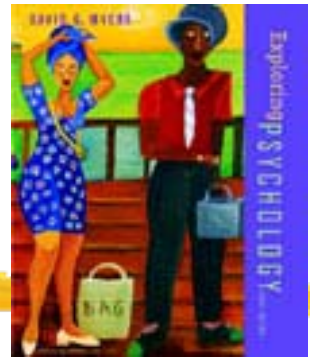


Chapter 14

Therapy

History of Treatment



Therapy



- **Psychotherapy**

- an emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties

- **Eclectic Approach**

- an approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy

Therapy- Psychoanalysis



- **Psychoanalysis**

- Freud believed the patient's free associations, resistances, dreams, and transferences – and the therapist's interpretations of them – released previously repressed feelings, allowing the patient to gain self-insight
- use has rapidly decreased in recent years

- **Resistance**

- blocking from consciousness of anxiety-laden material

Therapy- Psychoanalysis



- Interpretation

- the analyst's noting supposed dream meanings, resistances, and other significant behaviors in order to promote insight

- Transference

- the patient's transfer to the analyst of emotions linked with other relationships
 - e.g. love or hatred for a parent

Humanistic Therapy



- Client-Centered Therapy
 - humanistic therapy developed by Carl Rogers
 - therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate clients' growth

Humanistic Therapy



- **Active Listening**-empathic listening in which the listener echoes, restates, and clarifies



Behavior Therapy



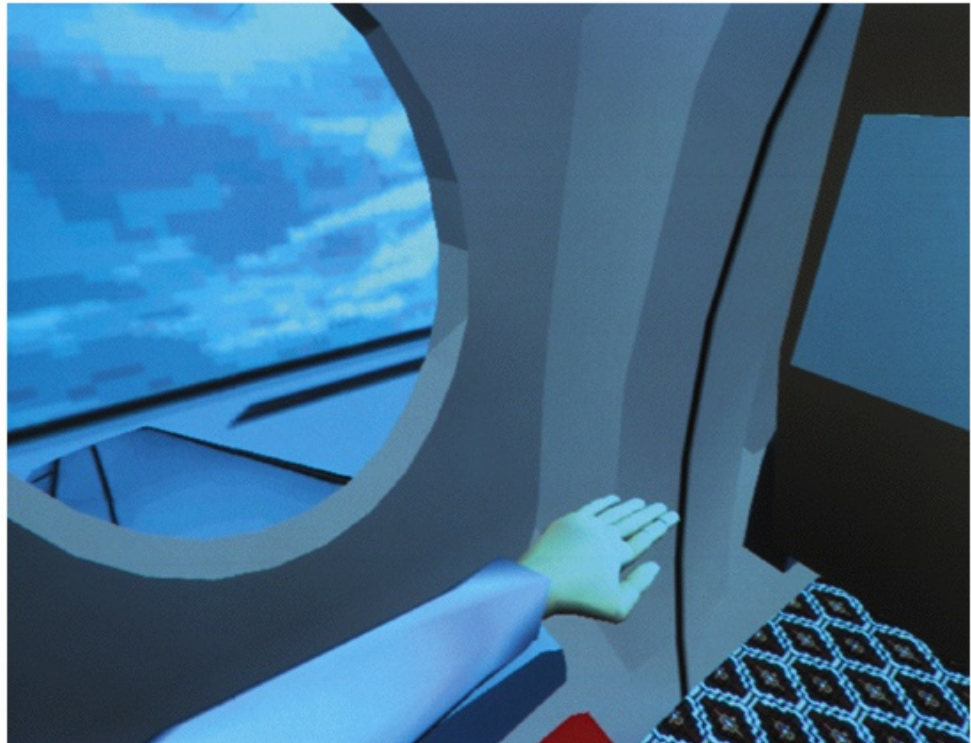
- Behavior Therapy
 - therapy that applies learning principles to the elimination of unwanted behaviors
- Counterconditioning
 - procedure that conditions new responses to stimuli that trigger unwanted behaviors
 - based on classical conditioning
 - includes systematic desensitization and aversive conditioning

Behavior Therapy



- Exposure Therapy

- treat anxieties by exposing people (in imagination or reality) to the things they fear and avoid

