

Ch. 17 Test

Multiple Choice and one essay

Important notes

- This review is no substitute for a careful reading of the chapter.
- Other reviews would include studying the chapter notes or visiting the text book website as previously discussed in class.
- The questions for the test were given to you last week on a study guide.

Psychodynamic Therapy

aka *Psychoanalysis (Sigmund Freud)*

Methods

1. Central approach: *free association*
2. *Resistance*: blocking anxieties from consciousness during therapy
3. *Transference*: expressing feelings from other relationships toward your therapist
4. *Interpretation*: leads to *insight* about the patient's difficulties
5. Focuses on childhood experiences

Psychodynamic therapy

- 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

Therapy- Psychoanalysis

- Interpretation

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

Humanistic Therapy

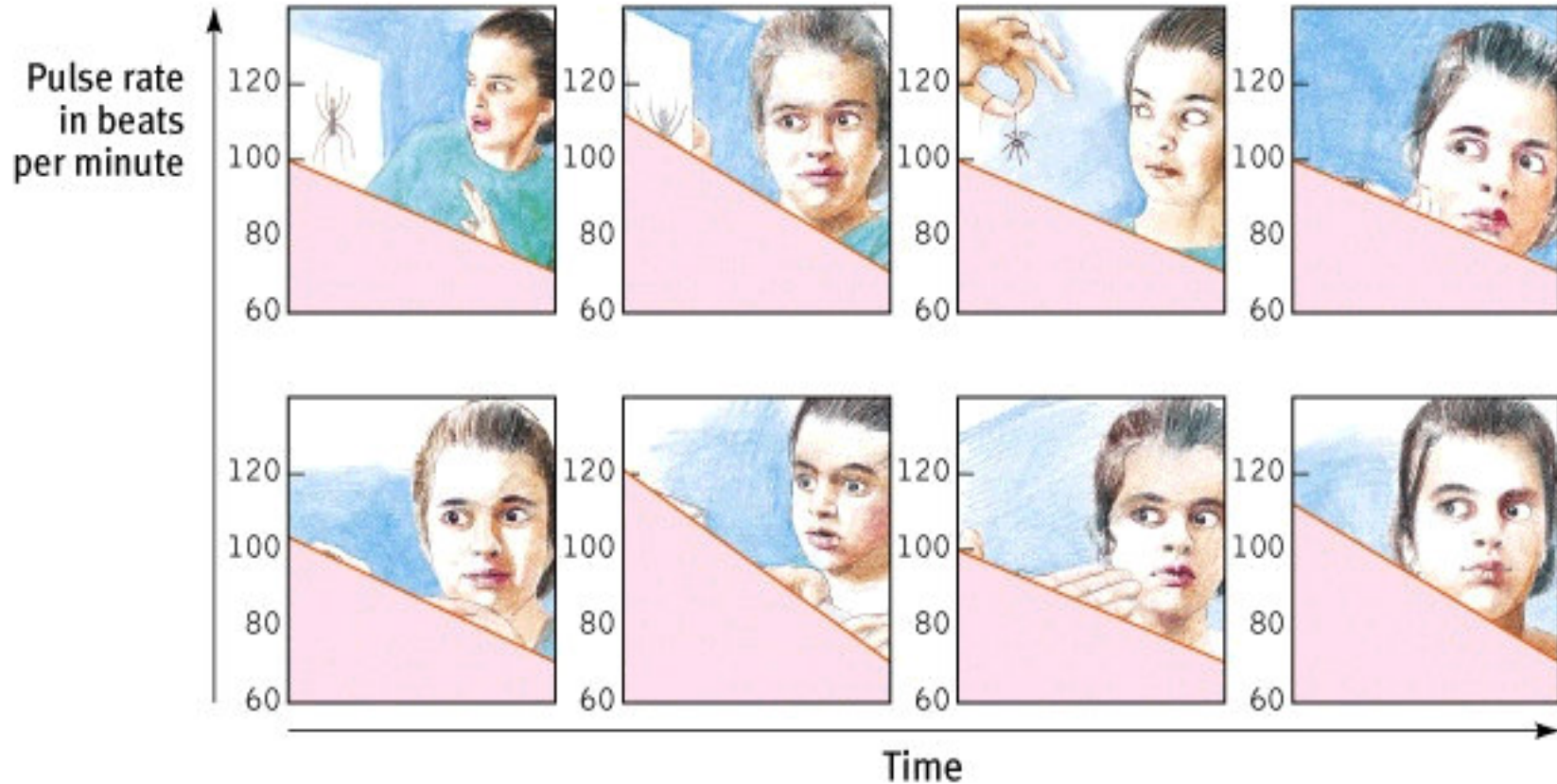
- Client-Centered Therapy
 - humanistic therapy developed by Carl Rogers
 - therapist uses techniques such as *active listening* within a genuine, accepting, empathic environment to facilitate clients' growth
- Active Listening
 - empathic listening in which the listener echoes, restates, and clarifies

