


Chp 15

Chapter 15 Treatment of Psychological Disorders

Types of Treatment

- Psychotherapy
 - Insight therapies
 - "Talk therapy"
 - Behavior therapies
 - Changing overt behavior
 - Biomedical therapies
 - Biological functioning intervention

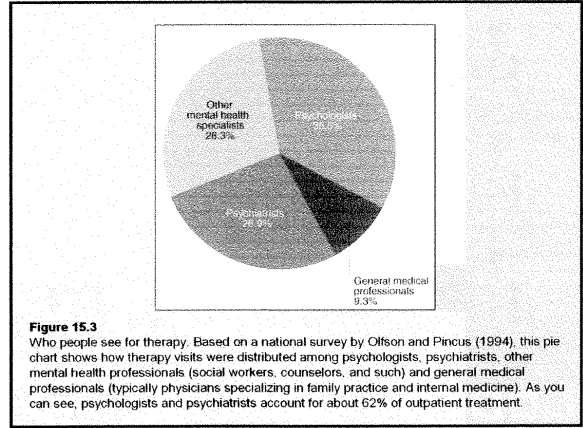
SNAPSHOTS by Jason Love



"And this one here -- Well, we just like to say that he's got bad chemicals."

Who Seeks Treatment?

- 15% of U.S population in a given year
- Most common presenting problems
 - Anxiety and Depression
- Women more than men
- Medical insurance
- Education level



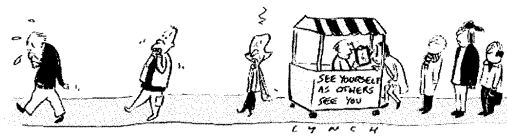
Psychotherapy: Approaches

DIFFERENT APPROACHES TO THERAPY

NAME	PSYCHOANALYSIS:	CLIENT-CENTERED:
BASIS	UNCONSCIOUS CONFLICTS DEFENSES; TRANSFERS	SELF-ACTUALIZATION CLIENT-DIRECTED
TREATMENT	FREE ASSOCIATION DREAM INTERPRETATION TRANSFERENCE AND COUNTERTRANSFERENCE	CLARIFICATION OF ISSUES AND FEELINGS EMPATHY; EMPHATIC ENCOURAGEMENT OF THERAPY SUPPORTIVE, ACCEPTING ATTITUDE POSITIVE REGARD
NAME	COGNITIVE THERAPY:	BEHAVIOR THERAPY:
BASIS	AUTOMATIC, IRRATIONAL SELF-SPEECHES	EMOTIONAL REACTIONS AND DISRUPTIVE REINFORCERS ARE CORRECTORS
TREATMENT	ADVERSE AND BENEFIT BELIEFS THROUGH REPLACE WITH POSITIVE THOUGHTS	SYSTEMATIC DESENSITIZATION SELF-REINFORCE, MODELING, ROLE-PLAYING COGNITIVE-BEHAVIOR TECHNIQUES

Who Provides Treatment?

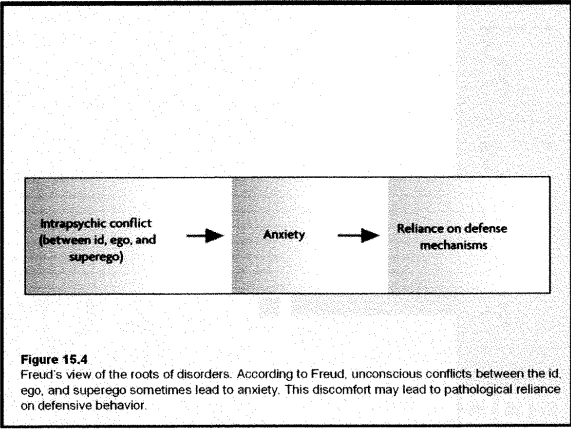
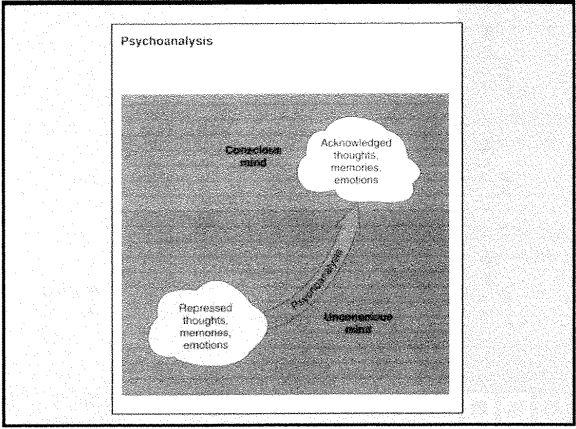
- Clinical psychologists
- Counseling psychologists
- Psychiatrists
- Clinical social workers
- Psychiatric nurses
- Counselors



