

# Chapter 15: Treatment of Psychological Disorders

PSY 100

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## Therapy

TREATMENT FOR ABNORMAL BEHAVIOR  
LOGICALLY DERIVES FROM WHAT ONE BELIEVES  
THE CAUSE OF THE ABNORMAL BEHAVIOR TO BE.

## Psychotherapy

### ■ Psychotherapy and its goals

#### ■ goals of psychotherapy

- achieving a cure for psychological problems
- provide support and caring for those who seek help

## Psychotherapy

## Psychotherapy

### ■ Where is psychotherapy done?

- Therapist's office
- Community mental health center
- Hospitals
- Schools
- in the home
- prisons

### ■ Who goes to therapy?

## Psychodynamic Therapy

### ■ Goal:

- Catharsis

### ■ Techniques

- Methods used to get at the unconscious
  - free association
  - dream analysis

## Psychodynamic Therapy

### ■ Manifest content

- The conscious, remembered aspects of a dream

### ■ Latent content

- The unconscious, unremembered, symbolic aspects of a dream

## Psychodynamic Therapy

- Interpretation of reactions
- interpretation of slips of the tongue
- brief psychodynamic therapy

## Behavior Therapies

### ■ Classical conditioning methods

- extinction
- Systematic desensitization
- Flooding
- Exposure with response prevention
- Aversion therapy
- Covert sensitization

## Behavioral Therapies

### ■ Instrumental conditioning

- token economy
- functional analysis
- behavioral contract
- Goal setting
- self-monitoring

## Cognitive-Behavioral Therapy

### ■ Albert Ellis

- Rational Emotive Behavior Therapy
  - Activating Event
  - Belief
  - Emotional Consequences
  - Disputing
  - New Emotions

### ■ Aaron Beck

- Cognitive restructuring

# Cognitive Distortions

- All-or-nothing thinking
- Overgeneralization
- Mental filter
- Discounting the positive
- Jumping to conclusions
- Magnification
  
- Emotional reasoning
- Shoulding on yourself
- Musturbation
- Labeling
- Personalization
- Blame

# Humanistic Therapy

- Client-centered therapy
  - Carl Rogers
    - Active listening
    - Reflection
    - Genuineness
    - Empathic Understanding
    - Unconditional Positive Regard

# Other types of therapy

- Gestalt therapy
- Eclecticism and Integration
- Group and family approaches to treatment

# Effectiveness of Therapy

- Eysenck's Decision
- Effectiveness vs. Efficacy
- Consumer Reports
- Meta-Analyses
- Myths about delivering therapy

# Drug Therapy

- History
- Lithium—First drug used
- Antianxiety drugs
  - Valium
- Antipsychotic drugs
  - Thorazine
  - Zyprexa

## Drug Therapy

- Antidepressant drugs
  - MAO Inhibitors
  - Tricyclics
    - Elavil
    - Mellorill
  - Selective Serotonin Reuptake Inhibitors
    - Prozac
    - Effexor
    - Zoloft
    - Paxil

## Drug Therapy

- How SSRIs work:

## The Good, The Bad and The Ugly on Prozac

- Ugly:
  - 1999: 10 million U.S. citizens on SSRIs
    - More worldwide
  - Antidepressant sales in 2000:
    - 10.2 **BILLION** dollars
- The Good
  - People who use them say that SSRIs work

## The Good, The Bad and The Ugly on Prozac

- SSRIs help:
  - Decrease depression
  - Decrease anxiety
  - Decrease symptoms of OCD
  - Decrease symptoms of Eating Disorders
  - Increase self-esteem
  - Increase sluggish thoughts
  - Helps with creativity
  - Decreases disabling sensitivity

# The Good, The Bad and The Ugly on Prozac

## ■ Bad:

- Prozac as poster boy for SSRIs
- No clear evidence that Prozac actually works
- Side effects are worse than reported
- Withdrawal symptoms
- Drug culture
- Brain changes with long-term use of Prozac

# The Good, The Bad and The Ugly on Prozac

- Birth defects associated with use
- Looks like an amphetamine, smells like an amphetamine, acts like an amphetamine
  - Do I need to go further?

# Electroconvulsive Therapy

## ■ History of ECT

## ■ Still done

- 100,000 per year
  - 2x as high as 40 years ago

## ■ Effective if done right

- Most effective with people who have intractable depression

## Concluding Thoughts

- Abnormal behavior will always be a part of our culture
- psychologists will always be in demand
- A need to determine the most effective (in terms of time and cost) treatments
- Even if we are unable to help an individual get "better" we have a responsibility that began, once again, with Hippocrates: "Do no more harm."

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