Unit 13: Treatment of Psychological Disorders
Unit Overview

- The Psychological Therapies
- Evaluating Psychotherapies
- The Biomedical Therapies
- Preventing Psychological Disorders

Click on the any of the above hyperlinks to go to that section in the presentation.
Introduction

- History of treatment
  - Philippe Pinel
  - Dorothea Dix

- Psychotherapy
- Eclectic approach
The Psychological Therapies
Psychoanalysis

- Psychoanalysis
- Aims of therapy
  - Childhood impulses and conflicts
Psychoanalysis

Methods

• Methods
  – Free association
  – Resistance
    • Interpretation of the meaning
  – Dream analysis
  – Transference
Psychoanalysis

Psychodynamic Therapy

- **Psychodynamic therapy**
  - Aims of psychodynamic therapy
  - Similarities with psychoanalysis
  - Differences with psychoanalysis
Humanistic Therapies

- **Insight therapies** focus more on:
  - the present rather than the past
  - conscious rather than the unconscious
  - taking immediate responsibility
  - promoting growth instead of curing
Humanistic Therapies

- **Client-centered therapy**
  - Nondirective therapy
  - Genuineness, acceptance, and empathy
  - **Active listening**
    - Paraphrase
    - Invite clarification
    - Reflect feelings
  - **Unconditional positive regard**
Behavior Therapies

- Behavior Therapy
  - Classical conditioning techniques
  - Operant conditioning techniques
Behavior Therapies

Classical Conditioning Therapies

- **Counterconditioning**
  - Exposure therapies
    - Systematic desensitization
    - Virtual reality exposure therapy
  - Aversive conditioning
Behavior Therapies

Aversion Therapy

US (drug) → UR (nausea)
Behavior Therapies

Aversion Therapy

US (drug) → UR (nausea)

CS (alcohol) + US (drug) → UR (nausea)
Behavior Therapies

Aversion Therapy

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CR (nausea)
Behavior Therapies

Operant Conditioning

• Behavior modification

• Token economy
Cognitive Therapies

- Cognitive therapy
  - Beck’s therapy for depression
- Catastrophizing beliefs
  - Cognitive-behavioral therapy
Lost job
Cognitive Therapies

Lost job

Internal beliefs:
I’m worthless. It’s hopeless.
Cognitive Therapies

Lost job

Internal beliefs: I’m worthless. It’s hopeless.

Depression
Cognitive Therapies

- Lost job
- Internal beliefs: I'm worthless. It's hopeless.
- Depression
- Lost job
Cognitive Therapies

- Lost job
  - Internal beliefs: I’m worthless. It’s hopeless.
  - Depression
- Lost job
  - Internal beliefs: My boss is a jerk. I deserve something better.
Cognitive Therapies

Lost job

Internal beliefs:
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Depression

Lost job

Internal beliefs:
My boss is a jerk. I deserve something better.

No depression
Group and Family Therapies

- Group therapy
- Family therapy
# Comparison of Psychotherapies

## Comparison of a Sample of Major Psychotherapies

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<td>Relationship healing</td>
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Evaluating Psychotherapies
Is Psychotherapy Effective?

- **Regression toward the mean**
- Client’s perceptions
- Clinician’s perceptions
- Outcome research
  - Meta-analysis
- Placebo treatments
The Relative Effectiveness of Different Therapies

- Evidence-based practice

![Diagram showing clinical decision-making with three pillars: Patient's values, characteristics, preferences, circumstances, Clinical expertise, Best available research evidence.]
Evaluating Alternative Therapies

- Eye movement desensitization and reprocessing (EMDR)
- Light exposure therapy
  - Seasonal affective disorder (SAD)
Commonalities Among Psychotherapies

• Hope for demoralized people
• A new perspective
• An empathic, trusting, caring relationship
Culture and Values in Psychotherapy

• Similarities between cultures
• Differences between cultures
## Types of Therapists

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<td>Psychiatrists are physicians who 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 their own private practice.</td>
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The Biomedical Therapies
Introduction

