Therapies

• [http://video.google.com/videoplay?docid=-
7995594856034801295&q=mental+illness%2C+health&ei=nYdlSJjYMqAL2g_XCAw](http://video.google.com/videoplay?docid=-
7995594856034801295&q=mental+illness%2C+health&ei=nYdlSJjYMqAL2g_XCAw)
Figure 14.2 Psychological disorders and professional treatment

Percent of population (28%) with disorder (in one year)

Percent of population (15%) receiving mental health services (in one year)

Diagnosis and no treatment (20%)

Treatment and no diagnosis (7%)

Diagnosis and treatment (8%)
Clients: Who Seeks Therapy?

• ______% of U.S. population in a given year
• Full range of ___________________ problems
• Women more than men
• Medical insurance
• _________________ level
Where People Turn for Help

- Family, friends, and clergy: 34.6%
- Family doctors: 16.1%
- Self-help and support groups: 13.6%
- Mental-health professionals: 35.8%
- Psychiatrists: 22%
- Psychiatric social workers: 18%
- Marriage counselors: 14%
- Others: 9%
Professionals Involved in Therapy

- _________________**Psychologists**: Ph.D. in psychology, conducts testing, diagnosis, treatment, and research
- **Counseling Psychologists**: Ph.D. in counseling, help people with marital, family, and minor adjustment problems
- _________________: M.D., does a residency in psychiatry and can prescribe medications
- **Applied Behavior Analysts**: Ph.D. or Master’s in psychology, behavioral therapies (e.g., phobias, disorders characterized by externalizing symptoms)
- _________________**Social Workers**: Master’s degree in social work with special training in counseling; **Largest group of mental health service providers**
Direct-Care Jobs for a ____ Degree

WHERE PSYCHOLOGISTS WORK

- Nonprofit/10%
- Government (federal and state)/10%
- Other educational setting/6%
- University/other/34%
- Self-employed/18%
- Private for-profit or business/22%

Source: Data for psychologists working full time adapted from the National Science Foundation Employed Doctoral Scientists and Engineers, by Sector of Employment, Broad Field of Doctorate and Sex: 2001.
“Helping Professions” for a BA in Psychology

- Affirmative Action
- ________________ Affairs
- Community Centers
- ________________ Educator
- Child Care, Elder Care
- Home Land Security & TSA
- ________________ Office
Current Trends and Issues in Treatment

• ____________ care
• ____________ sensitivity (PSYC 493 in Spring)
• Deinstitutionalization
  – Revolving door problem
  – ________________________________.
Therapies

• ________________ Therapies
  – Psychoanalysis
  – Client-Centered Therapy (Humanistic)
    • Carl Roger’s Humanistic Therapy
  – Group Therapy

• Behavior Therapies
  – Biofeedback, Systematic _________________, Aversion and Social Skills therapy, etc.

• Cognitive Therapies
  – Rational ________________ Therapy
  – Beck’s Cognitive Therapy

• Biomedical Therapies
Therapies

http://www.learner.org/resources/series138.html#

Video 22: Psychotherapy
Bottom Line: Does therapy Work?

The Benefits of Therapy

- Based on the results of 475 studies (Smith et al., 1980), the average therapy client shows more improvement than ____% of those in the ________________ control group.
Behavioral Therapies
__________________ and the Tension Headache

- Sensors on the head detect _______ activity.
- System converts signal to visual display.
- Patient watches the display, learns to relax forehead ____________.
Behavioral Therapies

• Systematic ____________________________.
  – Treatment for phobia
  – Anxiety hierarchy
  – Relaxation training

• ___________________________Therapy

• ___________________________Skills Therapy
Evidence for Behavioral & Cognitive-Behavioral Therapies

• Deemed most efficacious for:
  – ________________ disorders
  – Anger & impulsive violence
  – Psychological problems associated with health
  – Childhood behavior problems
  – ________________ prevention

• A considerable amount of evidence of positive effects for a variety of ________________.
Cognitive Therapies

• Cognitive Therapy
  – People are taught to think in more adaptive ways
  – Rational-__________ Behavior Therapy
    • People are confronted with their irrational, maladaptive beliefs
    • ______________: “Who says you’ll die?”
  – Negative event → irrational belief → emotional consequences
  – ______________ Cognitive Therapy
    • Uses a gentler, more collaborative approach to cognitive therapy
    • “What is the evidence for this idea?”
Humanistic Therapies: Client-Centered Therapy