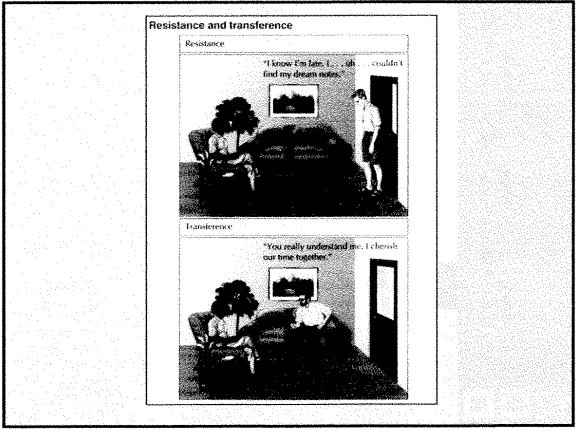
Insight Therapies: Psychoanalysis

- Sigmund Freud and followers
 - Goal: discover unresolved unconscious conflicts
 - Free association
 - Dream analysis
 - Interpretation
 - Resistance and transference

Savage Chickens by Craig Tinker



- ### Signs of resistance in therapy
- If you're dissatisfied with your progress in therapy, resistance may be the problem when:
- 1 You have nothing specific or concrete to complain about.
 - 2 Your attitude about therapy changes suddenly just as you reach the truly sensitive issues.
 - 3 You've had the same problem with other therapists in the past.
 - 4 Your conflicts with the therapist resemble those that you have with other people.
 - 5 You start hiding things from your therapist.
- Figure 15.17**
Signs of resistance. Resistance in therapy may be subtle, but Ehrenberg and Ehrenberg (1986) have identified some telltale signs to look for.



- Insight Therapies: Client Centered Therapy**
- Carl Rogers
 - Goal: restructure self-concept to better correspond to reality
 - Therapeutic Climate
 - Genuineness
 - Unconditional positive regard
 - Empathy

