

A graphic of a spiral-bound notebook with a brown cover and a white page. The spiral binding is on the left side. The text is centered on the page.

## Chapter 15

# Treatment of Psychological Disorder

## Types of Treatment

- **Psychotherapy** is used in the text in its broadest sense, to refer to all the diverse approaches used in the treatment of mental disorder and psychological problems.
- Many different treatment methods are used, and experts estimate that there may be over 1 (#) different approaches to psychotherapy, although approaches to treatment can be classified into three major categories.
- 2 therapy involves pursuing increased insight regarding the nature of the client's difficulties and sorting through possible solutions.
- **Behavior therapy** is based on the principles of 3, with behavior therapists working to alter problematic responses and 4 habits.
- **Biomedical therapies** involve interventions to alter a person's 5 functioning.

## Who Seeks Treatment/Therapy?

- Many people seek help for problems that range from everyday types of problems to severe mental illness. Among adults the 2 most common problems are 6 and 7 disorders
- People vary considerably in their willingness to seek treatment, with women more likely to seek help than men. Treatment is also more likely when people have more medical 8 and have more 9.
- Many people who need help, don't seek it, and the Surgeon General reports that the biggest roadblock is the "stigma surrounding the receipt of mental health treatment".

## Who Provides Treatment?

- There are a variety of “helping professions” available:
  - Psychologists who provide psychotherapy may have degrees in [10](#) or [11](#) psychology. Both specialize in the diagnosis and treatment of “full fledged” psychological disorders and everyday behavioral problems.
  - Both types earn a [12 degree](#) (e.g., Ph.D., Psy.D., Ed.D.), which requires 5-7 years beyond a bachelor’s degree.
  - [Psychiatrists](#) are [13](#) who specialize in the diagnosis and treatment of psychological disorders.
- In comparison to psychologists are:
  - psychiatrists devote more time to relatively [14](#) disorders (e.g., schizophrenia & mood disorders)
  - Psychiatrists are more likely to use psychoanalysis and less likely to use group or behavioral therapies.
- Other mental health professionals include: [Marriage & Family Therapists](#), [Clinical Social Workers](#), [Licensed Mental Health Counselors](#) and [Psychiatric Nurses](#).

## Insight Therapies

- **Insight therapies** involve 15 interactions intended to enhance clients' 16 (2 words) and thus promote healthful changes in personality and behavior.
- **Psychoanalysis** is an insight therapy that emphasizes the recovery of 17 conflicts, motives, and defenses through a variety of techniques.
- Freud believed that inner conflicts left over from early childhood which (usually over sexual and aggressive impulses) cause **neuroses**. He thought that people depend on 18 (2 words) to avoid confronting these conflicts. However, these defenses tend to be only partially successful and often lead to self-defeating behaviors.

## Insight Therapies 2

- In **free association**, clients 19 express their thoughts and feelings exactly as they occur, with as little 20 as possible. The analyst looks for clues about what is going on in the unconscious.
- **Dream analysis** involves the therapist interpreting the 21 meaning of the client's dreams. Freud called dreams the "**22 (2 words) to the unconscious**" because he believed dreams were the most direct means to access a patient's innermost conflicts, wishes and 23.
- 24 refers to the largely unconscious defensive maneuvers intended to 25 the progress of therapy.
- 26 occurs when clients unconsciously start "relating to their therapist" in ways that 27 critical relationships in their lives (client tells the therapist: "you treatment just like my father")

## Insight Therapies: Client Centered Therapy

- Using a humanistic perspective, 28 (Full name) developed Client-centered therapy in the 40s and 50s.
- Client-centered therapy is an insight therapy that emphasizes providing a 29 (3 words) for clients, who play a major role in determining the pace and 30 of their therapy.
- Rogers maintained that most personal distress is due to inconsistency or “31” between a person’s self-concept and reality.
  - Clinicians try to help people restructure their 32 (2 words) to correspond better to reality.
- Rogers held that there are 3 main elements to creating a supportive atmosphere:
  - 33 --> the therapist being completely honest with their communications.;
  - Unconditional positive regard--> 34 acceptance of the client as a person; and accurate.
  - Accurate 35 --> an accurate understanding of the client’s point of view.



