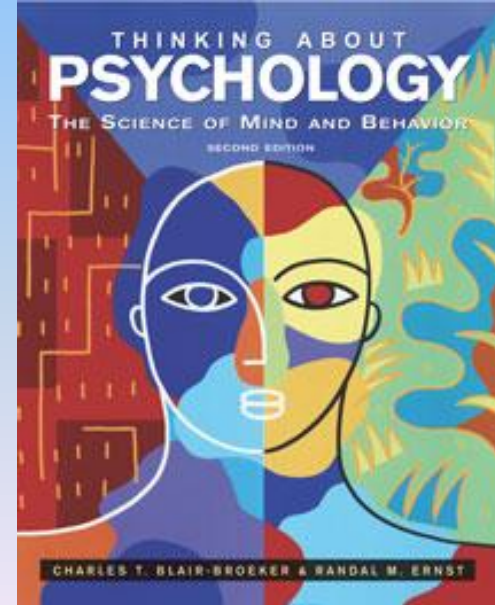


Thinking About Psychology: The Science of Mind and Behavior 2e

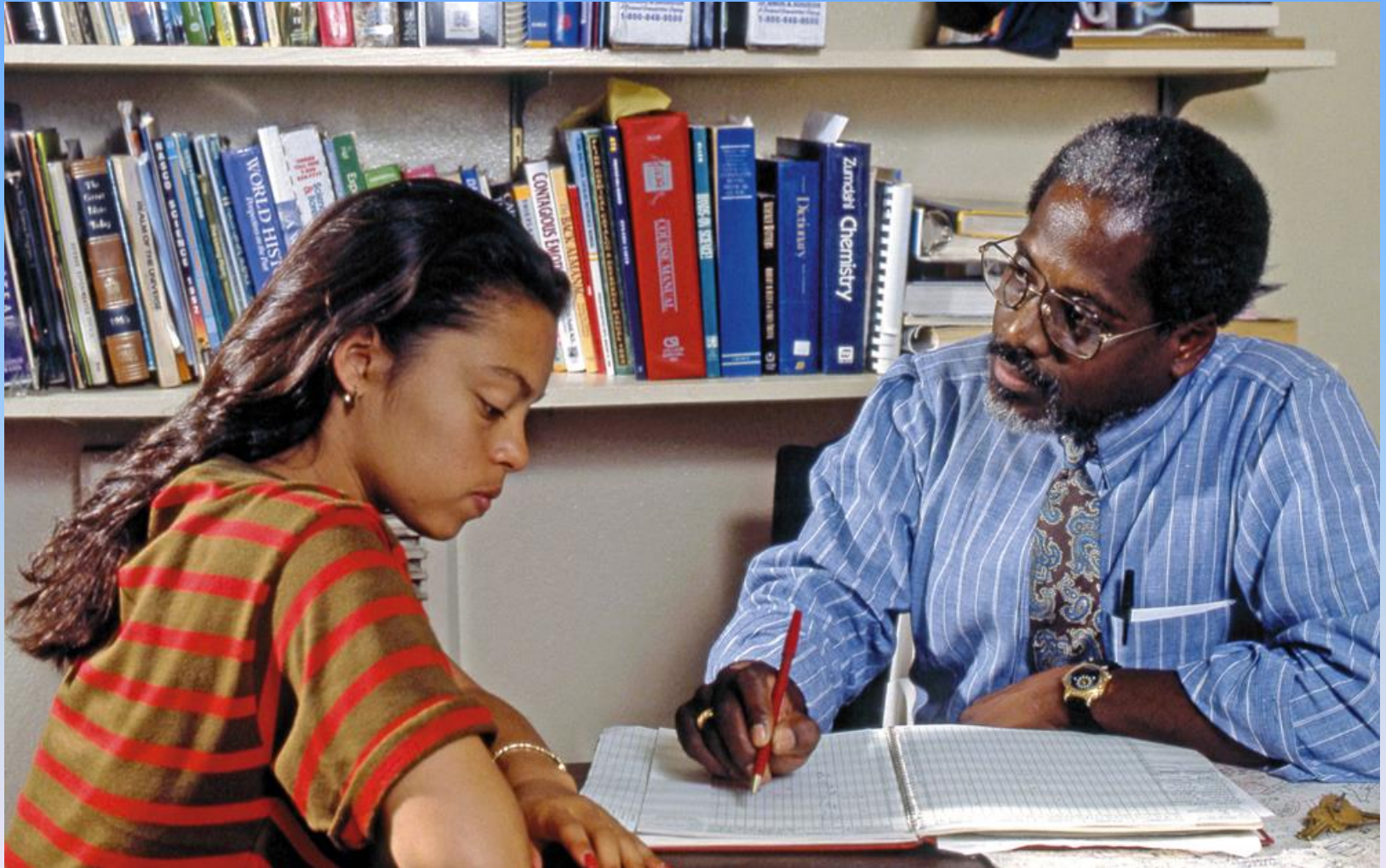
Charles T. Blair-Broeker
Randal M. Ernst



Variations in Individual and Group Behavior Domain



Therapy Chapter



Module 32

Psychological Therapies

Module 32: Psychological Therapies

Introduction

Psychotherapy

- Emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties
- There are over 250 different types of therapy.

