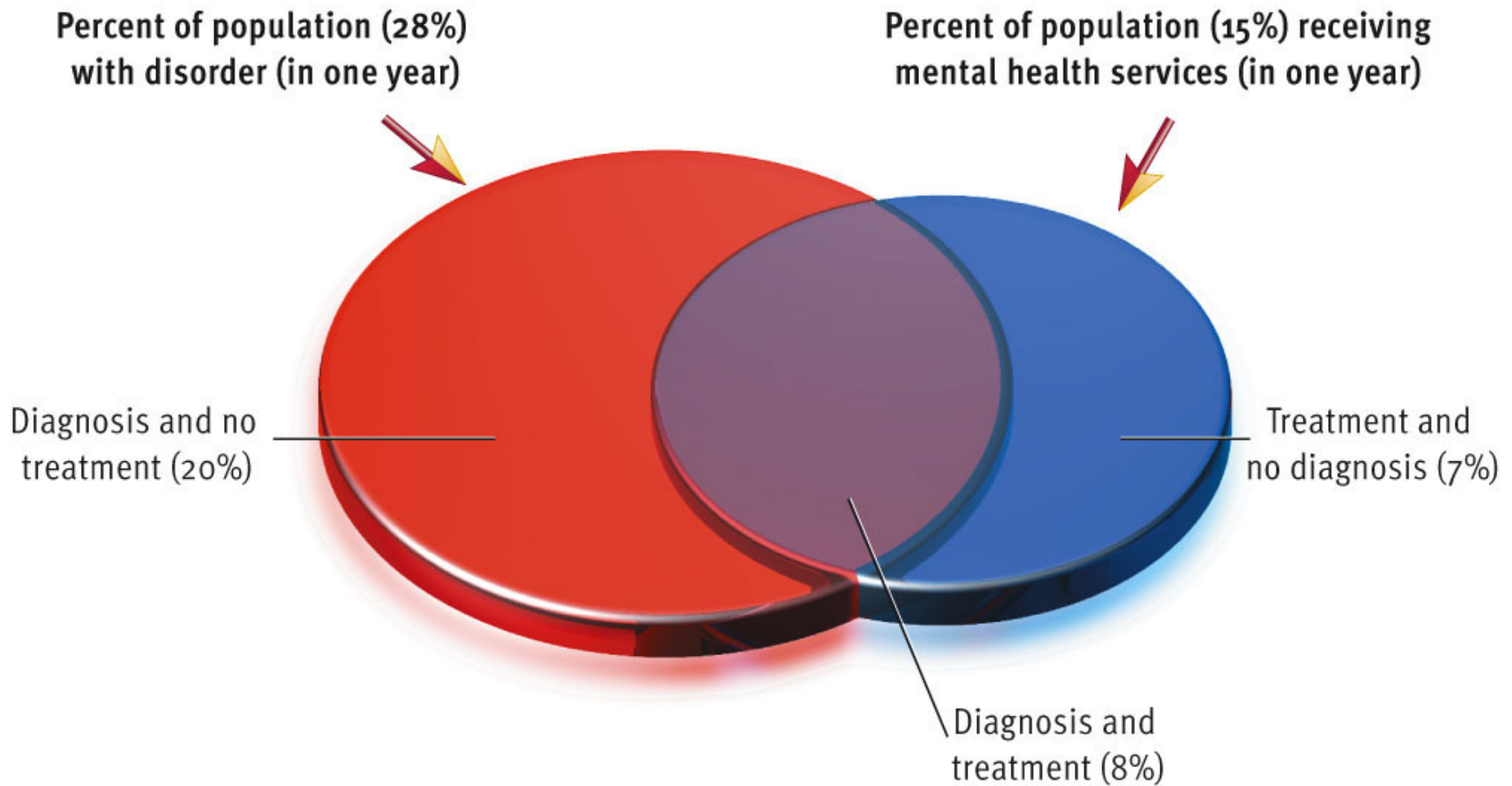


# Therapies

- [http://video.google.com/videoplay?docid=-7995594856034801295&q=mental+illness%2C+health&ei=nYdISjYMo\\_UqAL2q\\_XCAw](http://video.google.com/videoplay?docid=-7995594856034801295&q=mental+illness%2C+health&ei=nYdISjYMo_UqAL2q_XCAw)