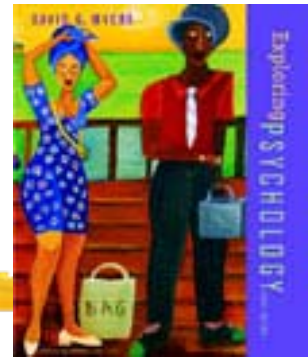


Behavior Therapy

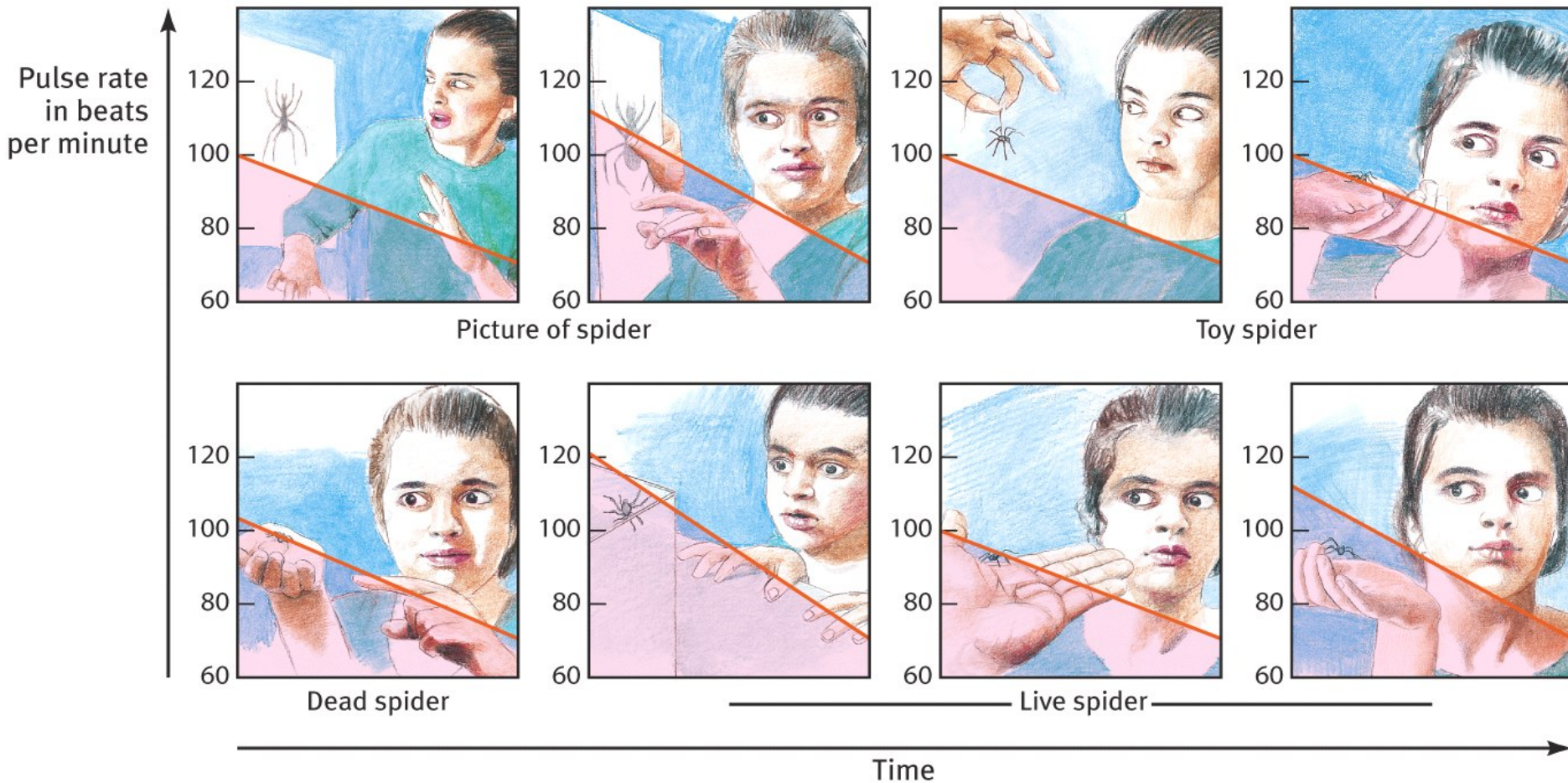


- Systematic Desensitization
 - type of counterconditioning
 - associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli
 - commonly used to treat phobias
- Aversive Conditioning
 - type of counterconditioning that associates an unpleasant state with an unwanted behavior
 - nausea ---> alcohol

