

Week 13

Psychological Treatments

Psychotherapies

- Psychoanalytic Therapies
 - Free association
 - Dream analysis
 - manifest content
 - latent content
 - Resistance
 - Transference



Humanistic Therapies

- Rogers' Client-Centred Therapy
 - conditions of worth
 - unconditional positive regard
 - accurate empathy
 - primary empathy (mirroring)
 - advanced empathy

Humanistic Therapies

- Gestalt Therapy
 - aim to foster a well-integrated or psychologically whole personality
 - get in touch with feelings, express them honestly, accept responsibility for them
 - use first person singular and the active voice

Behaviour and Cognitive- Behaviour Therapies

- Behaviour therapies
 - attempt to change maladaptive thoughts, feelings, and behaviours
 - assume that the same learning principles that govern normal behaviour are responsible as well for abnormal behaviour

Therapies based on classical and operant conditioning

- exposure-based treatments
 - repeated pairing of neutral stimulus with another stimulus that evokes an involuntary response
- systematic desensitization
 - based on principle that anxiety and relaxation are incompatible

Therapies based on classical and operant conditioning

- Flooding
 - intense, rapid exposure to fearful stimuli
- aversion conditioning
 - problem behaviour is paired repeatedly with aversive stimuli (e.g. shock)
- time out
 - withdraw rewards whenever behaviour occurs

Therapies based on classical and operant conditioning

- token economies
 - systematic rewards for desirable behaviours
- stimulus control
 - association between environment and the desired behaviour is achieved by eliminating all other options

Behaviour and Cognitive- Behaviour Therapies

- Therapies based on modelling
 - participant modelling
- Therapies based on cognitive restructuring
 - rational-emotive therapy (RET)
 - self-instructional training
 - cognitive therapy

Family-Systems Therapies

- Strategic approaches
 - paradoxical intention
- Structural family therapy
- Behavioural approaches
- Cognitive restructuring
- Psychoanalytic approach

Other Group Therapies

- Behaviour and cognitive therapy groups
 - social-skills groups, assertion groups, etc.
- Self-help groups
 - without the active involvement of a professional therapist

Eclectic Therapies

- Eclectic therapists
 - believe that an openness to different approaches allows them to tailor a treatment program to the needs of each patient

Biological Treatments

- Psychosurgery
 - prefrontal lobotomy
 - microsurgery
- Electroconvulsive Therapy (ECT)
 - “shock treatment”
 - effective in treatment of severe depression

Drug Therapies

- Anti-anxiety Drugs
 - barbiturates
 - propanediols
 - benzodiazepines



Drug Therapies

- Mood-Regulating Drugs
 - Antidepressants
 - MAO Inhibitors
 - SSRIs - Paxil, Zoloft, and Prozac
 - Lithium
 - allows body to regulate emotional ups and downs normally

Drug Therapies

- Antipsychotic Drugs
 - phenothiazines - Thorazine and Stelazine
 - help to alleviate active symptoms of psychosis
 - negative physical side effects
 - pseudoparkinsonism
 - tardive dyskinesia

The Effectiveness of Psychological Treatments

- Which is more effective, drug therapy or psychotherapy?