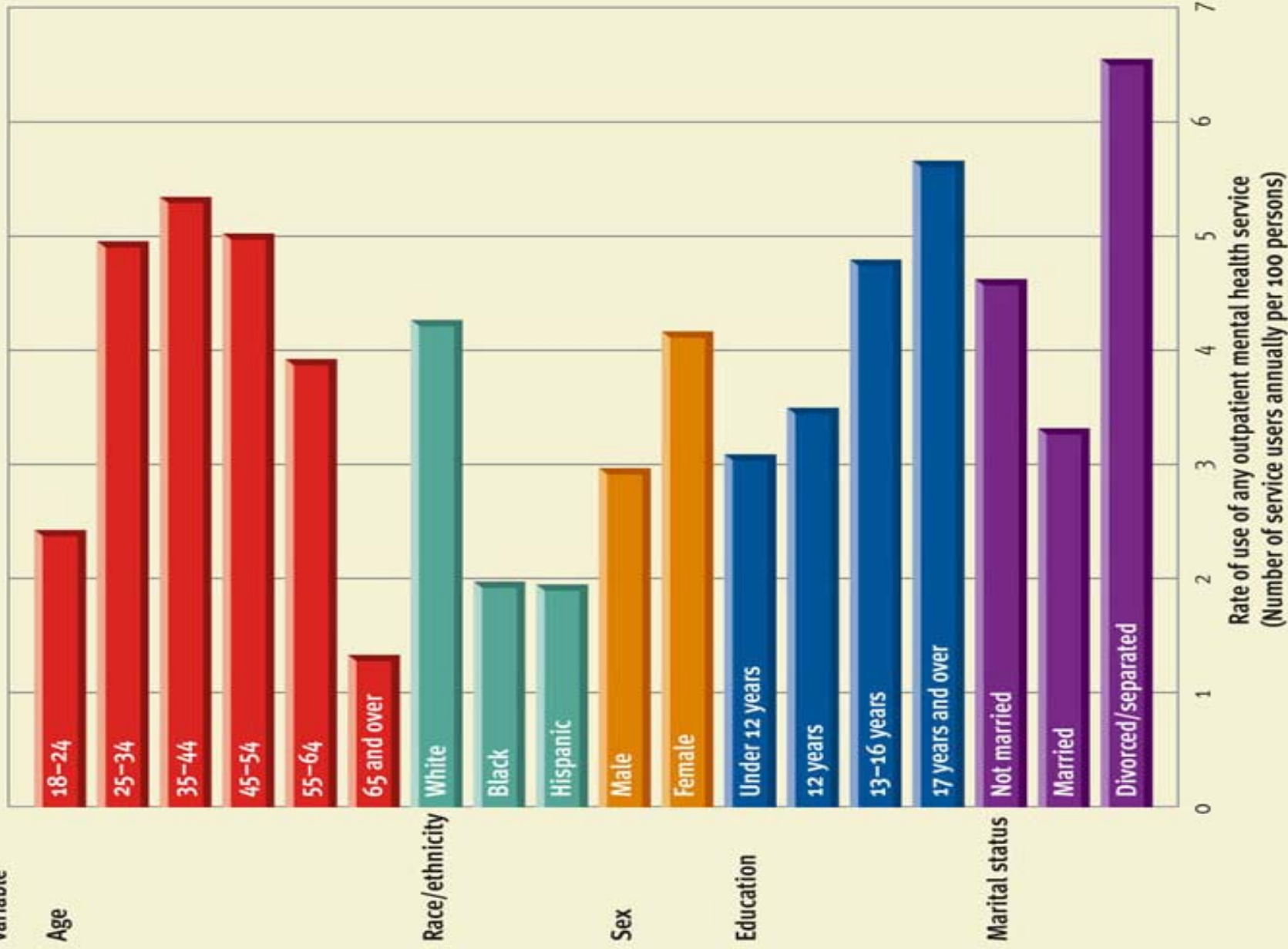
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Figure 14.2 Psychological disorders and professional treatment