Four Types of Psychotherapy

- Most therapies can be divided into:
 - Psychoanalytic
 - Humanistic
 - Behavioral
 - Cognitive

Eclectic Approach

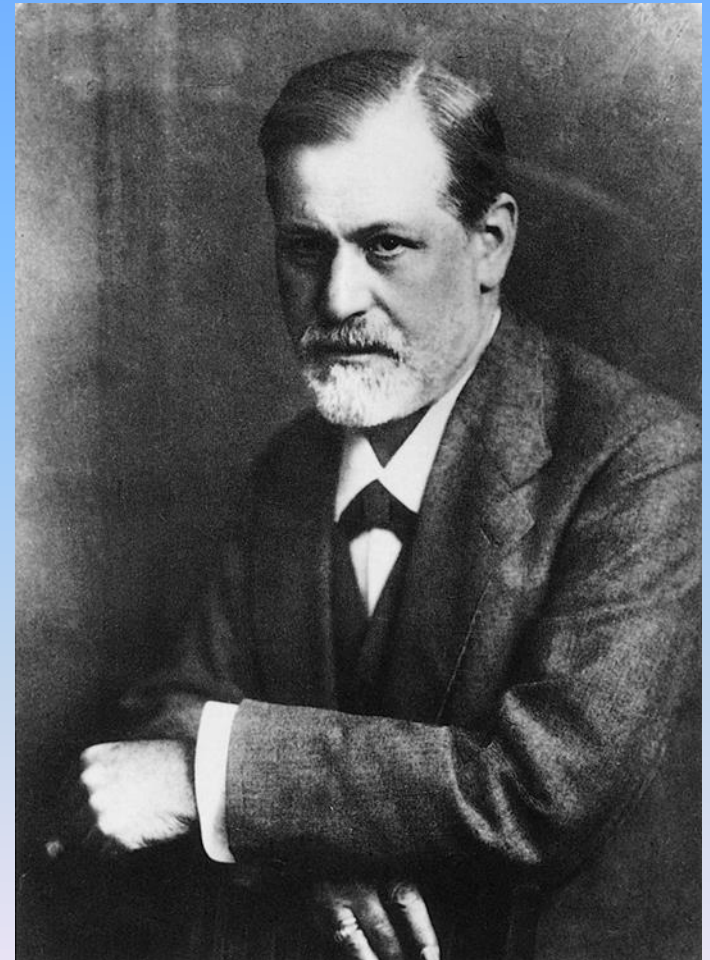
- Approach to psychotherapy that, depending on the person's problems, uses techniques from various forms of therapy
- Uses whichever therapy works best for the problem the person has

Module 32: Psychological Therapies

Psychoanalysis

Psychoanalysis

- Freud's theory of personality and therapeutic technique that attributes thoughts and actions to unconscious motives and conflicts

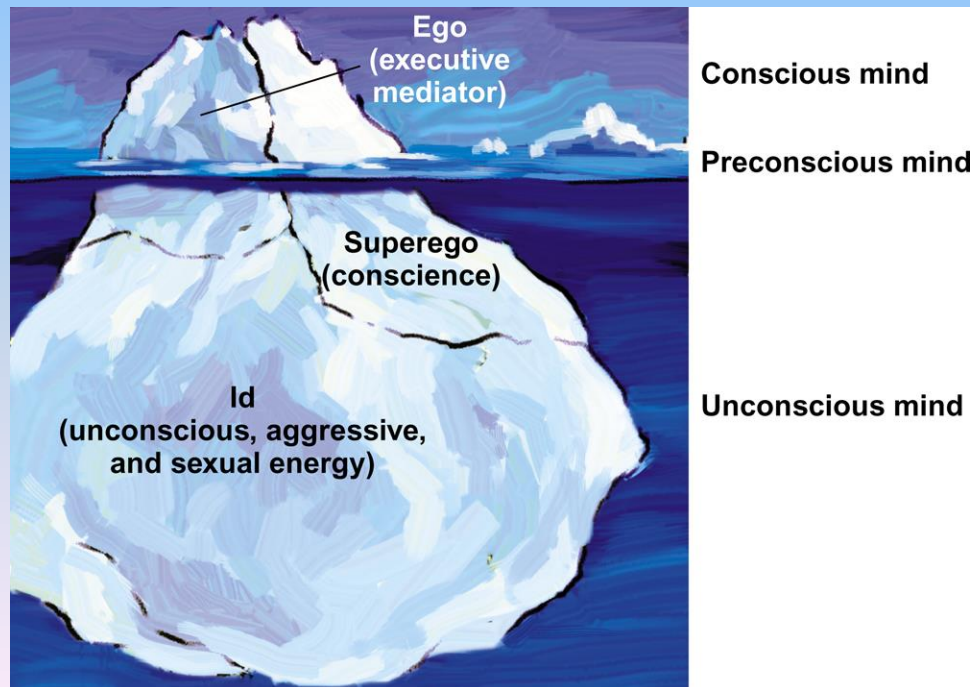


Psychoanalysis Assumptions

- Psychological problems are the result of repressed conflicts and impulses from childhood.

Psychoanalysis Assumptions

- The therapist must bring the repressed problems into the conscious mind to help patients have an insight about the original cause of the problem.



Module 32: Psychological Therapies

Psychoanalysis: Psychoanalytic Methods

Free Association

- Freudian technique of discovering the unconscious mind--where the patient relaxes and says whatever comes to mind, no matter how trivial or embarrassing

Resistance

- In psychoanalysis, the blocking from consciousness of anxiety-laden material

Interpretation

- In psychoanalysis, the analyst's noting of ideas of the meaning behind dreams, resistances, and other significant behaviors to promote insight
- The analyst's ideas of the meaning behind the patient's dreams, resistance, and other behaviors

Transference

- In psychoanalysis, the patient's transfer of strong emotions linked with other relationships to the analyst
- The patient projects feeling from the past to the therapist.

Module 32: Psychological Therapies

Psychoanalysis: The Psychodynamic Perspective

Psychoanalytic Influence

- Few therapists follow strict Freudian therapy.
- Heavily influenced other types of therapy (interpersonal therapy)
- Modern approach is the psychodynamic perspective

Psychodynamic Approach

- A more modern view that retains some aspects of Freudian theory but rejects other aspects
- Retains the importance of the unconscious mind
- Less emphasis on unresolved childhood conflicts

Module 32: Psychological Therapies

Humanistic Therapies

Nondirective Therapy

- Therapist listens without interpreting and does not direct the client (patient) to any particular insight.