- **Biomedical therapy**
  - Drugs
  - Electroconvulsive therapy
  - Magnetic impulses
  - Psychosurgery
  - Psychiatrist
Drug Therapies

- **Psychopharmacology**
- Factors to consider with drug therapy
  - Normal recovery rate of untreated patients
  - Placebo effect
    - Double blind procedure
Drug Therapies

The graph illustrates the number of mental hospital residents in the U.S. state and county from 1900 to 2000, measured in thousands. The x-axis represents the year, ranging from 1900 to 2000, while the y-axis shows the number of residents, with values ranging from 0 to 700,000 in increments of 100,000. The graph shows a significant decrease in the number of residents over the century, reflecting changes in mental health care practices and policies.
Drug Therapies

The graph shows the number of U.S. state and county mental hospital residents, expressed in thousands, from 1900 to 2000. The trend indicates a significant increase over the century, with a notable rise around the 1950s.
Drug Therapies

![Graph showing the trend in U.S. state and county mental hospital residents from 1900 to 2000. The graph includes a vertical line indicating the introduction of antipsychotic drugs in 1950.](image)
Drug Therapies

Introduction of antipsychotic drugs

Rapid decline in the state and county mental hospital population
Drug Therapies
Antipsychotic Drugs

- Antipsychotic drugs
  - Psychoses
  - Chlorpromazine (Thorazine)
  - Dopamine
  - Tardive dyskinesia
  - Atypical antipsychotics (Clozaril)
  - Positive and negative symptoms
Drug Therapies

Antianxiety Drugs

- Antianxiety drugs
  - Xanax, Ativan, D-cycloserine
  - Physiological dependence

“If this doesn't help you don't worry, it's a placebo.”
Drug Therapies

Antidepressant Drugs

- **Antidepressant drugs**
  - Use with mood and anxiety disorders
  - Fluoxetine (Prozac), Paxil
    - Selective-serotonin-reuptake inhibitors
    - Neurogenesis
  - Side effects of antidepressants
Drug Therapies

Antidepressant Drugs
Drug Therapies
Antidepressant Drugs

Message is sent across synaptic gap.

Message is received; excess neurotransmitter molecules are reabsorbed by sending neuron.

Sending neuron
Action potential
Synaptic gap
Receiving neuron
Neurotransmitter molecule
Reuptake
Receptors
Drug Therapies
Antidepressant Drugs
Drug Therapies

Mood-Stabilizing Medications

• Mood-stabilizing medications
  – Lithium
  – Depakote
Brain Stimulation

*Electroconvulsive Therapy*

- **Electroconvulsive therapy**
  - Procedure
  - Severe depression
  - Problems/side effects
Brain Stimulation

**Electroconvulsive Therapy**
Brain Stimulation

Alternative Neurostimulation Therapies

• Magnetic Stimulation
  – Repetitive transcranial magnetic stimulations (rTMS)

• Deep-Brain Stimulation
Psychosurgery

- Psychosurgery
  - Lobotomy
    - History
    - Procedure
    - Side effects
    - Use today
Therapeutic Life-Style Change

- Integrated biopsychosocial system
- Therapeutic life-style change
  - Aerobic exercise
  - Adequate sleep
  - Light exposure
  - Social connection
  - Anti-rumination
  - Nutritional supplements
Preventing Psychological Disorders
Preventing Psychological Disorders

- Resilience
- Preventing psychological disorders
The End
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  - **Unit subsections hyperlinks**: Immediately after the unit title slide, a page (slide #3) can be found listing all of the unit’s subsections. While in slide show mode, clicking on any of these hyperlinks will take the user directly to the beginning of that subsection. This allows teachers quick access to each subsection.
  - **Bold print term hyperlinks**: Every bold print term from the unit is included in this presentation as a hyperlink. While in slide show mode, clicking on any of the hyperlinks will take the user to a slide containing the formal definition of the term. Clicking on the “arrow” in the bottom left corner of the definition slide will take the user back to the original point in the presentation.

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    • By presenting information in small chunks, students will find it easier to process and remember the concepts.
    • By continually changing slides, students will stay interested in the presentation.
    • To facilitate class discussion and critical thinking. Students should be encouraged to think about “what might come next” in the series of slides.