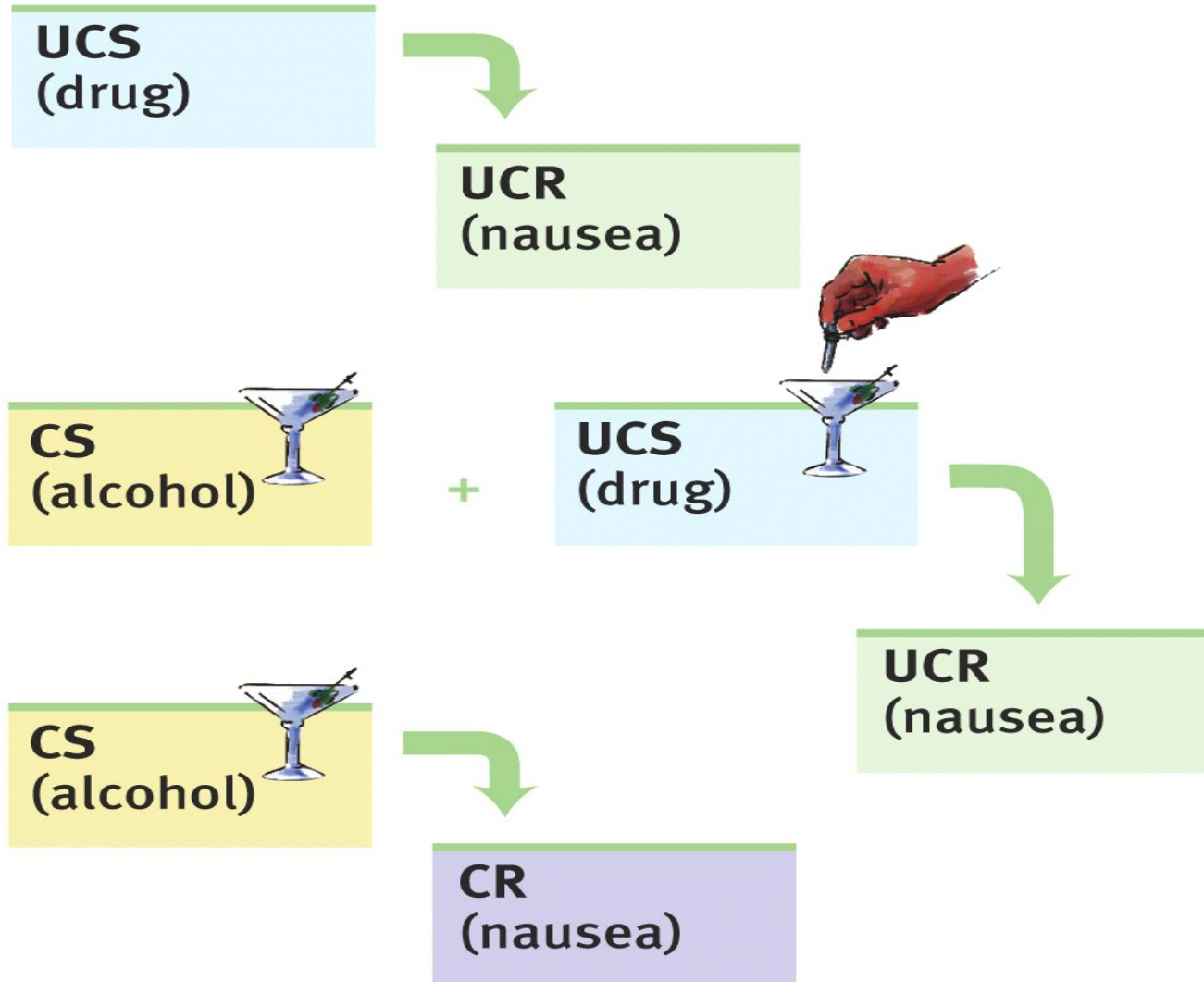
Behavior Therapy



■ Systematic Desensitization

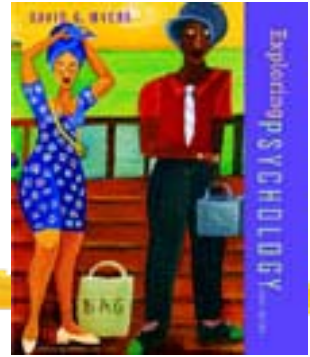


Behavior Therapy



- Aversion therapy for alcoholics

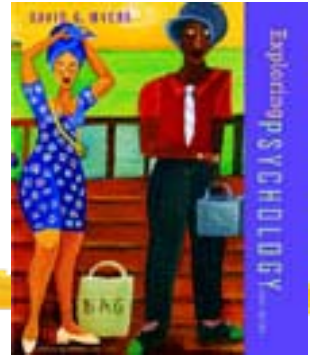
Behavior Therapy



- Token Economy

- an operant conditioning procedure that rewards desired behavior
- patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats

Cognitive Therapy



- Cognitive Therapy
 - teaches people new, more adaptive ways of thinking and acting
 - based on the assumption that thoughts intervene between events and our emotional reactions

Cognitive Therapy



Lost job

Internal beliefs:
I'm worthless. It's hopeless.

Depression

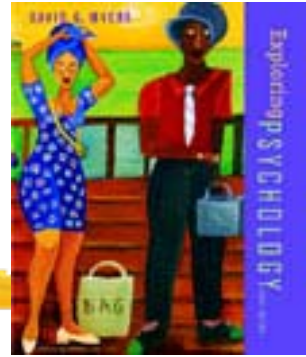
Lost job

Internal beliefs:
My boss is a jerk.
I deserve something better.