Carl Rogers (1902-1987)

- Humanistic psychologist who developed client-centered therapy



Client-Centered Therapy

- Humanist therapy, in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate the client's growth. The therapy stresses:
 - Empathy
 - Acceptance
 - Genuineness
- Developed by Carl Rogers

Active Listening

- Empathic listening in which the listener echoes, restates and clarifies.

Active Listening Characteristics

- Active listening entails:
 - Restating: uses the words of the client to summarize the conversation
 - Clarifying: encouraging the client to say more by asking leading questions
 - Echoing/Reflecting feelings: mirrors the feelings of the client

Module 32: Psychological Therapies

Behavior Therapies

Behavior Therapy

- Therapy that applies learning principles to the elimination of unwanted behaviors
- Uses both classical and operant conditioning
- Primary concern is to eliminate the disorder's behavior, not find the cause of the disorder

Module 32: Psychological Therapies

Behavior Therapies: Classical Conditioning Techniques

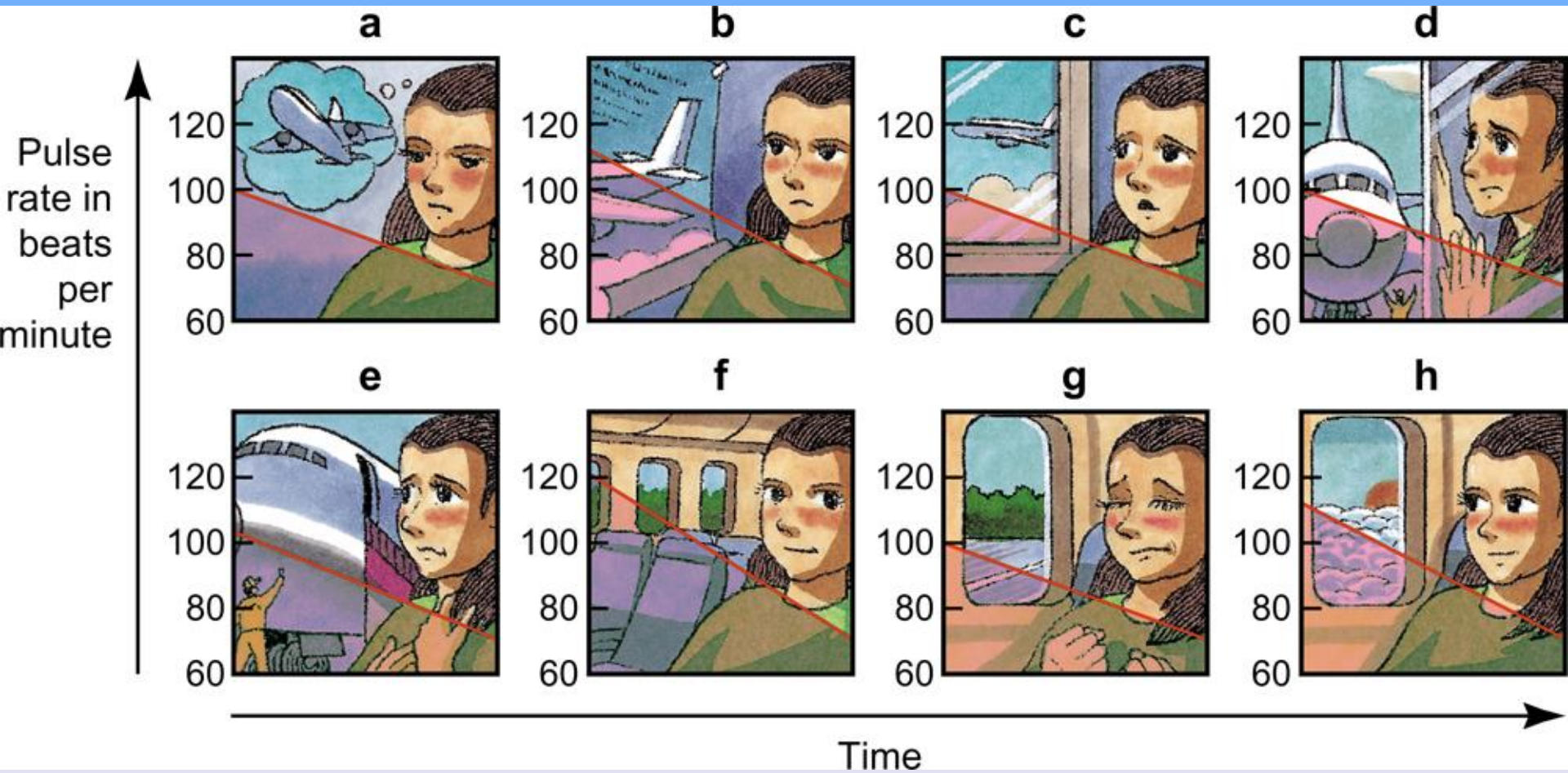
Systematic Desensitization

- A type of counterconditioning that associates a pleasant, relaxed state with gradually increasing, anxiety-triggering stimuli
- Usually used to treat phobias

Systematic Desensitization Process

- Establish a hierarchy of the anxiety-triggering stimuli
- Learning relaxation methods (progressive relaxation)
- Slowly think through the hierarchy, working to relax whenever anxiety is felt