Behavior Therapies

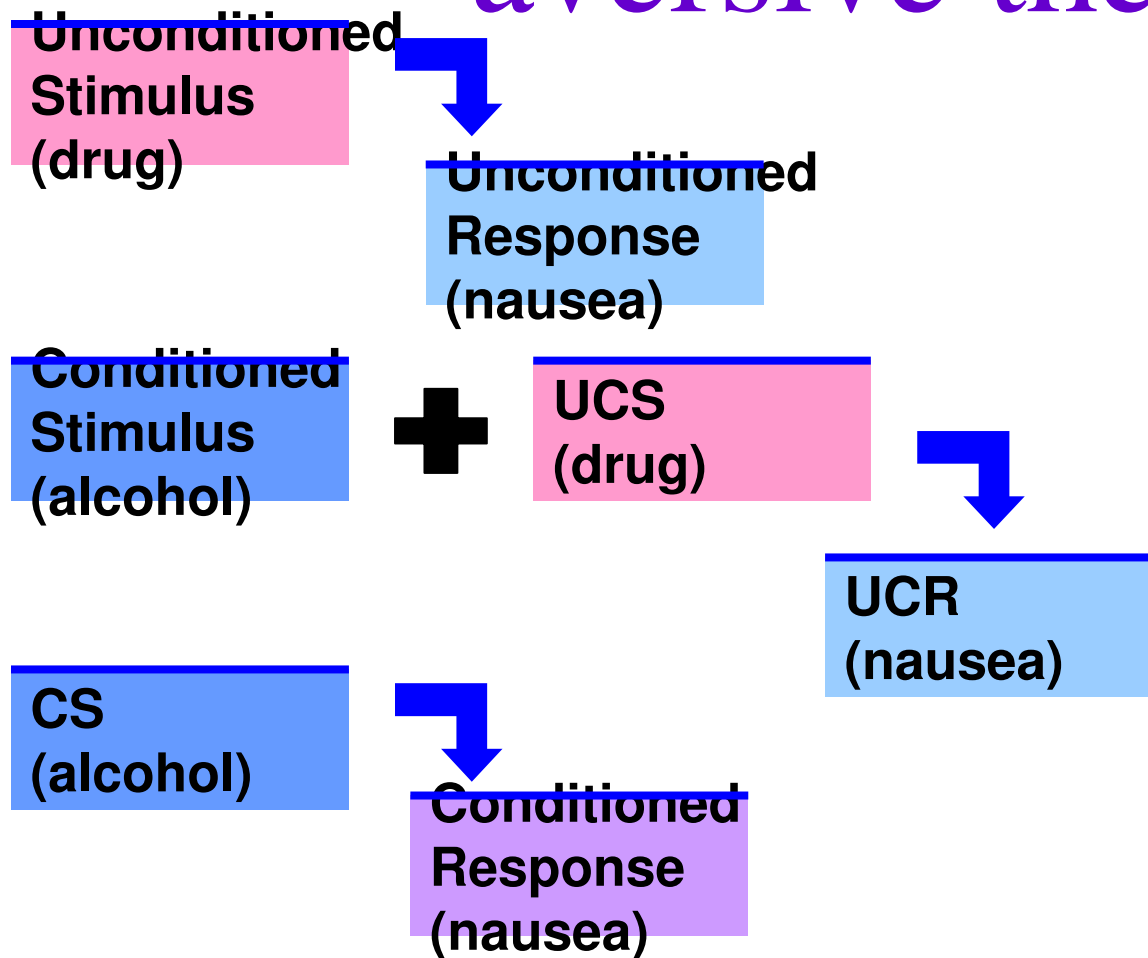
- **Systematic Desensitization** (see page 692)
 - type of counter-conditioning
 - The key is to associate a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli
 - commonly used to treat phobias
- **Aversive Conditioning** type of counter-conditioning that associates an unpleasant state with an unwanted behavior
 - nausea ---> alcohol