No depression

- A cognitive perspective on psychological disorders

Cognitive Therapy



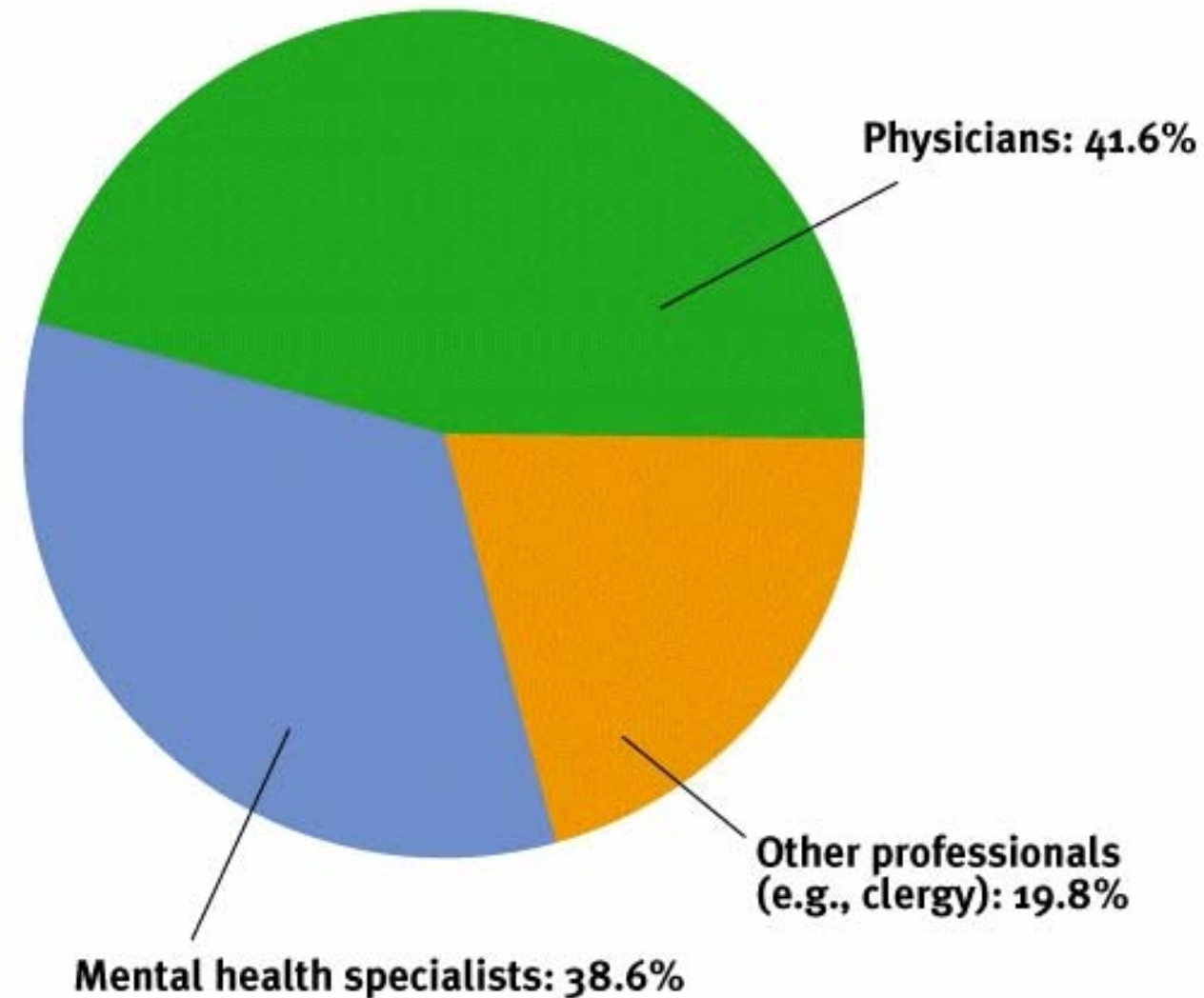
- Cognitive-Behavioral Therapy
 - a popular integrated therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)

Group and Family Therapies



- Family Therapy
 - treats the family as a system
 - views an individual's unwanted behaviors as influenced by or directed at other family members
 - attempts to guide family members toward positive relationships and improved communication