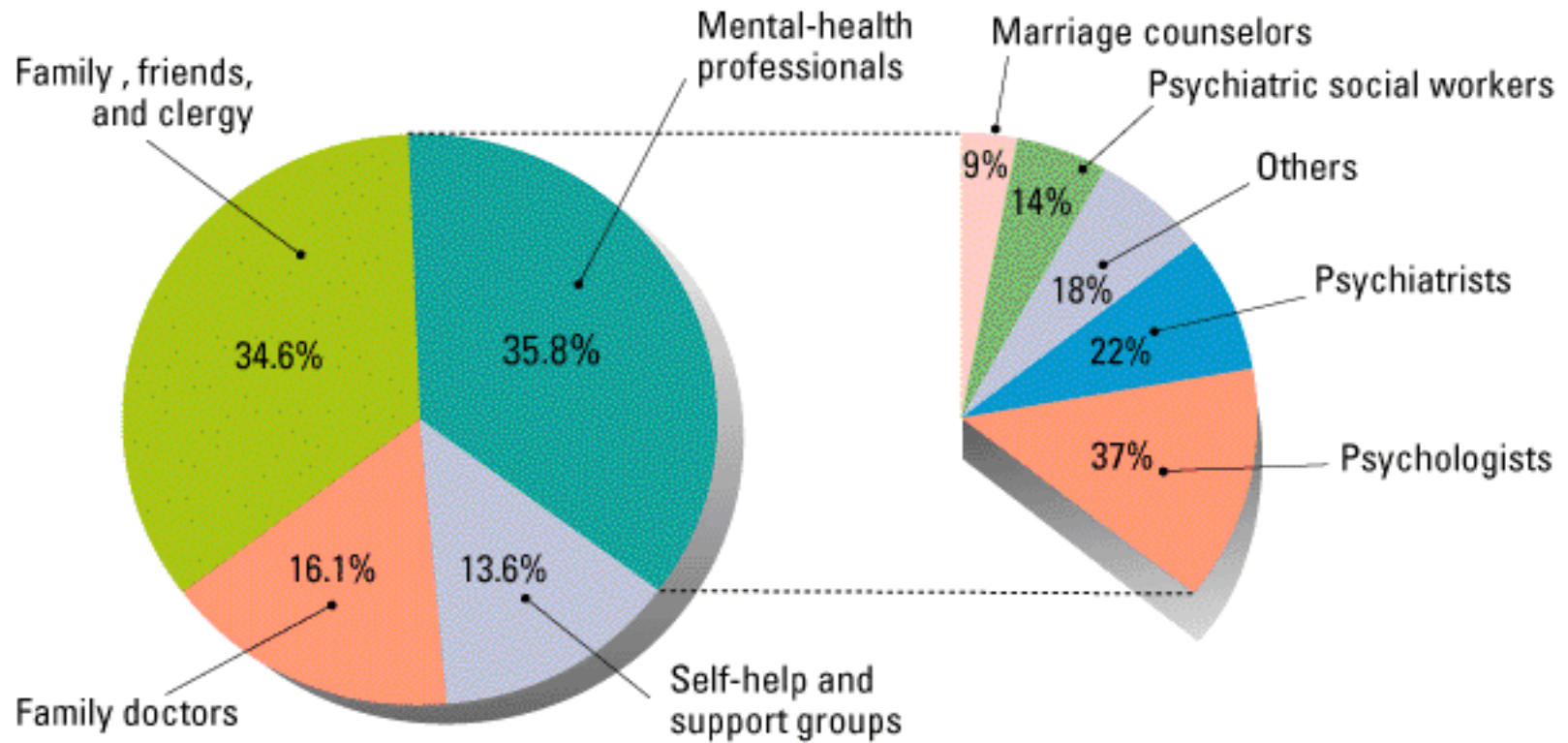
# Clients: Who Seeks Therapy?

