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

• **Group 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 **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**.

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 interventions intended to reduce symptoms associated with disorders. They assume that these disorders are caused, at least in part, by biological malfunctions.
- 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.