

# Psychological Therapies

## Chapter 15

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LO 15.1 Two modern ways to treat psychological disorders

### Therapy

- **Therapy** - treatment methods aimed at making people feel better and function more effectively.
- **Psychotherapy** – therapy in which a person with a problem talks with a psychological professional.
  - **Insight therapies** - goal is helping people to gain insight with respect to their behavior, thoughts, and feelings.
  - **Action therapy** - goal is to change disordered or inappropriate behavior directly.
- **Biomedical therapy** - a person is treated with biological or medical methods to relieve symptoms.

Menu

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LO 15.1 Two modern ways to treat psychological disorders

### Treatment in the Past

- Mentally ill people began to be confined to institutions called asylums in the mid-1500s.
- Treatments were harsh and often damaging.
- Philippe Pinel became famous for demanding that the mentally ill be treated with kindness, personally unlocking the chains of inmates in France.



Menu

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LO 15.2 Elements of Freud's psychoanalysis and psychoanalysis today

## Freud's Psychoanalysis

- **Psychoanalysis** - an insight therapy based on the theory of Freud, emphasizing the revealing of unconscious conflicts.
  - **Dream interpretation**
    - **Manifest content** - the actual content of one's dream.
    - **Latent content** - the symbolic or hidden meaning of dreams.
  - **Free association** - a patient was encouraged to talk about anything that came to mind without fear of negative evaluations.



"Don't worry. Artificial about denou- ing the doctor are perfectly normal." ©The New York Collection. All rights reserved.

[Menu](#)

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LO 15.2 Elements of Freud's psychoanalysis and psychoanalysis today

## Freud's Psychoanalysis

- **Resistance** - when a patient becomes reluctant to talk about a certain topic, either changing the subject or becoming silent.
- **Transference** - the tendency for a patient or client to project positive or negative feelings for important people from the past onto the therapist.

[Menu](#)

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LO 15.2 Elements of Freud's psychoanalysis and psychoanalysis today

## Psychoanalysis Today

- **Psychodynamic therapy** - a newer and more general term for therapies based on psychoanalysis, with an emphasis on transference, shorter treatment times, and a more direct therapeutic approach.
- **Nondirective** - the therapist remains relatively neutral and does not interpret or take direct actions with regard to the client, instead remaining a calm, nonjudgmental listener while the client talks.
- **Directive** - the therapist actively gives interpretations of a client's statements and may suggest certain behavior or actions.

[Menu](#)

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LO 15.4 Behavior therapists' use of classical and operant conditioning

Behavioral Therapy and Classical Conditioning

- **Systematic desensitization** - behavior technique used to treat phobias, in which a client is asked to make a list of ordered fears and taught to relax while concentrating on those fears.
- **Counterconditioning** - replacing an old conditioned response with a new one by changing the unconditioned stimulus.

Menu

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LO 15.4 Behavior therapists' use of classical and operant conditioning

Behavioral Therapy and Classical Conditioning

- **Aversion therapy** - form of behavioral therapy in which an undesirable behavior is paired with an aversive stimulus to reduce the frequency of the behavior.
- **Flooding** - technique for treating phobias and other stress disorders in which the person is rapidly and intensely exposed to the fear-provoking situation or object and prevented from making the usual avoidance or escape response.

Menu

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LO 15.4 Behavior therapists' use of classical and operant conditioning

Behavioral Therapy and Operant Conditioning

- **Modeling** - learning through the observation and imitation of others.
  - **Participant modeling** - a model demonstrates the desired behavior in a step-by-step, gradual process while the client is encouraged to imitate the model.
- **Reinforcement** - the strengthening of a response by following it with a pleasurable consequence or the removal of an unpleasant stimulus.

Menu

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LO 15.4 Behavior therapists' use of classical and operant conditioning

### Behavioral Therapy and Operant Conditioning

- **Token economy** - the use of objects called tokens to reinforce behavior in which the tokens can be accumulated and exchanged for desired items or privileges.
- **Contingency contract** – a formal, written agreement between the therapist and client (or teacher and student) in which goals for behavioral change, reinforcements, and penalties are clearly stated.

[Menu](#)

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LO 15.4 Behavior therapists' use of classical and operant conditioning

### Behavioral Therapy and Operant Conditioning

- **Extinction** – the removal of a reinforcer to reduce the frequency of a behavior.
- **Time-out** - an extinction process in which a person is removed from the situation that provides reinforcement for undesirable behavior, usually by being placed in a quiet corner or room away from possible attention and reinforcement opportunities.



[Menu](#)

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LO 15.6 Goals of cognitive therapy

## Cognitive Therapy

- **Cognitive therapy** - therapy in which the focus is on helping clients recognize distortions in their thinking and replace distorted, unrealistic beliefs with more realistic, helpful thoughts.
- **Cognitive Distortions based on Beck's Cognitive Therapy:**
  - **Arbitrary inference** – distortion of thinking in which a person draws a conclusion that is not based on any evidence.
  - **Selective thinking** - distortion of thinking in which a person focuses on only one aspect of a situation while ignoring all other relevant aspects.

[Menu](#)

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LO 15.6 Goals of cognitive therapy

## Cognitive Therapy

- **Cognitive Distortions:**
  - **Overgeneralization** - distortion of thinking in which a person draws sweeping conclusions based on only one incident or event and applies those conclusions to events that are unrelated to the original.
  - **Magnification and minimization** - distortions of thinking in which a person blows a negative event out of proportion to its importance (magnification) while ignoring relevant positive events (minimization).
  - **Personalization** - distortion of thinking in which a person takes responsibility or blame for events that are unconnected to the person.