• Carl _______________.
  – Goal: restructure self-concept to better correspond to reality
  – Therapeutic climate
    • Genuineness
    • ________________positive regard
    • Empathy
  – Therapeutic process
    • ________________.
Figure 14.4 Rogers’s view of the roots of disorders
Group-Therapy Approaches

• **Group Therapy**
  – Treatment of several clients in group
  – Each approach to psychotherapy has a form of group therapy, e.g., analysis is used by psychoanalysts.
  – Saves money but also effective
    • Group members support each other
    • Many psychological problems are problems relating to other people

• **Therapy**
  – Treats the members of a family as an interactive system
Evidence for _______________ Therapies

• Evidence for improvements with:
  – Young adults with ________________.
  – Childhood behavior problems
  – ________________ relationships
Medical Interventions
Drug Therapies

• **Psychopharmacology**
  – The study of the effects of drugs on psychological processes and disorders
Behavioral ____________.

• The study of the influence of __________ on behavior

• Basic Principles
  – Drugs have multiple effects
  – Effects vary in a _______________________ manner
  – Repeated administration (taking drugs over time) often has different effects than acute administration (taking drugs occasionally)
Types of Drug Treatments I

- _______________ Drugs
  - Tranquilizing medications used in the treatment of anxiety
  - Trade names: Librium, Valium, Xanax, BuSpar
  - Much better than their predecessors – barbiturates – but dangerous with ___________ & can lead to rebound anxiety

- Antidepressants
  - Drugs that relieve depression by increasing the supply of norepinephrine, serotonin, or dopamine
  - Trade names: Tofranil, Prozac
  - Prozac is selective serotonin ______________ inhibitor
  - Positive range of effects, makes people more productive, confident etc.
Types of Drug Treatments II

• **Mood Stabilizer**
  – Calms ________________; may reduce bipolar mood swings
  – Trade Name: Lithium Carbonate
    • A drug used to control mania and mood swings in people with bipolar disorder
    • ________________at higher doses

• **Antipsychotic Drugs**
  – Drugs used to control the positive symptoms of schizophrenia and other psychotic disorders
  – Trade names: Thorazine, Clozaril, Risperdal
  – Good on positive symptoms, not negative
  – ________________side effects
Drug Therapies
Antipsychotic Drugs & Hospitalization Trends

![Graph showing trends over time with introduction of antipsychotic drugs highlighted]
Medical Interventions
Perspectives on Drug Therapies

• Drugs have helped numerous people who once lived in ________________institutions.
• People may not respond well to psychotherapy.
• However, some drugs produce unpleasant or dangerous side effects and may lead to a physical and/or psychological ________________.
  — Thus, patients become passive in the healing process.
• Neither psychotherapy nor drug therapy has been found to be generally more ________________.
## Therapy Summary

<table>
<thead>
<tr>
<th>Problem</th>
<th>Efficacious &amp; Specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major depressive disorder</td>
<td>Cognitive therapy, SSRIs</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>Cognitive therapy, mood stabilizing medications</td>
</tr>
<tr>
<td>Generalized anxiety disorder</td>
<td>Cognitive therapy</td>
</tr>
<tr>
<td>Social phobia</td>
<td>Behavior therapy (systematic desensitization)</td>
</tr>
<tr>
<td>Simple phobia</td>
<td>Behavior therapy (systematic desensitization)</td>
</tr>
<tr>
<td>PTSD</td>
<td>Behavior therapy (systematic desensitization)</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>Antipsychotic medications (ongoing)</td>
</tr>
<tr>
<td>Borderline personality disorder</td>
<td>Client-centered therapy</td>
</tr>
<tr>
<td>Autism</td>
<td>Behavior therapy (applied behavior analysis)</td>
</tr>
<tr>
<td>Anorexia/bulimia</td>
<td>Group therapy, antidepressant (for comorbid symptoms)</td>
</tr>
<tr>
<td>Alcohol abuse</td>
<td>Aversion therapy</td>
</tr>
</tbody>
</table>