- \_\_\_\_\_% of U.S. population in a given year
- Full range of \_\_\_\_\_problems
- Women more than men
- Medical insurance
- \_\_\_\_\_level

Demographic variable



# Where People Turn for Help

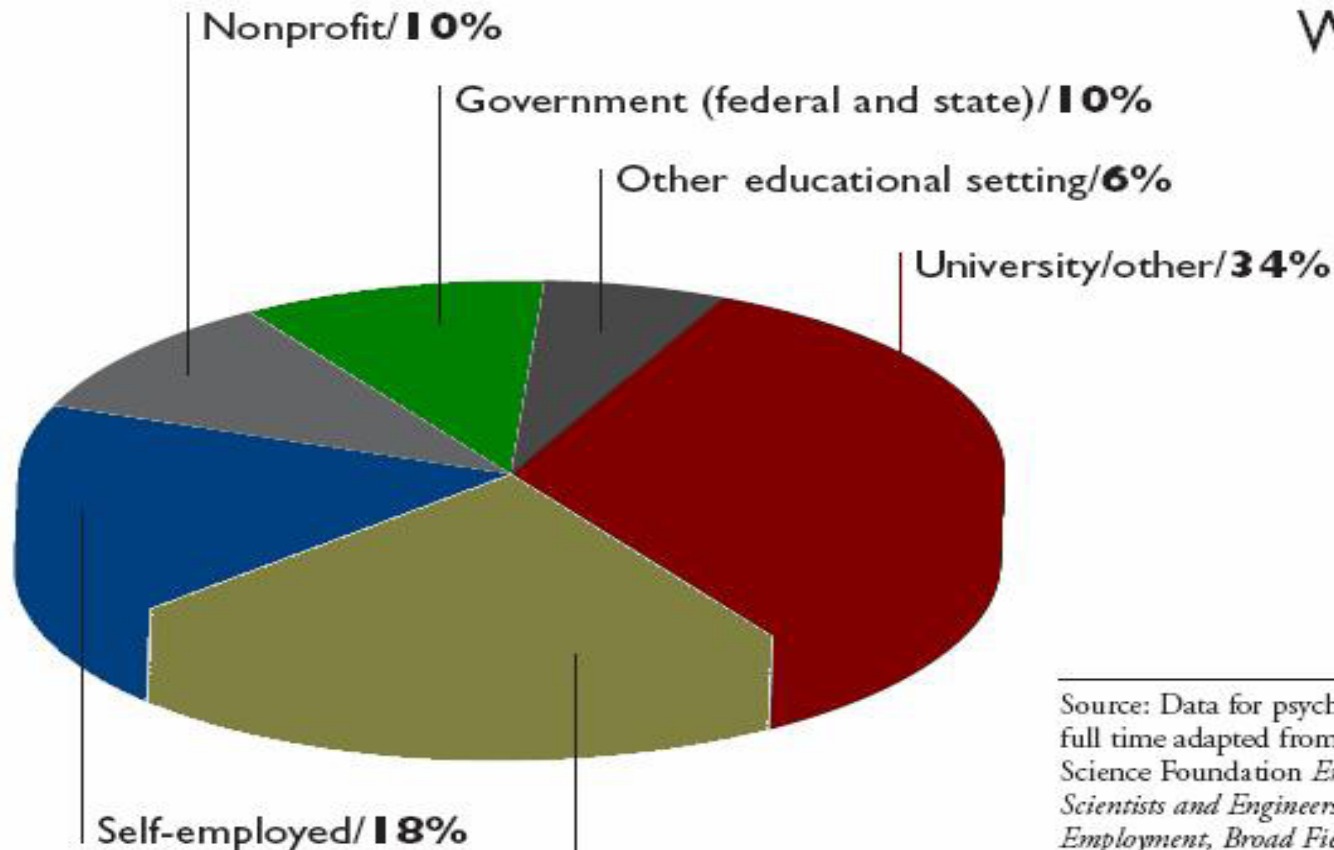


# Professionals Involved in Therapy

- **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



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*.