Evaluating Psychotherapies

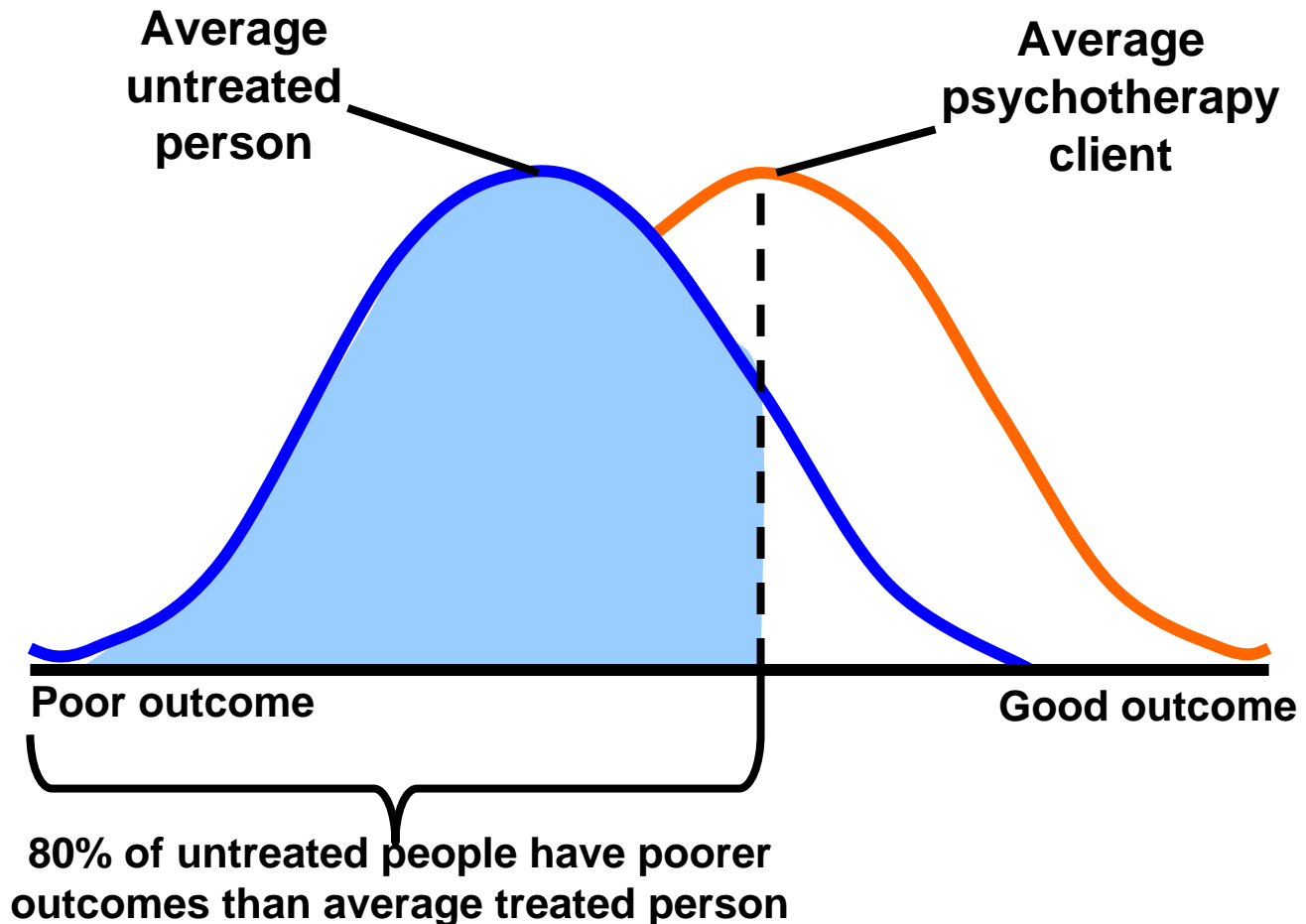


- To whom do people turn for help for psychological difficulties?

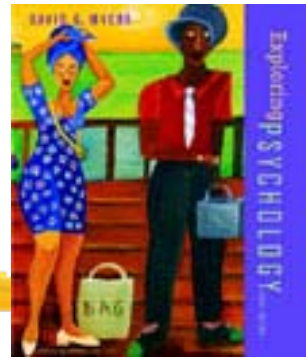
Evaluating Psychotherapies



Number of
persons



Therapists and their Training



- Clinical psychologists
 - Most are psychologists with a Ph.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship
 - About half work in agencies and institutions, half in private practice

Therapists and their Training



- Clinical or Psychiatric Social Worker
 - A two-year Master of Social Work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems
 - About half have earned the National Association of Social Workers' designation of clinical social worker

Therapists and their Training



■ Counselors

- Marriage and family counselors specialize in problems arising from family relations
- Pastoral counselors provide counseling to countless people
- Abuse counselors work with substance abusers and with spouse and child abusers and their victims

Therapists and their Training



■ Psychiatrists

- Physicians who specialize in the treatment of psychological disorders
- Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s they can prescribe medications. Thus, they tend to see those with the most serious problems
- Many have a private practice