Systematic Desensitization



Systematic Desensitization Variations

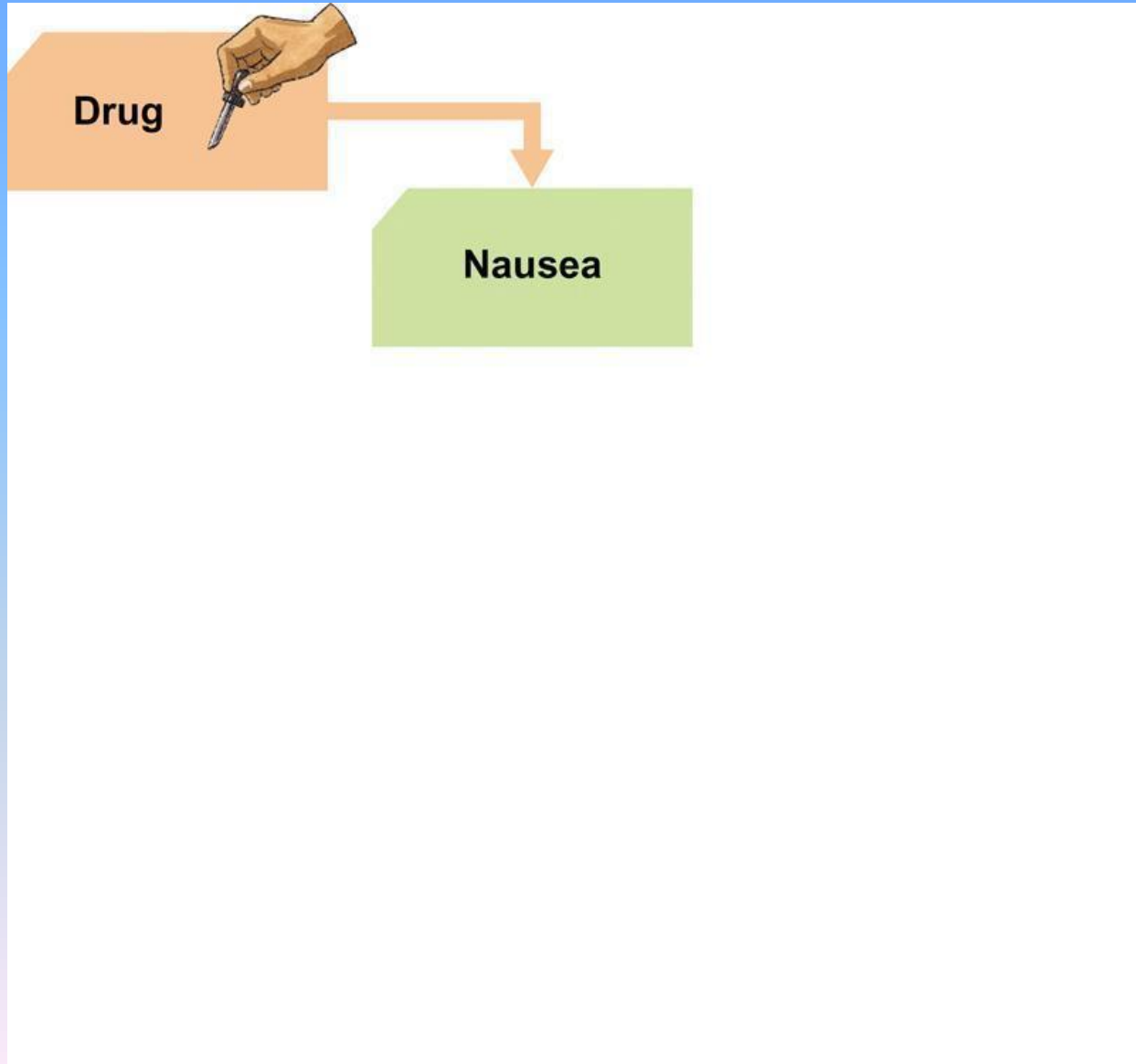
- Virtual reality- systematic desensitization by way of computerized, anxiety-triggering 3-D stimuli
- Combined with models by having the subjects watch someone perform the anxiety-causing behavior