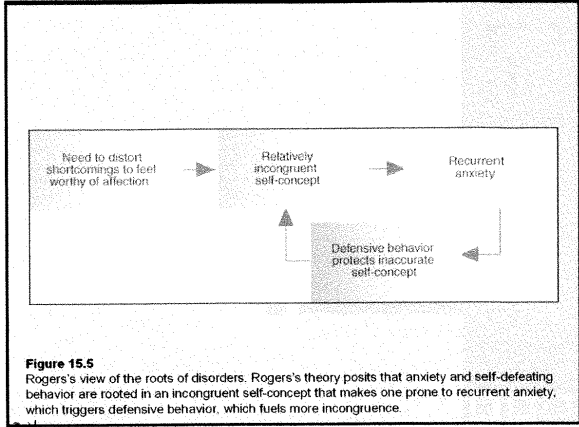
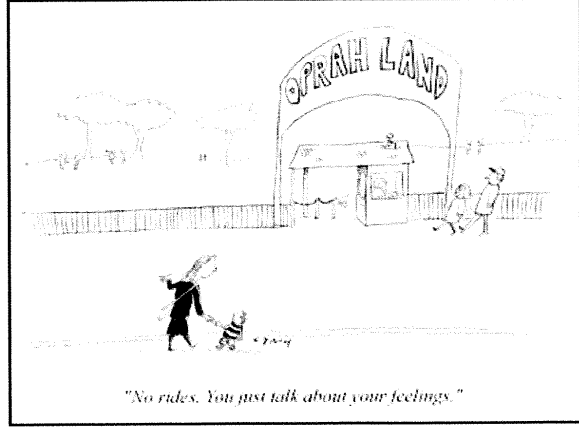
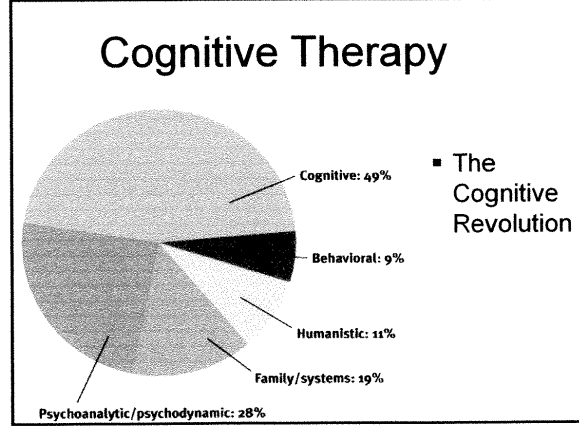


Figure 15.5
Rogers's view of the roots of disorders. Rogers's theory posits that anxiety and self-defeating behavior are rooted in an incongruent self-concept that makes one prone to recurrent anxiety, which triggers defensive behavior, which fuels more incongruence.

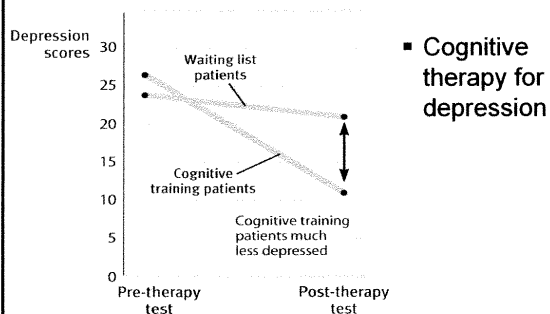
- Insight Therapies: Cognitive Therapy**
- Aaron Beck
 - Cognitive therapy
 - Albert Ellis
 - Rational-emotive therapy
 - Goal: to change the way clients think
 - Detect and recognize negative thoughts
 - Reality testing
 - Kinship with behavior therapy



- 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



Cognitive Therapy



Cognitive Therapy

- Cognitive-Behavioral Therapy
 - a popular integrated therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)

Group and Family 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

NEGATIVE THINKING

Blame setbacks on personal inadequacies

Focus selectively on negative events

Make unduly pessimistic projections about future

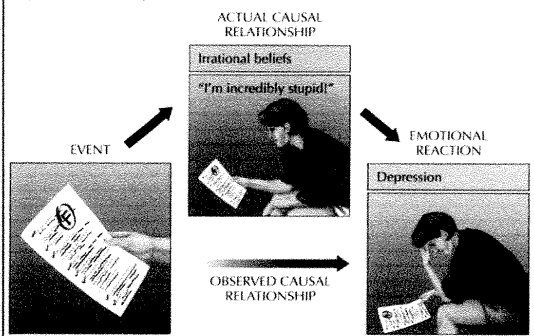
Draw negative conclusions about personal worth

