Treatment of Psychological Disorders
Origins of Therapy

Psychotherapy Approaches
- Psychoanalytic, Humanistic (Insight), Behavioral, Cognitive
- Individual vs. Group

Medical Treatments
- Pharmacotherapy, Electrical stimulation therapy, Psychosurgery
Origins Of Therapy

- Historical evidence indicates some form of treatment of abnormal behavior has existed since Stone Age
- Crude surgical procedures/superstitious treatments to combat supernatural forces
- 1793 Paris emotionally disturbed first regarded as “mentally ill” and given compassionate treatment
Treatment of Psychological Disorders
Outline

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Psychotherapy

The general term that refers to all interactions between a trained therapist and someone suffering from psychological difficulties

Four types: *Psychoanalytic, Humanistic (Insight), Behavioral, Cognitive*
Psychoanalysis

• Freud's therapy
• Freud used *free association*, hypnosis and dream interpretation to gain insight into client’s unconscious
Psychoanalytic Methods

Psychotherapists use their techniques to overcome *resistance* by the client

- When the client is “blocking” the flow of ideas during free association, psychoanalysts say they indicate particularly important unconscious conflicts
- Psychoanalyst wants client to become aware of the resistance and together interpret it’s underlying meaning
Transference

In psychoanalysis, the patients very often engage in *transference* - transferring emotions linked with other relationships to the analyst.

As patient re-experiences repressed emotions, therapist can help patient recognize and understand them.
Is Freudian psychoanalysis still used?

Kinda…

- Historically psychoanalysis called for three to five sessions a week, often for many years
- A criticism was that patients might have gotten better not because of the treatment, but just because of the passage of time
  - Symptoms could be spontaneously going into remission on their own
- This criticism has lead psychologists to try new techniques
  - Recent success found with certain forms of more brief and focused forms of psychotherapy
    - Especially helping depressed people improve their relationship with others
Humanistic Therapy

Aka *insight therapy*

- Helps people gain deeper understanding of their thoughts, emotions, and behavior
- More optimistic than Freudian psychoanalysis
- Focus on present and future instead of past
- Take responsibility for your actions -- instead of blaming childhood anxieties
- Have patient come to that “a-ha” moment that will help alter thoughts/behavior moving forward
- Focus on people’s potential for self-actualization
Most widely used Humanistic technique is…

**Client- (Person-) Centered Therapy**

- Developed by Carl Rogers

Therapist does not make interpretations or pass judgment during session, instead helps client do it themselves

Demonstrates *empathy, authenticity, and unconditional positive regard* as client speaks

Therapist also engages in *active listening* by rephrasing, summarizing, and/or repeating client’s thoughts and feelings, acting like a psychological “mirror”

“How does that make you feel?”

Rogers felt that helping client develop realistic self-image and greater self-acceptance leads to client discovering solutions to life’s problems
Behavior Therapies

Therapy that applies learning principles to the elimination of unwanted behaviors

The behaviors are causing us emotional discomfort -- so we must change the behaviors

What are the two ways we learn?
Classical Conditioning Techniques

**Counterconditioning**

- A behavioral therapy that conditions new responses to stimuli that trigger unwanted behaviors

Two Types: *Aversive therapy* and *desensitization*
Aversive Therapy

A type of counterconditioning that associates an unpleasant state with an unwanted behavior

How would putting hot sauce on the fingernails of a nail biter affect their behavior?
Aversive Therapy

UCS (drug) → UCR (nausea)

CS (alcohol) + UCS (drug) → UCR (nausea)

CS (alcohol) → CR (nausea)
Desensitization
A type of counterconditioning that associates a pleasant relaxed state with anxiety-triggering stimuli

How would I use desensitization to reduce my fear of mice?
I could use…

*Exposure Therapy*: While in a relaxed state, expose myself to a stuffed mouse, then a taxidermy mouse, then a dead mouse, and eventually a live mouse.

- Key is to progressively move me toward the goal by keeping me relaxed during incremental steps.
I could also use...