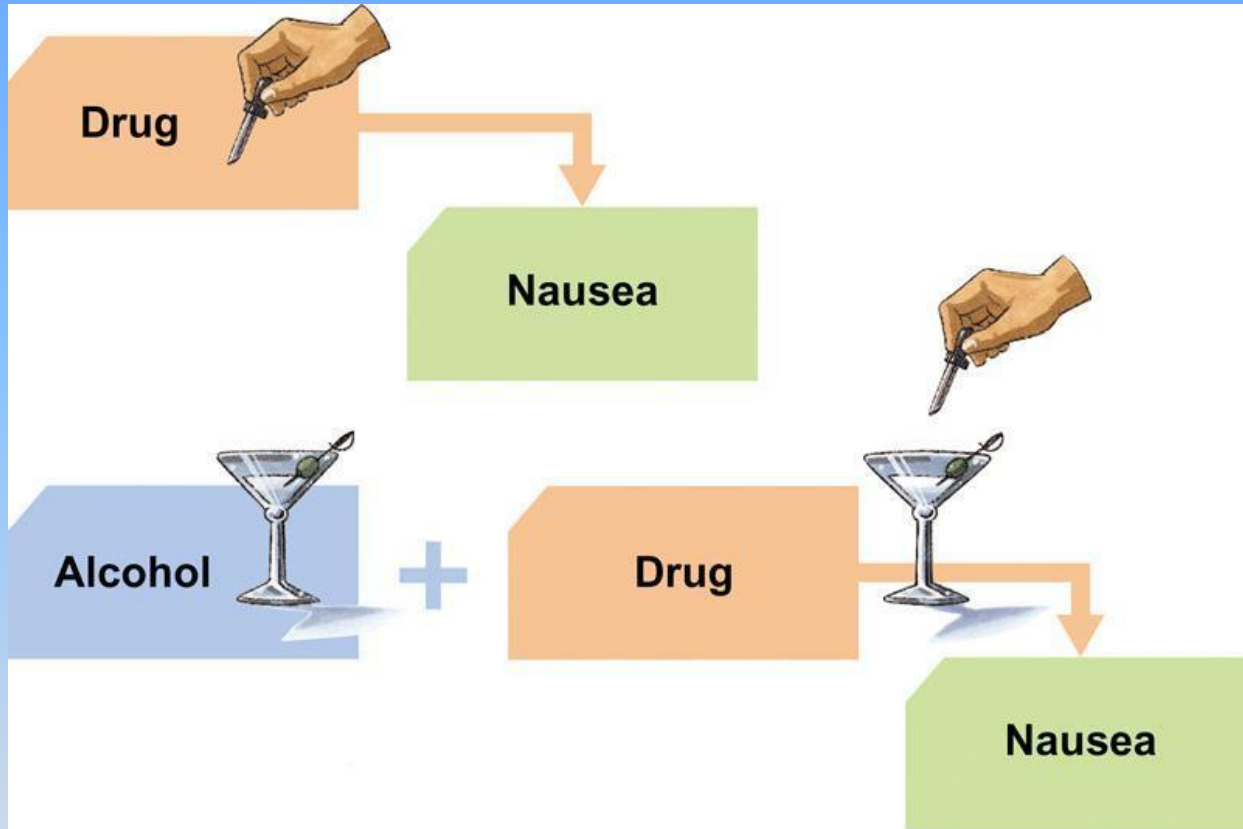
Aversive Conditioning

- Type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as alcohol)
- The person is replacing a positive but harmful response with a negative response
- Example with alcoholism: Laced a drink with a drug that makes the person become sick

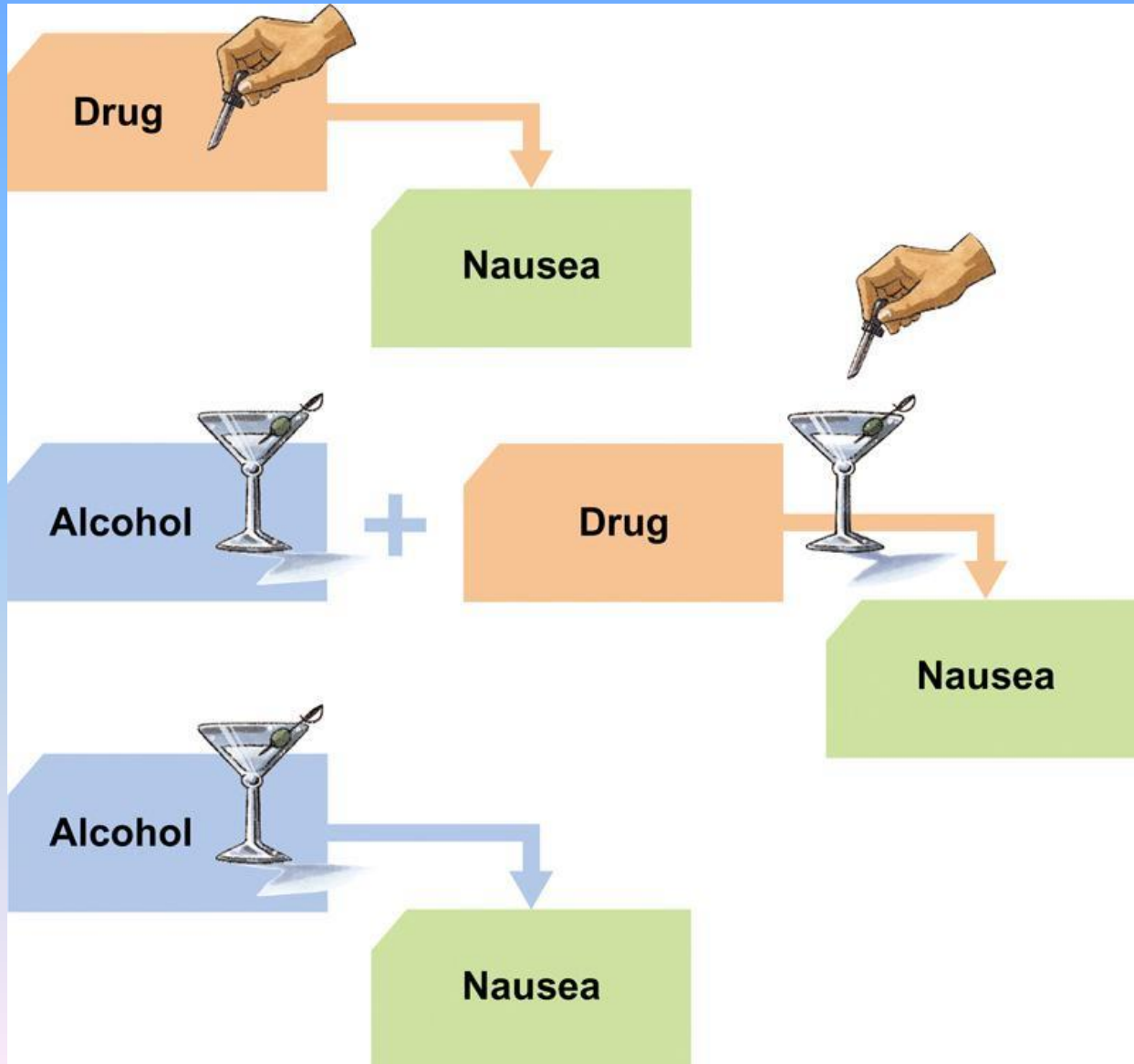
Aversive Conditioning



Aversive Conditioning



Aversive Conditioning



Module 32: Psychological Therapies

Behavior Therapies: Operant Conditioning Techniques

Token Economy

- Operant conditioning procedure that attempts to modify behavior by rewarding desired behavior with some small item
- The tokens can be exchanged for various privileges or treats
- Form of secondary reinforcement