• Please feel free to contact me at kkorek@germantown.k12.wi.us with any questions, concerns, suggestions, etc. regarding these presentations.

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  Germantown, WI 53022
  262-253-3400
  kkorek@germantown.k12.wi.us
Division title (green print)
subdivision title (blue print)

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Division title (green print)
subdivision title (*blue print*)

Use this slide to add a table, chart, clip art, picture, diagram, or video clip. Delete this box when finished.
Definition Slide

= add definition here
Definition
Slides
Eclectic Approach

= an approach to psychotherapy that, depending on the client’s problems, uses techniques from various forms of therapy.
Psychotherapy

= treatment involving psychological techniques; consists of interactions between a trained therapist and someone seeking to overcome psychological difficulties or achieve personal growth.
Psychoanalysis

= Sigmund Freud’s therapeutic technique. 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.
Resistance

= in psychoanalysis, the blocking from consciousness of anxiety-laden material.
Interpretation

= in psychoanalysis, the analyst’s noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight.
Transference

= in psychoanalysis, the patient’s transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent).
Psychodynamic Therapy

= therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight.
Insight Therapies

= a variety of therapies that aim to improve psychological functioning by increasing the client’s awareness of underlying motives and defenses.
Client-centered Therapy

= a humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate client’s growth. (Also called person-centered therapy.)
Active Listening

= empathic listening in which the listener echoes, restates, and clarifies. A feature of Roger’s client-centered therapy.
Unconditional Positive Regard

= a caring, accepting, nonjudgmental attitude, which Carl Rogers believed would help clients to develop self-awareness and self-acceptance.
Behavior Therapy

= therapy that applies learning principles to the elimination of unwanted behaviors.
Counterconditioning

= a behavior therapy procedure that used classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors; includes exposure therapies and aversive conditioning.
Exposure Therapies

= behavioral techniques, such as systematic desensitization, that treat anxieties by exposing people (in imagination or actuality) to the things they fear and avoid.
Systematic Desensitization

= a type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli. Commonly used to treat phobias.
Virtual Reality Exposure Therapy

= an anxiety treatment that progressively exposes people to simulations of their greatest fears, such as airplane flying, spiders, or public speaking.
Aversive Conditioning

= a type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol).
Token Economy

= an operant conditioning procedure in which people earn a token of some sort for exhibiting a desired behavior and can later exchange the tokens for various privileges or treats.
Cognitive Therapy

= therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and our emotional reactions.
Cognitive-behavioral Therapy

= a popular integrative therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior).
Family Therapy

= therapy that treats the family as a system. Views an individual’s unwanted behaviors as influenced by, or directed at, other family members.
Regression Toward the Mean

= the tendency for extreme or unusual scores to fall back (regress) toward their average.
Meta-analysis

= a procedure for statistically combining the results of many different research studies.
Evidence-based Practice

= clinical decision-making that integrates the best available research with clinical expertise and patient characteristics and preferences.
Biomedical Therapy

= prescribed medications or medical procedures that act directly on the patient’s nervous system.
Psychopharmacology

= the study of the effects of drugs on mind and behavior.
Antipsychotic Drugs

= drugs used to treat schizophrenia and other forms of severe thought disorder.
Tardive Dyskinesia

= involuntary movements of the facial muscles, tongue, and limbs; a possible neurotoxic side effect of long-term use of antipsychotic drugs that target certain dopamine receptors.
Antianxiety Drugs

= drugs used to control anxiety and agitation.
Antidepressant Drugs

= drugs used to treat depression; also increasingly prescribed for anxiety. Different types work by altering the availability of various neurotransmitters.
Electroconvulsive Therapy (ECT) = a biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient.
Repetitive Transcranial Magnetic Stimulation (rTMS) = the application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity.
Psychosurgery

= surgery that removes or destroys brain tissue in an effort to change behavior.
Lobotomy

= a now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients. The procedure cut the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain.
Resilience

= the personal strength that helps most people cope with stress and recover from adversity and even trauma.