Therapy

Kinds of Therapy
1. Psychotherapy
   • applies psychological principles and techniques
2. Biological
   • medically-based treatments
3. Combined
   • medication and psychotherapy

History of Treatment
1. Early approaches (1300-1900)
   • more like prisons
   • Bethlehem Royal Hospital

Bethlehem Royal Hospital, London
• Probably the world’s oldest hospital for the treatment of mental illness
• Treating mental patients since 1300’s → origin of the word “bedlam”

“A Rake’s Progress” (ca. 1733) by William Hogarth

History of Treatment
1. Early approaches (1300-1900)
   • more like prisons
   • Bethlehem Royal Hospital
   • State hospitals in US, mid-1800s
   • Gigantic buildings, beautiful grounds
   • Having a nice environment was seen as curative

History of Psychology
Early Treatments for Mental Illness
The circulating swing was used to spin depressed patients at high speed.
The tranquilizing chair was used to calm people with mania.
The crib was widely used to restrain violent patients.

Worcester State Hospital, (Worcester, MA)

Hospitals in the United States
Hospitals in the United States
Danvers State Hospital (Danvers, MA)

Hospitals in the United States
Hudson River State Hospital
(Poughkeepsie, NY)

Life Magazine Exposé: “Bedlam 1946”

History of Treatment
2. Contemporary approaches
   • Psychotherapy
     ✓ 1890s, Josef Breuer
       – the Talking Cure
     ✓ Sigmund Freud
       – Psychoanalysis
     • ECT
     • Medication

I. What is Psychotherapy, and What Types Are Available?
   A. Is Psychotherapy Necessary and Effective?
      1. Placebo Effects
         • Placebo studies show psychotherapy
           is effective
      2. Effectiveness of Psychotherapy
         • Psychotherapy patients better off
           than 80% of untreated patients
         • Most therapies similarly effective

   B. Which Therapy, Which Therapist?
      – Eclectic approaches
      – Systematic approaches
       • Psychodynamic
       • Humanistic
       • Behavior
       • Cognitive-Behavior Therapy
I. What is Psychotherapy, and What Types Are Available?

C. Common Factors Among Therapists
   - Expectations of change
   - Attention from the therapist
   - Rapport between therapist and client
   - Initiative from client
   - Ethical guidelines

D. Types of Practitioners
   - Clinical Psychologist PhD/PsyD
   - Counseling Psychologist PhD
   - Psychiatrist MD
   - Counselor MA/MS
   - Clinical Social Worker MSW

II. How Do Psychodynamic Therapies Work?

A. Goals of Psychoanalysis
   - Understanding causes of unconscious conflicts
     → Insight

B. Techniques in Psychoanalysis
   - Exploration of early experiences
   - Free association
   - Dream analysis
   - Interpretation
   - Use of resistance
   - Transference/countertransference

Psychodynamic Therapies
Freud’s office in Vienna

Psychodynamic Therapies
A contemporary psychoanalyst

Psychodynamic Therapies
Stereotyping the Ideal Patient “YAVIS”
   YOUNG
   ATTRACTIVE
   VERBAL
   INTELLIGENT
   SUCCESSFUL
II. How Do Psychodynamic Therapies Work?
C. Criticisms of Psychoanalysis
- Unscientific, untestable theory
- No more effective than other therapies
- Time-consuming and expensive
- Ignores free will
- Sexist

III. What Do Humanistic Therapies Emphasize?
A. Techniques of Client-Centered Therapy
- Unconditional positive regard
- Congruence
  - Being “real” or genuine
- Empathy
  - Paraphrasing
  - Reflecting

III. What Do Humanistic Therapies Emphasize?
B. Criticisms of Client-Centered Therapy
- Therapeutic relationship may not be enough
- Not enough focus on the present
- Foci on hard-to-define concepts, like self-actualization

V. Why is Cognitive Therapy So Popular?
A. Assumptions of Cognitive Therapy
- Three basic assumptions:
  - Cognitive activity affects behavior
  - Cognitive activity can be monitored
  - Behavior changes can be effected through cognitive changes
- Cognitive behavior therapists
- Cognitive restructuring modifies faulty thought patterns

V. Why is Cognitive Therapy So Popular?
B. Types of Cognitive Therapy
1. Rational–Emotive Therapy
   - Albert Ellis
   - Faulty and irrational thinking causes irrational behavior

Ellis’ Three Major “Musts”
I must do well and win the approval of others or else I am no good.
Other people must do “the right thing” or else they are no good and deserve to be punished.
Life must be easy, without discomfort or inconvenience.