Module 32: Psychological Therapies

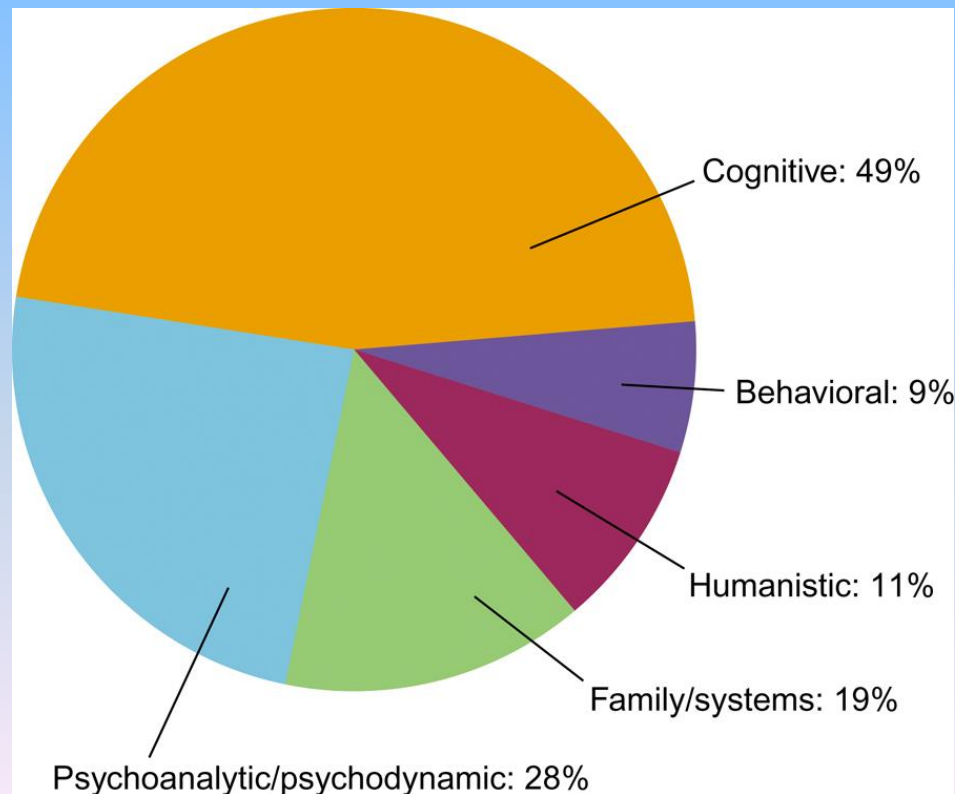
Cognitive Therapies

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

Cognitive Therapy

- Almost half of all therapist at a university setting use cognitive therapies



Cognitive Therapy

Failed test

**Destructive
explanations**

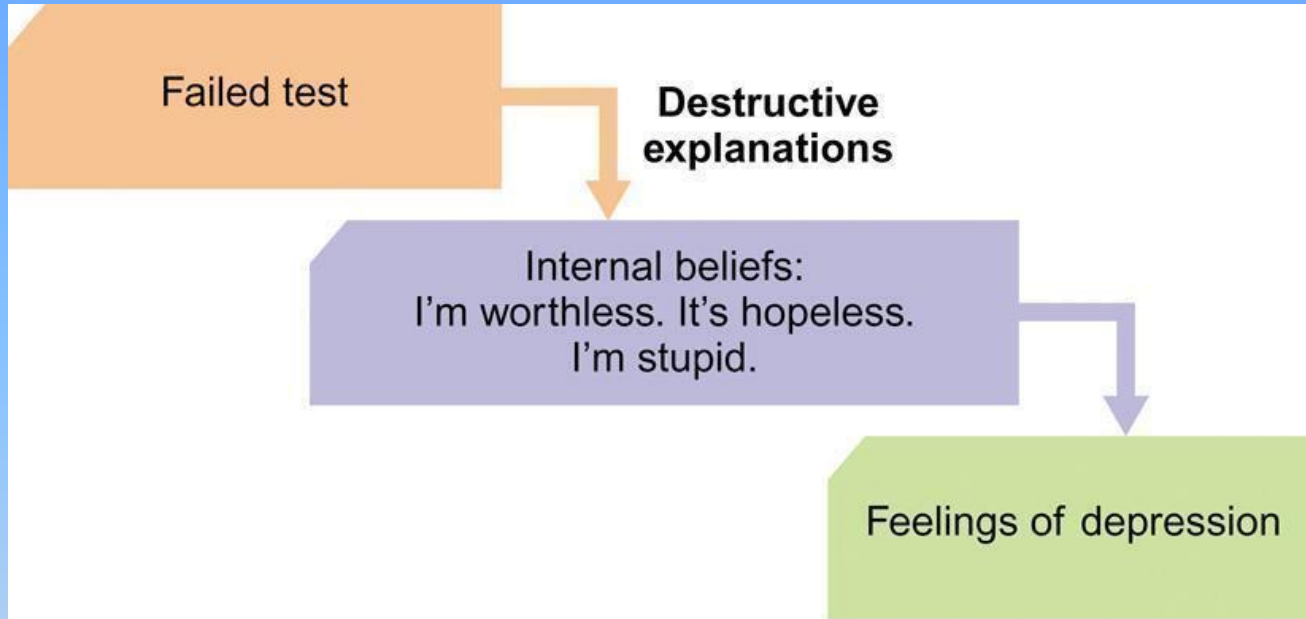
Cognitive Therapy

Failed test

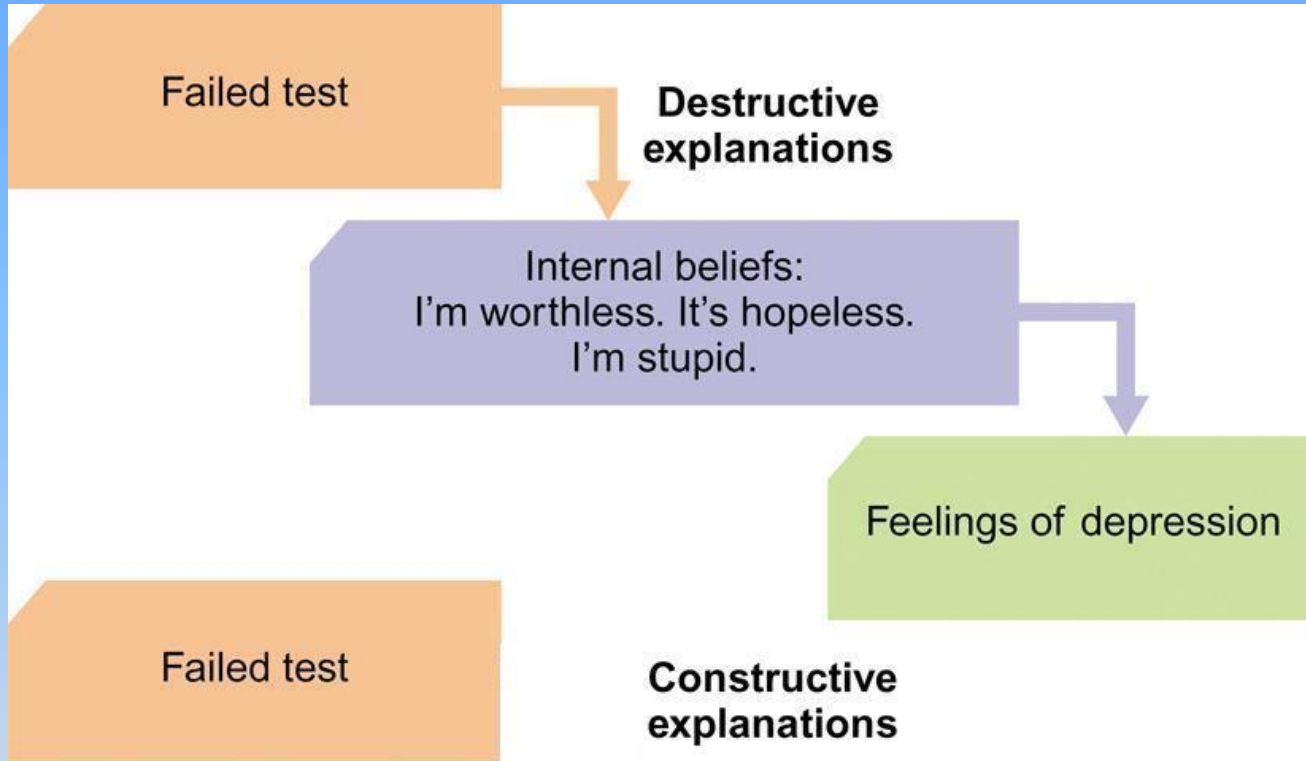
**Destructive
explanations**

Internal beliefs:
I'm worthless. It's hopeless.
I'm stupid.