Increased vulnerability to depression

Figure 15.6

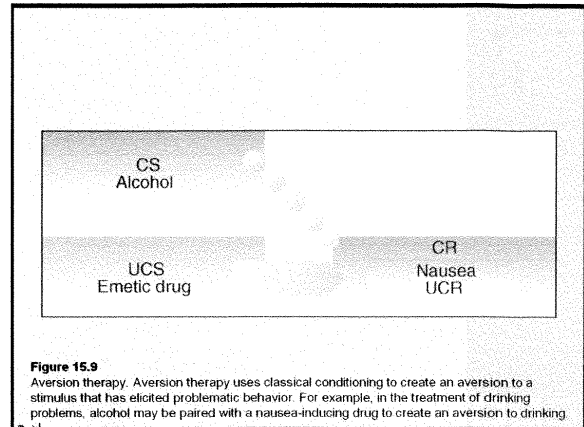
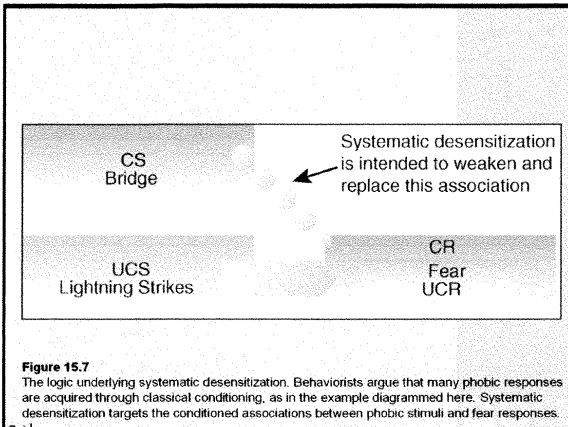
Beck's view of the roots of disorders. Beck's theory initially focused on the causes of depression, although it was gradually broadened to explain other disorders. According to Beck, depression is caused by the types of negative thinking shown here.

Cognitive view of depression



Behavior Therapies

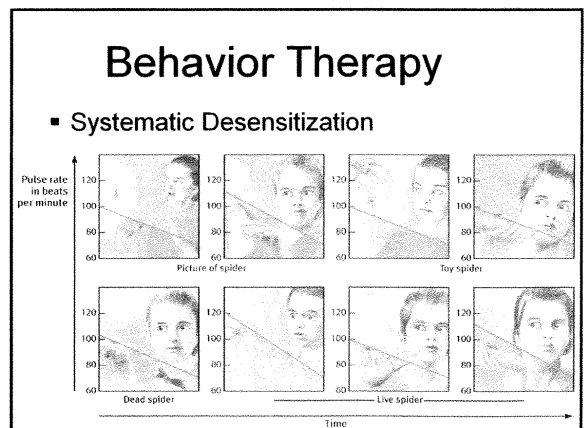
- B.F. Skinner and colleagues
 - Goal: unlearning maladaptive behavior and learning adaptive ones
 - Systematic Desensitization – Joseph Wolpe
 - Classical conditioning
 - Anxiety Hierarchy
 - Aversion therapy
 - Alcoholism, sexual deviance, smoking, etc.
 - Social skills training
 - Modeling
 - Behavioral rehearsal
 - Biofeedback



- ## Behavior Therapy
- Behavior Therapy
 - therapy that applies learning principles to the elimination of unwanted behaviors
 - Counter-conditioning
 - procedure that conditions new responses to stimuli that trigger unwanted behaviors
 - based on classical conditioning
 - includes systematic desensitization and aversive conditioning

- ## Behavior Therapy
- Exposure Therapy
 - treat anxieties by exposing people (in imagination or reality) to the things they fear and avoid
-

- ## Behavior Therapy
- Systematic Desensitization
 - type of counter-conditioning
 - associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli
 - commonly used to treat phobias
 - Aversive Conditioning
 - type of counterconditioning that associates an unpleasant state with an unwanted behavior
 - nausea ---> alcohol



Behavior Therapy

- **Token Economy**
 - 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

Biomedical Therapies

- **Psychopharmacotherapy**
 - Antianxiety - Valium, Xanax, Buspar
 - Antipsychotic - Thorazine, Mellaril, Haldol
 - Tardive dyskinesia
 - Clozapine
 - Antidepressant:
 - Tricyclics – Elavil, Tofranil
 - Mao inhibitors (MAOIs) - Nardil
 - Selective serotonin reuptake inhibitors (SSRIs) – Prozac, Paxil, Zoloft
 - Lithium
- **Electroconvulsive therapy (ECT)**