Drug Therapies



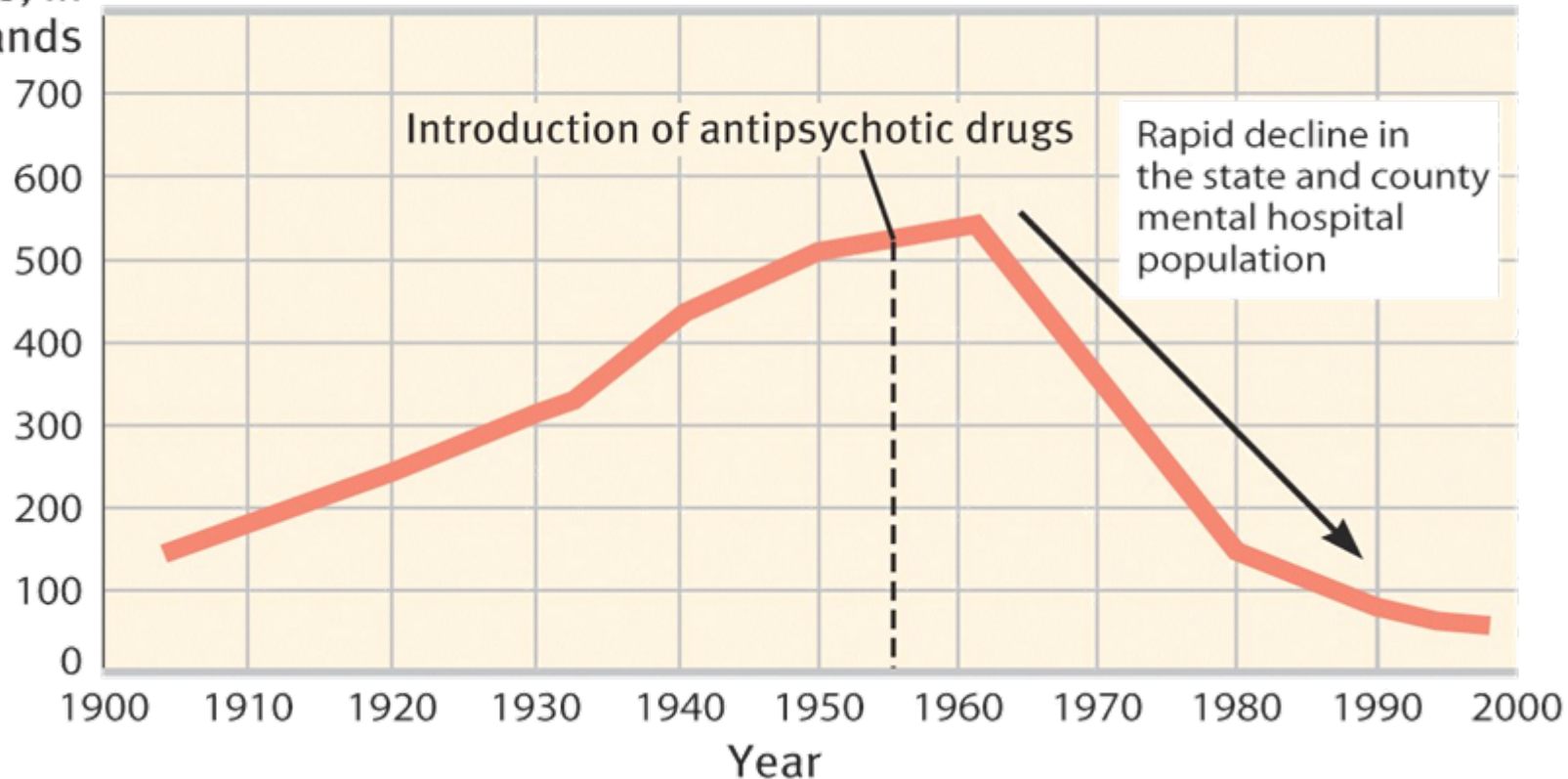
- Psychopharmacology
 - study of the effects of drugs on mind and behavior
- Lithium
 - chemical that provides an effective drug therapy for the mood swings of bipolar (manic-depressive) disorders

