- Ψ Problems too severe for psychological (talk) therapy.
- Ψ Drug Therapy liberated many people from mental hospitals – deinstitutionalization



National Standards Treatments for Disorders: Prominent Methods

### Biological Treatments

- Ψ Electroconvulsive therapy (ECT)
- Ψ Psychosurgery
  - Used for depression
  - Prefrontal lobotomy
- Ψ Psychoactive Drugs
  - Antianxiety:
    - benzodiazepines (e.g., Valium, Ativan, Klonopin, Xanax)
  - Antidepressant:
    - MAOIs, Tricyclics, & SSRIs (e.g., Prozac, Paxil, Zoloft)
  - Antipsychotic:
    - phenothiazines (major tranquilizers, e.g., Thorazine)
    - Antimanic: Lithium & anticonvulsant
  - Stimulants:
    - Ritalin

## 9.2g Methods of Treatments Group Therapies

### Group Therapies

#### Ψ Advantages of group therapy:

- Economy
- Group support
- Feedback
- Behavioral rehearsal



#### Ψ Self-help groups

#### Ψ Family Therapy

- Problems develop in the context of family, are sustained by the dynamics of the family and that any changes made will affect all members of the family.

### Group Therapy: Family

#### Ψ Virginia Satir

- Offered description of conjoint family therapy
- Emphasized growth enhancing techniques to evoke feeling and clarify family communications patterns
- (dance, massage, sensory awareness, group encounter techniques)





## 9.2h Methods of Treatments

### Group Therapy: Family

#### Ψ Salvador Minuchin

- The individual's symptoms are best understood as rooted in the context of family transaction patterns.
  - The family's hierarchical organization
  - The wholeness of the family system
  - The interdependent functioning of its subsystems
- Enmeshment
  - The family boundaries are too diffuse to allow for individual autonomy

### Which Therapy for Which Problem?

- Ψ Health Problems
  - Cognitive and behavior therapies are effective for a wide range of health problems.
- Ψ Childhood and Adolescent Behavior Problems
  - Behavior therapy is the most effective treatment.
- Ψ Depression
  - Cognitive therapy's greatest success has come in treatment of mood disorders.
- Ψ Anxiety Disorders
  - Exposure techniques are more effective than others.
- Ψ Anger and Impulsive Violence
  - Cognitive therapy is extremely successful.