Private for-profit or business/22%

# “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, Systemic \_\_\_\_\_, Aversion and Social Skills therapy, etc.
- Cognitive Therapies
  - Rational \_\_\_\_\_ Therapy
  - Beck's Cognitive Therapy
- Biomedical Therapies

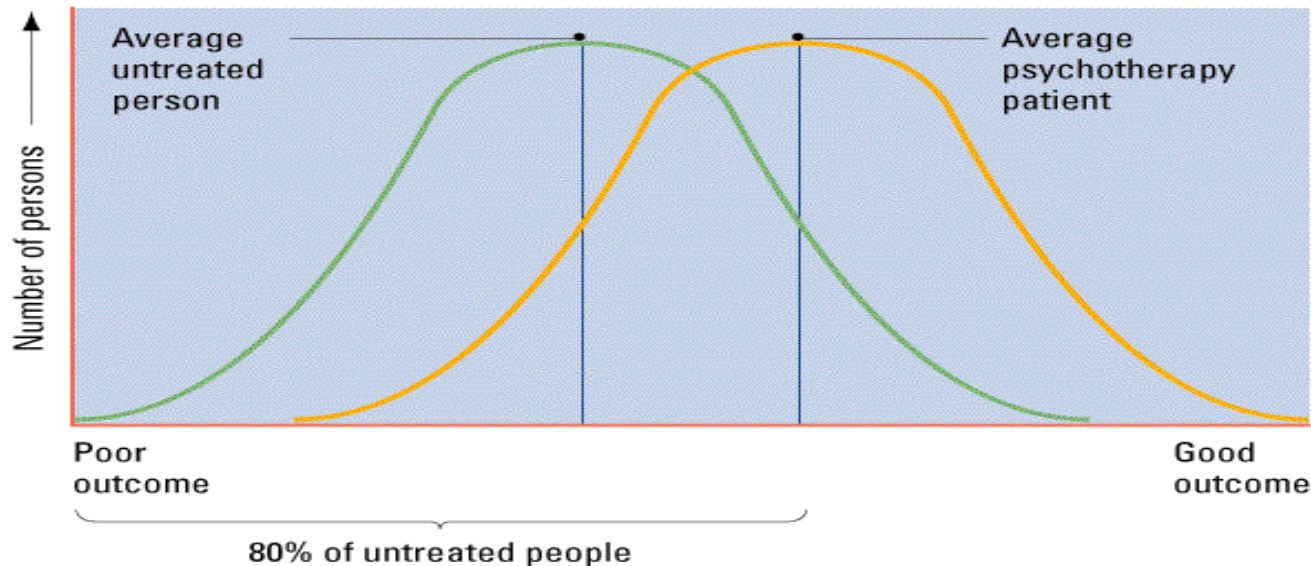
# Therapies

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

Video 22: Psychotherapy