Drug Therapies



- The emptying of U.S. mental hospitals

State and county
mental hospital
residents, in
thousands



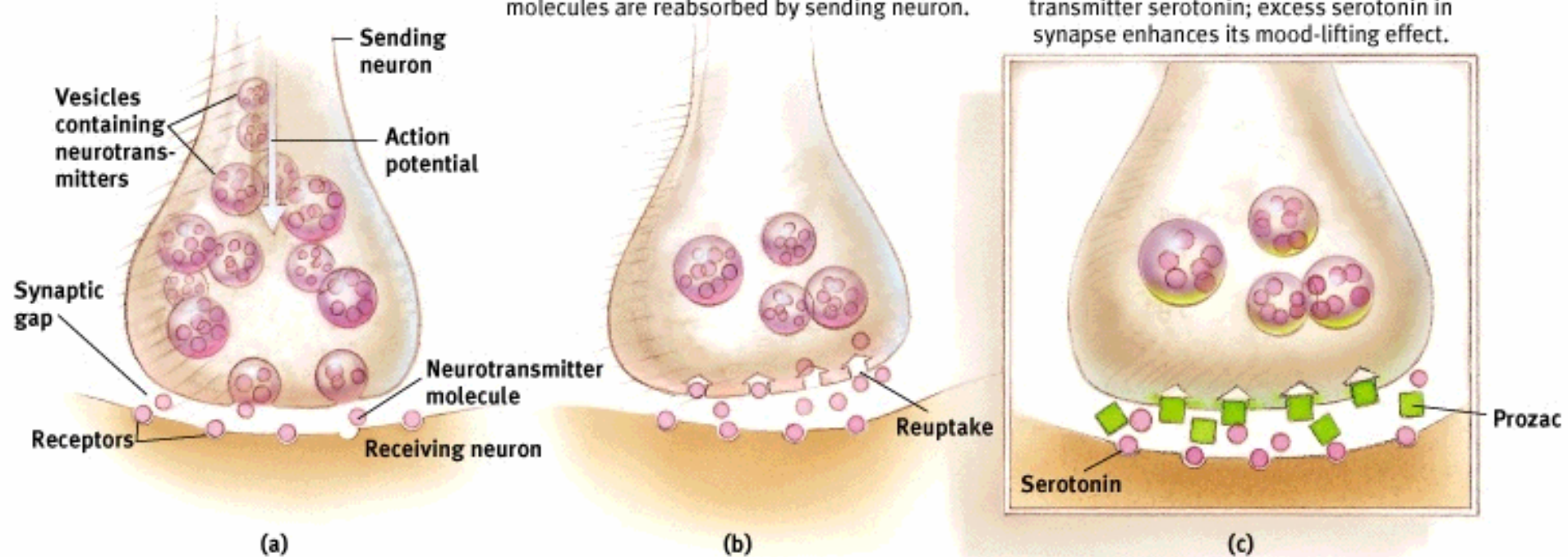
Drug Therapies



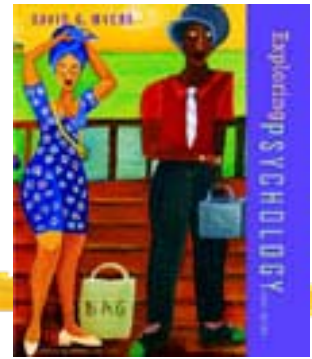
Message is sent across synaptic gap.

Message is received; excess neurotransmitter molecules are reabsorbed by sending neuron.

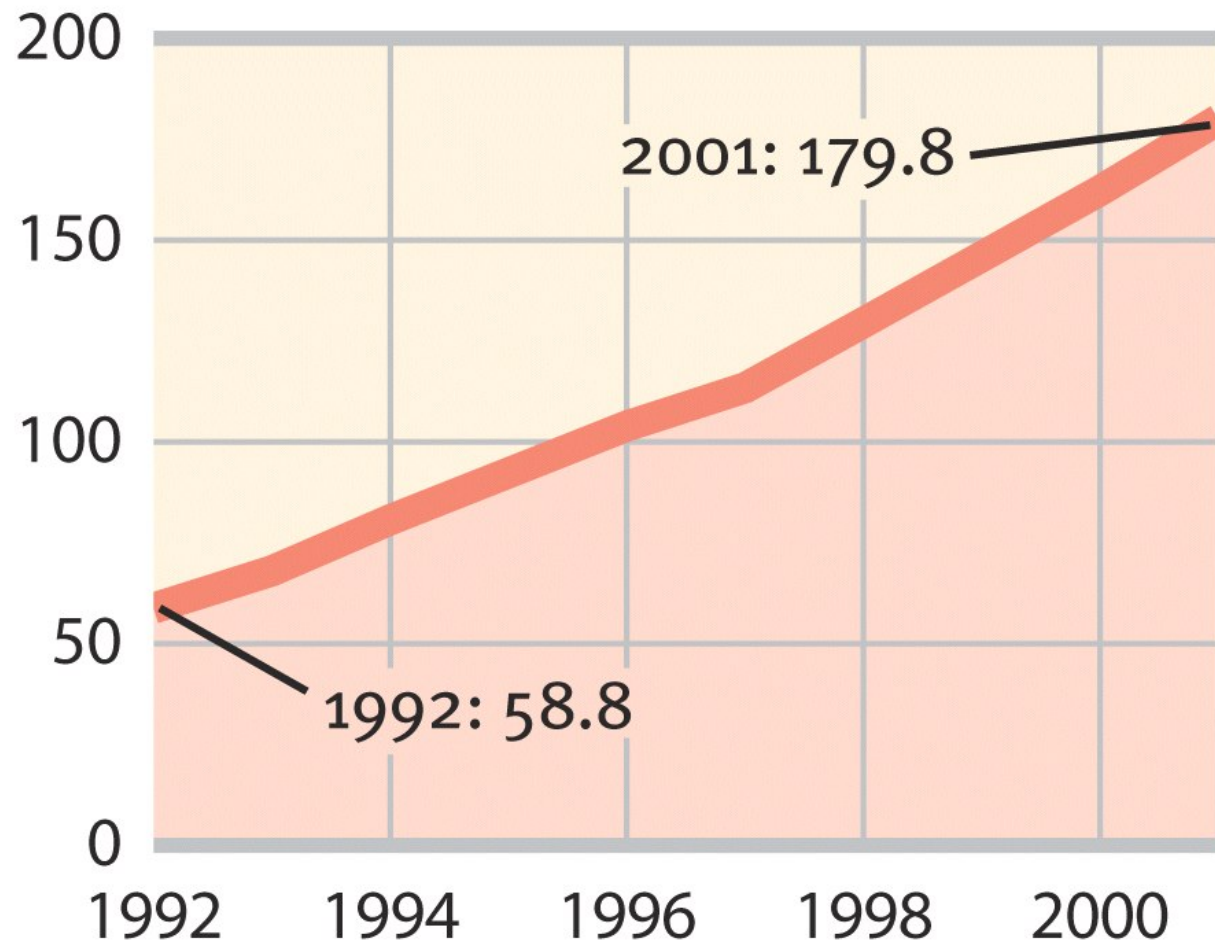
Prozac blocks normal reuptake of the neurotransmitter serotonin; excess serotonin in synapse enhances its mood-lifting effect.