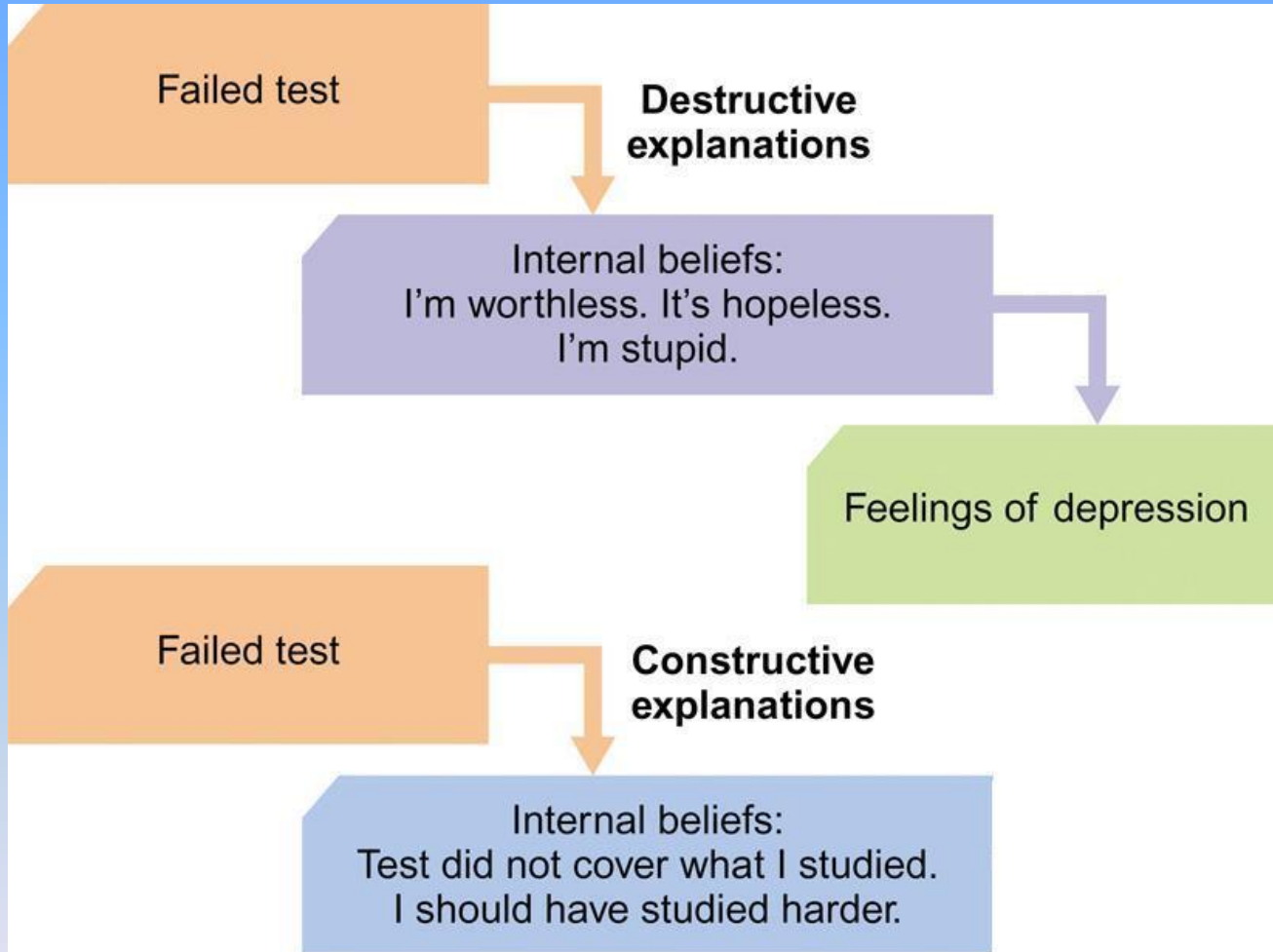
Cognitive Therapy



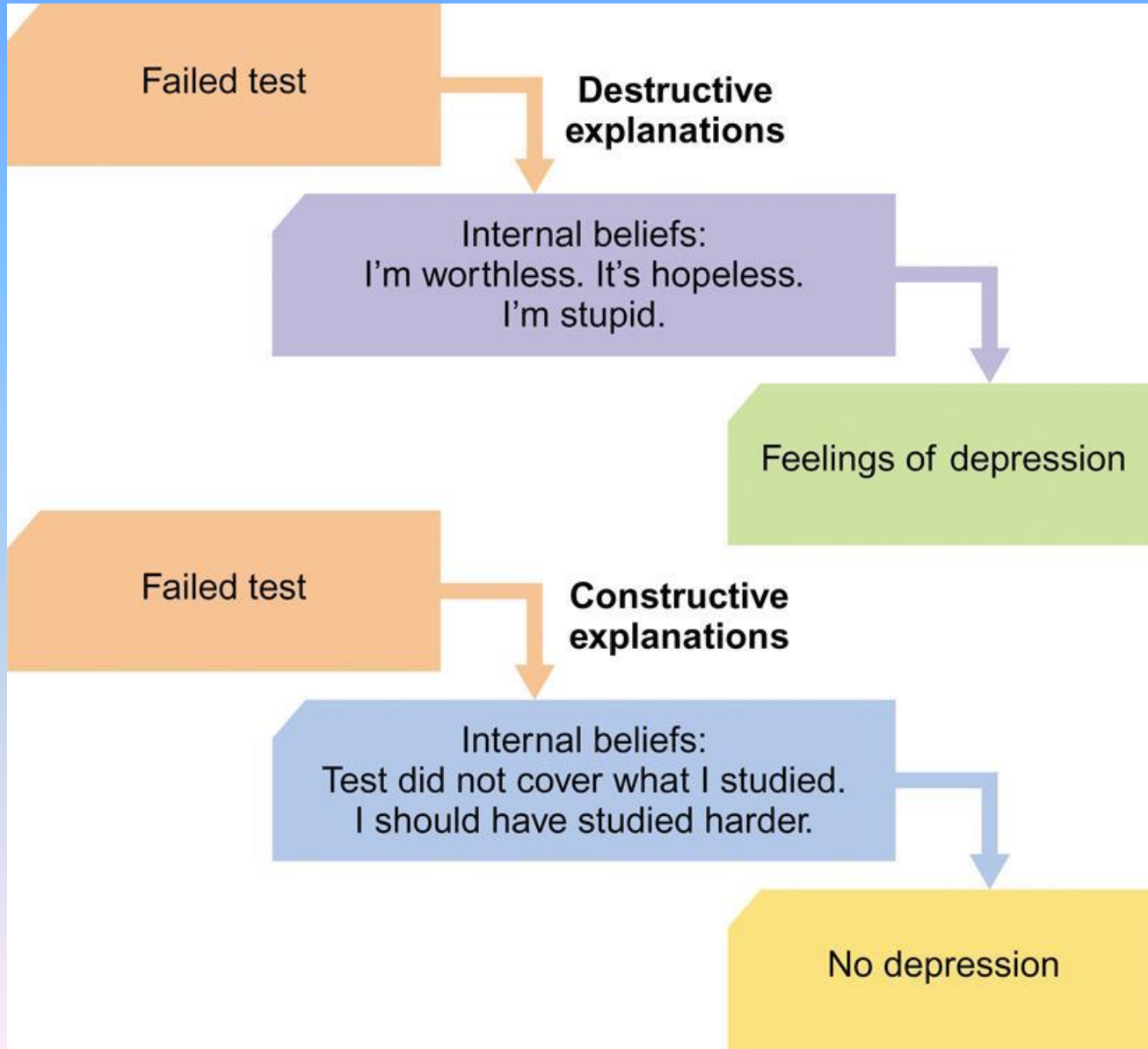
Cognitive Therapy



Cognitive Therapy



Cognitive Therapy



Self-Serving Bias

- Tendency to judge oneself favorably
- Severely depressed patients tend to not have a self-serving bias and tend to blame themselves for problems and credit the environment for successes

Cognitive-Behavior Therapy

- Integrated therapy that combines changing self-defeating thinking with changing inappropriate behaviors

Module 32: Psychological Therapies

Family and Group Therapies

Group Therapy

- Having a therapist work with a number of patients at one time
- Groups usually consist of 6 to 10 people
- Cognitive, behavior, and humanistic therapists all can lead group therapies.

Advantage of Group Therapy

- Therapists can help more than one person at a time.
- Overall session cost is lower.
- Patients interact with others having the same problems as they have.
- Builds a sense of community

Family Therapy

- Therapy that treats the family as a system
- Views the patient's problems as influenced by or directed at family members
- Attempts to guide the family toward positive relationships and improved communication

Types of Therapist

Table 32.1

Therapists and Their Training

Type	Description
Clinical psychologist	Most are psychologists with a Ph.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship. About half work in agencies and institutions, half in private practice.
Clinical or psychiatric social worker	A 2-year Master of Social Work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems. About half have earned the National Association of Social Workers' designation of clinical social worker.
Counselor	Marriage and family counselors specialize in problems arising from family relations. Pastoral (religious) counselors provide counseling to countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims.
Psychiatrist	Physicians can specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have a private practice.

The End