Behavior Therapy

- Systematic Desensitization: step by step process for learning *to relax* to the stimulus of a frightening spider



Behavior Therapy: aversive therapy



- Aversion therapy for alcoholics
- Drug causing nausea is presented with alcohol
- Patient learns through conditioning to associate alcohol with getting sick, and averts the behavior of drinking

Behavior Therapy

- Token Economy 693
 - 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
 - Example: reward yourself 1 “point” for every pound lost. When you get to ten, you get to go to a movie.

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
 - These thoughts can be *irrational* and must be changed for improvement to occur

Is Psychotherapy Effective?

It is difficult to gauge the effectiveness of psychotherapy because there are different levels upon which its effectiveness can be measured.

1. Does the patient sense improvement?
2. Does the therapist feel the patient has improved?
3. How do friends and family feel about the patient's improvement?

Client's Perceptions of therapy

If you ask clients about their experiences of getting into therapy, they often overestimate its effectiveness.

1. Clients enter therapy in crisis, but crisis may subside over the natural course of time (regression to normalcy).
2. Clients may need to believe the therapy was worth the effort.
3. Clients don't want to feel they wasted \$.
4. Clients generally speak kindly of their therapists.

Group Therapies

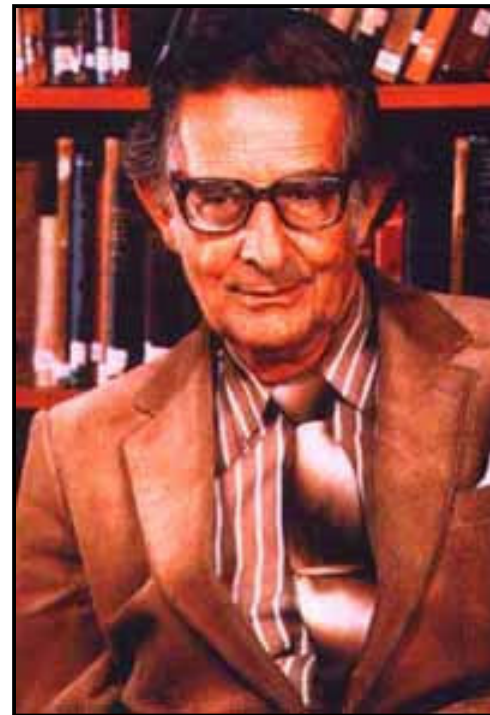
- Family Therapy

- 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

Does psychotherapy work?

Hans Eysenck:

In the 1950s he determined that psychotherapy is no more beneficial than no treatment at all.



Types of Outcomes of research on therapy

a. *meta-analysis*: statistically combines results of many studies

b. *regression toward the mean*

the more something is done the closer it gets to average

c. *double blind studies*

neither researcher nor subjects know who gets treatment

When is psychotherapy effective?