Drug Therapies



Total antidepressant
prescriptions in the
U.S., including refills
(millions)

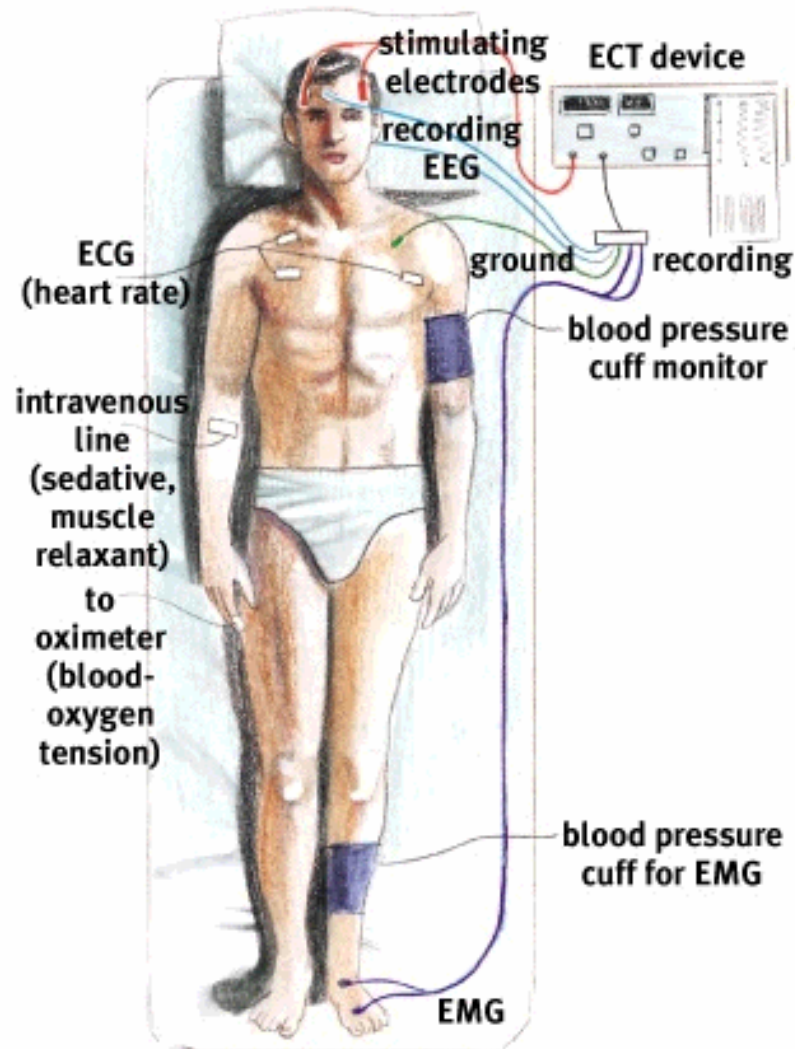


Biomedical Therapies



- **Electroconvulsive Therapy (ECT)**
 - therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient
- **Psychosurgery**
 - surgery that removes or destroys brain tissue in an effort to change behavior
 - lobotomy
 - now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients

Electroconvulsive Therapy



Mind-Body Interaction