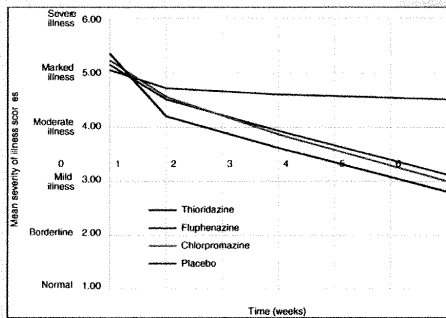


Figure 15.10
The time course of antipsychotic drug effects. Antipsychotic drugs reduce psychotic symptoms gradually, over a span of weeks, as graphed here. In contrast, patients given placebo pills show little improvement. (Data from Cole, Goldberg, & Davis, 1966; Davis, 1985)

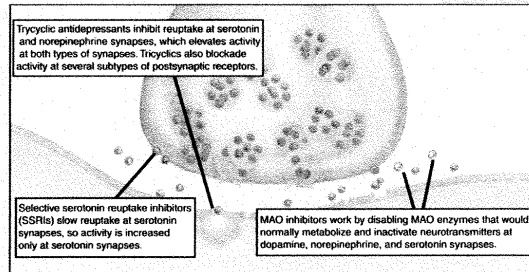


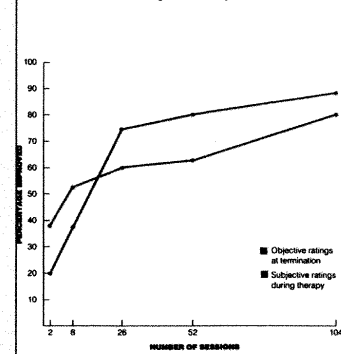
Figure 15.11
Antidepressant drugs' mechanisms of action. The three types of antidepressant drugs all increase activity at serotonin synapses, which is probably the principal basis for their therapeutic effects. However, they increase serotonin activity in different ways, with different spillover effects (Marangell et al. 1999). Tricyclics and MAO inhibitors have effects at a much greater variety of synapses, which presumably explains why they have more side effects. The more recently developed SSRIs are much more specific in targeting serotonin synapses.

Homework in cognitive therapy

Situation	Emotion(s)	Automatic thought(s)	Rational response	Outcome
Describe: 1. Actual event leading to unpleasant emotion, or 2. Stream of thoughts, daytime or recollection, leading to unpleasant emotion.	1. Specify sad/ anxious/ angry, etc. 2. Rate degree of emotion, 1-100.	1. Write automatic thought(s) that preceded emotion(s). 2. Rate belief in automatic thought(s), 0-100%.	1. Write rational response to automatic thought(s). 2. Rate belief in rational response, 0-100%.	1. Rate belief in automatic thought(s), 0-100%. 2. Specify and rate subsequent emotion(s), 0-100.
Date: 7/75 Audre didn't return my phone call.	Anxious - 75 Sad - 55 Angry - 40	People don't like talking to me - 75% I'm incompetent - 65%	She's out walking this dog so she hasn't had the time to call back - 70%	1. 35% 15% 2. Relieved - 35

Instructions: When you experience an unpleasant emotion, note the situation that seemed to provoke the emotion. If the emotion occurred while you were thinking, describing, or doing something, then note the appropriate thought or event associated with the emotion. Record the degree to which you believe that thought(s), as well as your beliefs in your automatic thinking degree of emotion. 1 = a little, 100% = the most intense possible.