1. no type is consistently superior
2. behavior therapy best at specifics like a phobia
3. cognitive therapy best at depressed emotion treatment
4. Most effective when the problem is clear cut

Eye Movement Desensitization and Reprocessing (EMDR)

In EMDR therapy, the therapist attempts to unlock and reprocess previous frozen traumatic memories by waving a finger in front of the eyes of the client.

EMDR has not held up under scientific testing.

Light Exposure Therapy

Seasonal Affective Disorder (SAD), a form of depression, has been effectively treated by **light exposure therapy**. This form of therapy has been scientifically validated.



Courtesy of Christine Brune

Biomedical Therapies

Drug therapies

1. *psychopharmacology*: how a drug affect mind and behavior
2. *lithium*: used for bipolar disorder
3. *prozac*: depression
blocks reabsorption of *serotonin* from synapses
4. *anti psychotic* drugs block receptor sites for *dopamine*
5. One of the best alternatives to drugs: exercise

Preventing Psychological Disorders

Preventing psychological disorders means removing the factors that affect society.

Those factors that may need to be addressed are:

poverty,

meaningless work,

constant criticism,

unemployment,

racism, and sexism.

A. *Psychosurgery*

1. Removing or destroying brain tissue (*lobotomy*)

2. Not used very often

- a. Causes lethargy

- b. Irreversible

- c. Since the 1950s drugs more often used instead



Criticisms of behavior therapy

- a. new behaviors may not be intrinsic
- b. controlling behavior is unethical
- c. another symptom may replace the original one

Token Economy

In institutional settings therapists may create a token economy in which patients exchange a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.

This is an *operant behavior* conditioning strategy:

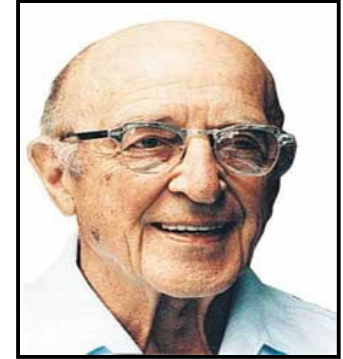
when the desired behaviors exhibited they are rewarded with some kind of “token” which is later exchange for some other reward like food or money.

Cognitive Therapy for Depression

Aaron Beck (1979) suggests that depressed patients believe that they **can never be happy** (thinking) and thus associate minor failings (e.g. failing a test [event]) in life as major causes for their depression.

Beck believes that cognitions such as “I can never be happy” need to change in order for depressed patients to recover. This change is brought about by gently questioning patients.

Humanistic Therapy and Carl Rogers



- 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
 - He emphasized the person's *inherent potential for self fulfillment*.

Behavior Therapy

Therapy that applies learning principles to the elimination of *unwanted behaviors*, rather than focusing on the *underlying causes*.

Thus, to treat *phobias* or sexual disorders, behavior therapists do not delve deeply below the surface looking for inner causes.

Eclectic therapy

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

Psychoanalysis: Criticisms

1. Psychoanalysis is hard to refute because it cannot be proven or disproven.
2. Psychoanalysis takes a long time and is very expensive.
3. It emphasizes the awareness of how the person was feeling in the past.

Cognitive-Behavior Therapy

Cognitive therapists often combine the reversal of self-defeated thinking with efforts to modify behavior.

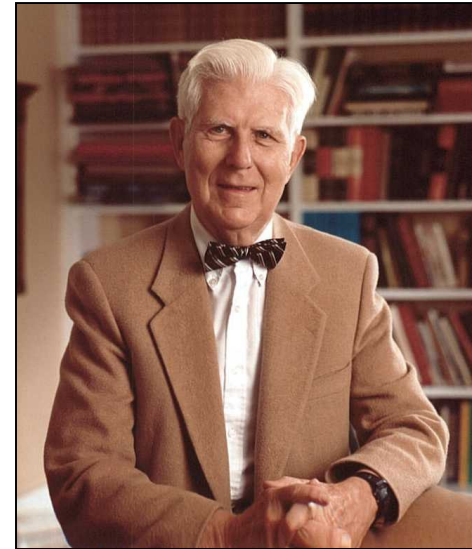
Cognitive-behavior therapy aims to alter the way people act (behavior therapy) and alter the way they think (cognitive therapy).