## Insight Therapies: Group Therapy

- 36 therapy is an insight therapy that simultaneously treats several clients in a group setting.
- Group members describe their problems, trade viewpoints, share experiences and discuss coping and strategies. Most important they provide 37 and emotional support for each other.
- The group therapist often plays a relatively subtle role in group therapy, staying in the background and focusing mainly on promoting group 38.

### Other Therapies:

- Couples and Marital Therapy focuses on the treatment of partners in committed relationships & relationship issues.
- Family Therapy focuses on working with the family unit as a whole, especially attending to family communications and dynamics.



## Behavior Therapies

- Behavior therapies involve the application of **principles of 39** and conditioning to direct efforts to change clients' maladaptive behaviors.
- **Behavior therapies** assume that behavior: (A) Is a product of **40**, and that, (B) What has been learned can be **41**.
- **42 (Full name)** (1958) developed a behavior therapy called **systematic desensitization** to reduce a clients' **43** responses.
  - **Systematic desensitization** involves 3 steps: the therapist first helps the client build an anxiety **hierarchy** (a ranked list of anxiety-arousing stimuli); NEXT..., the client is trained in deep muscle **44**; finally, the client tries to work through the **45**, learning to remain relaxed while imagining each stimulus.
  - *The basic idea is that you cannot be anxious and relaxed at the same time.*
  - Research shows that this SD as well as interventions emphasizing direct exposure to anxiety arousing situation have been the choice treatment for **46** and anxiety **disorders**.

## Behavior Therapies

- **Aversion therapy** is a behavior therapy, where classical conditioning is used to create a 47 response to a stimulus that elicits 48 behavior.
  - For example, Alcoholic may be given an “emetic” drugs with their favorite alcoholic drinks. By pairing alcohol with the subsequent vomiting therapists hope to create a 49 (2 words) to alcohol.
  - Used with alcohol and drug abuse, sexual deviance, smoking, shoplifting, gambling, stuttering, and overeating.
- **Social skills training** is a behavior therapy designed to improve interpersonal skills that emphasizes 50, **behavioral rehearsal**, and 51.
- **Cognitive therapy** is an therapy that emphasizes recognizing and changing **negative thoughts** and **maladaptive beliefs**.
  - Beck and Ellis independently devised cognitive oriented therapies. The goal of these therapies is to change the way clients think by detecting and recognizing **automatic negative thoughts**, reality testing, and devising behavioral “homework assignments” that focus on changing overt behaviors.

## Biomedical Therapies

- **Biomedical therapies** are 52 interventions intended to reduce symptoms associated with 53 disorders. They assume that these disorders are caused, at least in part, by biological malfunctions.
- 54 therapy is the treatment of mental disorders with medication.
- Drugs used to treat psychological disorders fall into 4 major categories, **antianxiety, antipsychotic, mood stabilizer and antidepressant**.

## Biomedical Therapies 2

- 55 drugs relieve tension, apprehension, and nervousness.
  - The most common side effect of these are 56, lightheadedness, cottonmouth, some depression, nausea.
- Antipsychotic drugs are used to gradually reduce 57 symptoms, including hyperactivity, mental confusion, hallucinations, and delusions.
  - Antipsychotic drugs appear to decrease activity at 58 synapses. These sometimes produce unfortunate side-effects such as 59 (2 words), an neurological disorder marked by 60 writhing and tic-like movements of the mouth, tongue, face, hands, or feet.
  - Newer drugs, which have a different mechanism of action, (such as clozapine) have fewer motor side effects but are not risk free.

## Biomedical Therapies 2

- Antidepressants gradually elevate mood and help bring people out of a depression. Today, an 61 (abbreviation for drug type) are most likely to be prescribed.
  - SSRIs slow the reuptake process of the neurotransmitter serotonin synapses in mood centers of the brain. This can relieve depression in some patients
- Lithium and Valproate are a chemical used to control mood swings in patients with 62 mood disorders; Lithium is very successful at preventing future episodes of mania and depression, but it can be toxic and requires careful monitoring.
- Electroconvulsive therapy (ECT) is a biomedical treatment in which electric shock is used to produce a 63 seizure accompanied by convulsions. While the use of ECT peaked in the 40s and 50s, there has been a recent resurgence in this therapy .