**Flooding**: Expose myself all at once and realize it is not that bad

- Other examples: Public speaking, rollercoasters
Virtual Technology Exposure Therapy
Remember this?
Learning based on the consequences (reinforcement or punishment) of making a response
Works with voluntary behaviors
Can be used to stop negative behaviors or promote positive behaviors
Stopping Negative Behavior

- **Extinction**: Eliminate reinforcement and behavior will stop
  - Ex. When child has temper tantrums, parent reacts. This acts as reinforcement. Parent stops reacting to temper tantrums and they stop.
Promoting Positive Behavior

*Token Economy*: An operant conditioning procedure that rewards a desired behavior

Client exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats
Cognitive Therapies

Instead of only addressing behavior, cognitive therapies teaches people new, more adaptive ways of thinking.

- Based on the assumption that thoughts drive our behaviors
- Applies to more cognitive disorders, like depression
Aaron Beck And His View Of Depression

• Noticed that depressed people were similar in the way they viewed the world. They are guilty of:
  – *Selective perception*, instead teaching client how to focusing on both the good and bad instead of the bad
  – *Overgeneralization*, or the feeling upsetting events apply to other aspects of life
  – *All or nothing thinking*, or the feeling that events are completely good or bad, right or wrong, etc.

• Used cognitive therapy get clients to take off “dark sunglasses” in which they view their surroundings – look at world in more positive light
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
Cognitive Therapy- Does It Work?

![Graph showing depression scores before and after therapy for waiting list and cognitive training patients. Cognitive training patients show significantly lower depression scores after therapy.](image-url)
Individual vs. Group Therapies

Most psychoanalytical approaches to therapy can be used in a group setting as well.

Can be just as effective as individual therapy, if not more effective.

Examples:

- Psychodrama: Act out personal conflicts with others playing supporting roles (including role reversals is powerful).
- Family/couples therapy: Group treated as unit, work together to solve group issues.
- Group awareness training: Sensitivity groups, encounter groups.
So, Which Approach Is Best?

It depends…

- **Behavioral therapies** are the most effective in addressing specific behavioral problems, like bed-wetting, phobia, and compulsions.
- **Cognitive therapies** are good at helping people with depression and thoughts of suicide.
- Psychology is a young science and the efficacy of different treatment methods are constantly being scrutinized and techniques refined.
- Most psychologists actually do not limit themselves to just one approach…
Most Psychologists Use An Eclectic Approach

The most popular form of therapy -- basically smorgasbord where therapist combines techniques from different schools of psychology
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Pharmacotherapy

Most psychologists DO NOT treat patients with severe conditions – psychiatrists do

- Psychiatrists have medical licenses and can prescribe medicine

Three major types of drugs are used in pharmacotherapy

- **Anxiolytics**: produce relaxation or reduce anxiety (ex. Valium)
- **Antidepressants**: Mood elevating drugs that combat depression
- **Antipsychotics**: Have tranquilizing effects; also reduce hallucinations and delusions

Limitations: Risk of mild to serious side effects; cost vs. benefit must be considered
Electrical Stimulation Therapy

Alter the electrical stimulation in the brain
Widely used since the 1940s, still very controversial

*Electroshock*
- 150 volt current passed through brain for slightly less than a second
- Causes a seizure thought to alter biochemical and/or hormonal imbalances in brain.

*Implanted Electrodes*
- Inserted directly into brain tissue; allows shocks to be more targeted
Psychosurgery

Most extreme treatment – irreversible surgical alteration of the brain

*Lobotomy*
- Disconnect one lobe of brain from others
- Used if the one area of the brain is adversely affecting the functionality of another area of the brain
- Limited success; many serious side effects

*Deep lesioning*
- Destruction of small target areas of brain
- Can help with some very specific disorders
A Reader’s Theater: Cinderella’s Therapists

I will give each group a script

Select someone to perform each role

- Moderator
- Two therapists
- Cinderella

Study parts, then perform

Rest of class will try to decide which approach therapist favors:

1. Psychoanalytic
2. Humanistic
3. Behavioral
4. Cognitive
5. Pharmacotherapy
6. Electrical Stimulation Therapy
7. Psychosurgery