Irrational thinking and therapy

Cognitive therapy best treats
depression

Aaron Beck >>>>>>>>>>

*challenges patients to
discover their irrational
beliefs and thoughts*



Family Therapy

Family therapy treats the family as a system. Therapy guides family members toward positive relationships and improved communication.

Focuses on tensions in the family that may causes individuals to experience mental disorders or problems

Meta analyses of psychotherapy reveal

Though no type is consistently the best, here are
some advantaged approaches:

Disorder	Therapy
Depression	Behavior, Cognition, Interpersonal
Anxiety	Cognition, Exposure, Stress Inoculation
Bulimia	Cognitive-behavior
Phobia	Behavior
Bed Wetting	Behavior Modification

The Placebo Effect

Patients may simply believe in psychotherapy and this can lead to improvement in their condition

Thus, expectations that they'll get better leading to improvement are the result of the placebo effect

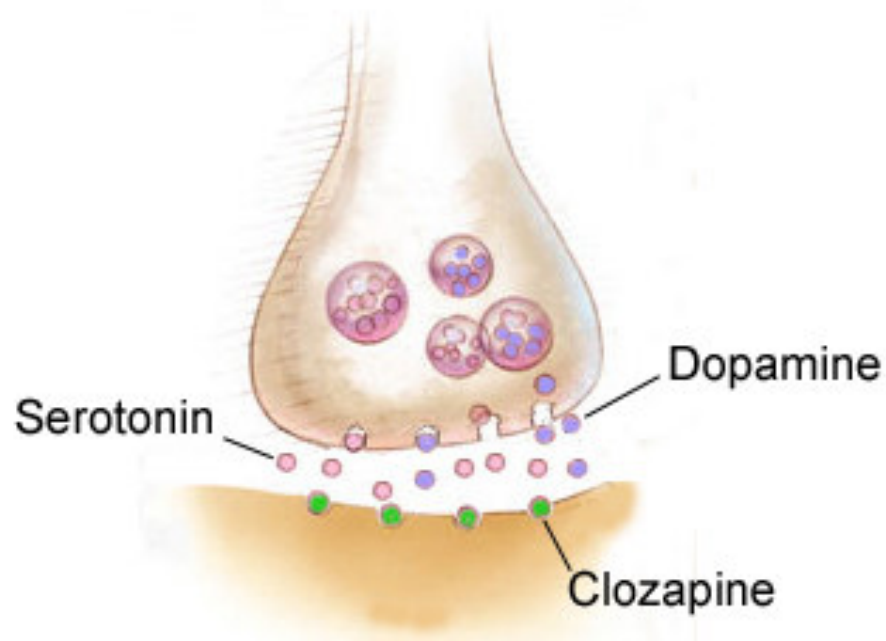
Antipsychotic Drugs

Classical antipsychotics [Chlorpromazine (Thorazine)]: Remove a number of positive symptoms associated with schizophrenia such as agitation, delusions, and hallucinations.

Atypical antipsychotics [Clozapine (Clozaril)]: Remove negative symptoms associated with schizophrenia such as apathy, jumbled thoughts, concentration difficulties, and difficulties in interacting with others.

Antipsychotic drug treatment

Clozapine (Clozaril) blocks receptors for *dopamine* and serotonin to remove the negative symptoms of schizophrenia.



Brain Stimulation

Electroconvulsive Therapy (ECT)

ECT is used for severely depressed patients who do not respond to drugs. The patient is anesthetized and given a muscle relaxant. Patients usually get a 100 volt shock that relieves them of depression.