Relationship Between Number of Sessions of Psychotherapy and Percentage of Patients Improved



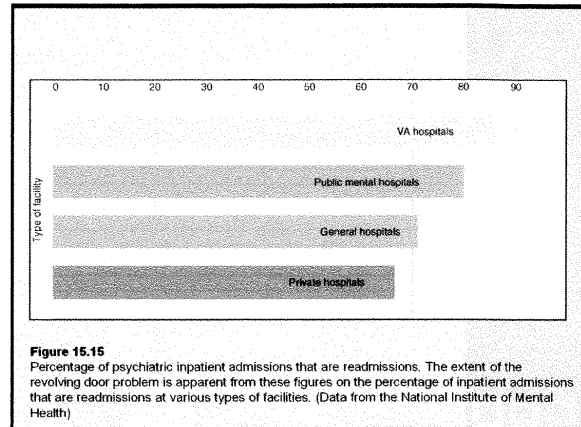
Current Trends and Issues in Treatment

- Managed care
- Empirically validated treatments
- Blending Approaches to treatment
- Multicultural sensitivity
- Deinstitutionalization

Snapshots at jasoncube.com



"Well, John, in the past two years you've gone from being extremely depressed to being basically unhappy like the rest of us. My work here is done."



Treatment: How Might the Client Be Helped?

- Treatment decisions
 - Begin with assessment information and diagnostic decisions to determine a treatment plan
 - Other factors:
 - Therapist's theoretical orientation
 - Current research
 - General state of clinical knowledge – currently focusing on empirically supported, evidence-based treatment

The Effectiveness of Treatment

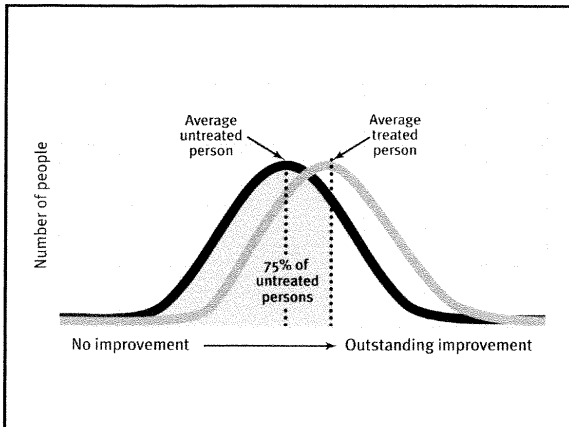
- Over 400 forms of therapy in practice, but is therapy effective?
 - Difficult question to answer:
 - How do you define success?
 - How do you measure improvement?
 - How do you compare treatments – treatments differ in range and complexity; therapists differ in skill and knowledge; clients differ in severity and motivation...

The Effectiveness of Treatment

- Controlled clinical research and therapy outcome studies typically assess one of the following questions:
 - Is therapy in general effective?
 - Are particular therapies generally effective?
 - Are particular therapies effective for particular problems?

The Effectiveness of Treatment

- Is therapy generally effective?
 - Research suggests that therapy is generally more effective than no treatment or than placebo
 - In one major study using meta-analysis, the average person who received treatment was better off than 75% of the untreated subjects



The Effectiveness of Treatment

- Is therapy generally effective?
 - A study conducted by *Consumer Reports* magazine found that “consumers” of therapy found it to be helpful or at least satisfying
 - Also a question, though, is whether therapy can be harmful?
 - Has this potential
 - Studies report ~5% get worse with treatment

The Effectiveness of Treatment

- Are particular therapies generally effective?
 - Generally, therapy outcome studies lump all therapies together to consider their general effectiveness
 - One critic has called this the “uniformity myth”
 - It is argued that scientists must look at the effectiveness of particular therapies
 - There is a movement (“rapprochement”) to look at commonalities among therapies

The Effectiveness of Treatment

- Are particular therapies effective for particular problems?
 - Studies now being conducted to examine effectiveness of specific treatments for specific disorders:
 - “What specific treatment, by whom, is the most effective for this individual with that specific problem, and under which set of circumstances?”
 - Recent studies focus on the effectiveness of combined approaches – drug therapy combined with certain forms of psychotherapy – to treat certain disorders