B. Types of Cognitive Therapy
2. Aaron Beck’s Approach
   - Focuses on negative views about self, the world, and the future
   - Four stages:
     - Awareness of thoughts
     - Recognize when faulty
     - Substitute accurate thoughts
     - Feedback about whether correct

IV. What Are the Methods of Behavior Therapy?
A. Assumptions & Goal
- Behavior modification
- Uses learning principles to change overt behavior

IV. What Are the Methods of Behavior Therapy?
A. Assumptions & Goals
- Three general procedures
  - Identifying frequency of problem behavior
  - Individually tailored treatment
  - Continual assessment of change
### A. Assumptions and Goals of Behavior Therapy
- Does not interpret past events
- Behaviorists criticize insight-oriented therapies because
  - Concepts that can’t be defined or measured
  - Patients improve without these treatments
  - Being labeled “abnormal” may lead to more abnormal behavior

### A. Assumptions and Goals of Behavior Therapy
- Insight-oriented therapists criticize behaviorists because
  - Treat symptoms, not the underlying problems
  - May lead to symptom substitution
- Research shows behavior therapy is as, if not more, effective than insight-oriented therapies

### IV. What Are the Methods of Behavior Therapy?
#### B. Operant Conditioning in Behavior Therapy
1. **Token Economies**
   - Receive tokens for desirable behaviors
   - Exchange tokens for desired items or privileges
   - Used in schools and hospitals to modify behavior in social settings

2. **Extinction**
3. **Punishment**
   - Usually combined with reinforcement of a desirable replacement behavior
   - May lead to aggression
4. **Time-Out**

#### C. Counterconditioning in Behavior Therapy
- **Systematic desensitization**
  - Joseph Wolpe
  - Learn to relax
  - Once relaxed, imagines increasingly vivid scenes of anxiety-arousing stimulus

- **Aversive Counterconditioning**
  - Pairs an unpleasant stimulus with a stimulus that prompts inappropriate behavior
  - E.g., Give an alcoholic drink laced with a drug that induces nausea
  - Eventually, even the thought of alcohol will make the person feel sick
- Not widely used

### IV. What Are the Methods of Behavior Therapy?
#### D. Modeling in Behavior Therapy
- According to Bandura, modeling is most effective for
  - Teaching new behaviors
  - Eliminating fears
  - Enhancing already existing behaviors
- Unfortunately, people may learn from inappropriate models, too

### VIII. How Do Biologically Based Therapies Create Change?
#### A. Drugs and the Therapeutic Process
- **Psychotropic** drugs
  - Increasingly used
  - Correct dosages are crucial
  - Long-term effects often unknown
  - Can’t permanently cure most problems

### 1. Antipsychotic Drugs
- **Thorazine** – first psychiatric med, 1954
## A. Drugs and the Therapeutic Process

### 1. Antipsychotic Drugs
- **Neuroleptics**
  - Used to treat schizophrenia
    - Phenothiazines (e.g., Thorazine)
    - Atypical antipsychotics (e.g., Clozaril)
    - Newer drugs (e.g., Risperdal)
- **Used to treat schizophrenia**
  - Newer drugs have fewer side effects
  - Especially effective for treating hallucinations and delusions
  - Long-term use associated with significant problems
    - **Tardive dyskinesia**

### 2. Antianxiety Drugs
- **Tranquilizers or anxiolytics**
  - Xanax, Librium, Valium

### 3. Antidepressant Drugs
- **A. Selective serotonin reuptake inhibitors (SSRIs)**
  - Block reuptake of serotonin
    - E.g., Prozac, Zoloft, Paxil
  - Effects usually seen by about 4 weeks
- **b. Tricyclics**
  - Also block reuptake of neurotransmitters
    - E.g., imipramine (Tofranil), amitriptyline (Elavil)
- **c. Monoamine Oxidase (MAO) inhibitors**
  - Inhibits MAO, an enzyme that breaks down neurotransmitters
  - Can have serious side effects

### 4. Antimania Drugs
- E.g., Lithium carbonate
  - Used to treat bipolar disorder

## B. Psychosurgery and Electroconvulsive Therapy (ECT)

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## VIII. How Do Biologically Based Therapies Create Change?

### B. Psychosurgery and Electroconvulsive Therapy (ECT)
- **Psychosurgery (brain surgery)**
  - **Prefrontal lobotomy**
    - No longer done
    - Irreversible
    - Questionable long-term effects
    - Drugs more effective
  - **1936, first “lobotomies”**
    - Prefrontal lobotomy
    - Portuguese neurologist Antonio Moniz
  - **1946, transorbital lobotomy**
- **Lobotomies**
  - Surgery on brain dates to late 1880s, but procedure was soon abandoned
  - 1936, first “lobotomies”
    - Prefrontal lobotomy
    - Portuguese neurologist Antonio Moniz
  - 1946, transorbital lobotomy
Lobotomies
• Around 50,000 done in the US
• Results often horrific
• Most famous patient, Rosemary Kennedy
  – 1941, AGE 23

B. Psychosurgery and Electroconvulsive Therapy
• Electroconvulsive therapy (ECT)
  – Electrical current applied to head to produce seizure
  – Overused in 1940s and 1950s
  – Effective in short-term treatment of severe depression
  – Drug treatment and talk therapy needed to maintain long-term change

ECT in the 1940s