Menu

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## Cognitive Therapy

The diagram illustrates two paths from a 'Lost job' event. In the first path, 'Lost job' leads to 'Internal beliefs: I'm worthless. It's hopeless.', which leads to 'Depression'. In the second path, 'Lost job' leads to 'Internal beliefs: My boss is a jerk. I deserve something better.', which leads to 'No depression'. A central text block states: 'A cognitive perspective on psychological disorders'.

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LO 15.6 Goals of cognitive therapy

## Cognitive-Behavioral Therapies

- **Cognitive-behavioral therapy (CBT)** - action therapy in which the goal is to help clients overcome problems by learning to think more rationally and logically.
- **Three goals:**
  - Relieve the symptoms and solve the problems.
  - To develop strategies for solving future problems.
  - To help change irrational, distorted thinking.

Menu

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LO 15.6 Goals of cognitive therapy

### Rational-Emotive Therapy

- Rational-emotive behavior therapy (REBT) - cognitive-behavioral therapy in which clients are directly challenged in their irrational beliefs and helped to restructure their thinking into more rational belief statements.

Menu

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### Rational Emotive Therapy

- Albert Ellis ABC's of R ET
  - Activating event
  - Beliefs
  - Consequences (emotional)
- Therapy Goals
  - ID core irrational beliefs
  - Roots of Catastrophic Thinking
    - I must have love and affection from certain people.
    - I must perform well in all endeavors.
    - Other people should always behave competently and be considerate of me.
    - Events should always go the way I like.
- D & E
  - Dispute beliefs
  - new Emotional consequence

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LO 15.6 Goals of cognitive therapy

### Success of CBT

- CBT has seemed successful in treating depression, stress disorders, and anxiety.
- Criticized for focusing on the symptoms and not the causes of disordered behavior.

Menu

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LO 15.7 Types of group therapy

### Types of Group Therapy

- Family counseling (family therapy) - a form of group therapy in which family members meet together with a counselor or therapist to resolve problems that affect the entire family.



- Self-help groups (support groups) - a group composed of people who have similar problems and who meet together without a therapist or counselor for the purpose of discussion, problem solving, and social and emotional support.



[Menu](#)

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LO 15.8 Effectiveness of psychotherapy

### Eye Movement Desensitization Reprocessing

- Eye-movement desensitization reprocessing (EMDR) – controversial form of therapy for posttraumatic stress disorder and similar anxiety problems in which the client is directed to move the eyes rapidly back and forth while thinking of a disturbing memory.
- Need more controlled studies.

[Menu](#)

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LO 15.8 Effectiveness of psychotherapy

### Effectiveness of Psychotherapy

- Psychotherapy is more effective than no treatment at all.
- From 75 to 90 percent of people who receive therapy improve, the longer a person stays in therapy the better the improvement, and psychotherapy works as well alone as with drugs.
- Some types of psychotherapy are more effective for certain types of problems, and no one psychotherapy method is effective for all problems.
  - Effective therapy should be matched to the particular client and the particular problem,

[Menu](#)

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LO 15.8 Effectiveness of psychotherapy

### Effectiveness of Psychotherapy

- Eclectic therapies - therapy style that results from combining elements of several different therapy techniques.
- Therapeutic alliance - the relationship between therapist and client that develops as a warm, caring, accepting relationship characterized by empathy, mutual respect, and understanding.

[Menu](#)

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LO 15.8 Effectiveness of psychotherapy

### Culture and Psychotherapy

- When the culture, ethnic group, or gender of the therapist and the client differs, misunderstandings and misinterpretations can occur.
- Four barriers to effective psychotherapy that exist when the backgrounds of client and therapist differ are language, cultural values, social class, and nonverbal communication.

[Menu](#)

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LO 15.9 Types of drugs used to treat psychological disorders

### Drug Treatments

- Biomedical therapies – therapies that directly affect the biological functioning of the body and brain.
- Psychopharmacology - the use of drugs to control or relieve the symptoms of psychological disorders.
  - Antipsychotic drugs - drugs used to treat psychotic symptoms such as delusions, hallucinations, and other bizarre behavior.

[Menu](#)

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LO 15.9 Types of drugs used to treat psychological disorders

### Drug Treatments

- **Antianxiety drugs** - drugs used to treat and calm anxiety reactions, typically minor tranquilizers.
- **Antimanic drugs** - used to treat bipolar disorder and include lithium and certain anticonvulsant drugs.
- **Antidepressant drugs** - drugs used to treat depression and anxiety.

[Menu](#)

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LO 15.10 Electroconvulsive therapy and psychosurgery

### Electroconvulsive Therapy

- **Electroconvulsive therapy (ECT)** - form of biomedical therapy to treat severe depression in which electrodes are placed on either one or both sides of a person's head and an electric current is passed through the electrodes that is strong enough to cause a seizure or convulsion.  

- **Bilateral ECT** - electroconvulsive therapy in which the electrodes are placed on both sides of the head.
- **Unilateral ECT** - electroconvulsive therapy in which the electrodes are placed on only one side of the head and the forehead.

[Menu](#)

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LO 15.10 Electroconvulsive therapy and psychosurgery

### Psychosurgery

- **Psychosurgery** - surgery performed on brain tissue to relieve or control severe psychological disorders.
- **Prefrontal lobotomy** - psychosurgery in which the connections of the prefrontal lobes of the brain to the rear portions are severed.
- **Bilateral cingulotomy** - psychosurgical technique in which an electrode wire is inserted into the cingulate gyrus area of the brain with the guidance of a magnetic resonance imaging machine for the purpose of destroying that area of brain tissue with an electric current.

[Menu](#)

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