# Bottom Line: Does therapy Work?

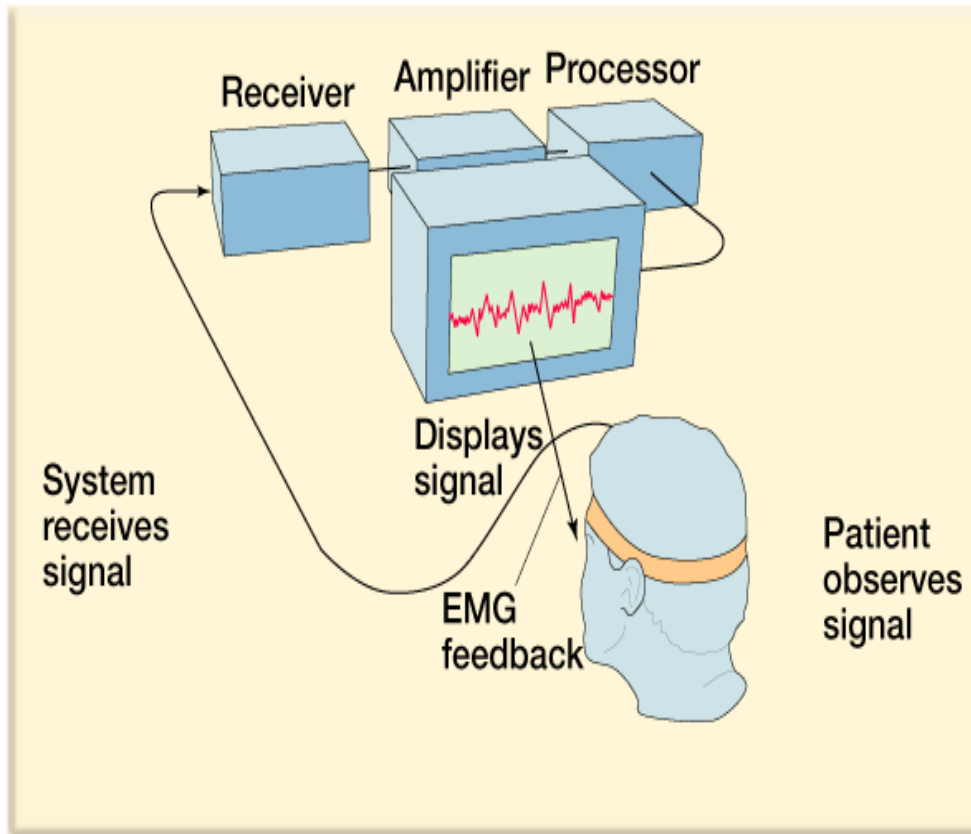
## The Benefits of Therapy



- 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

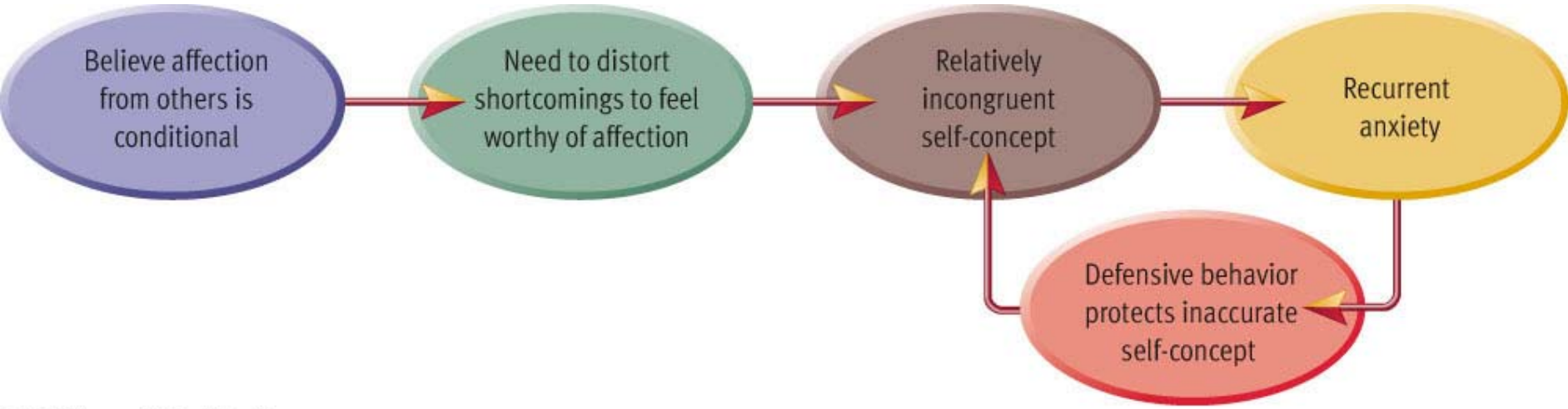
- **Cognitive Therapy**

- 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
    - \_\_\_\_\_.



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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

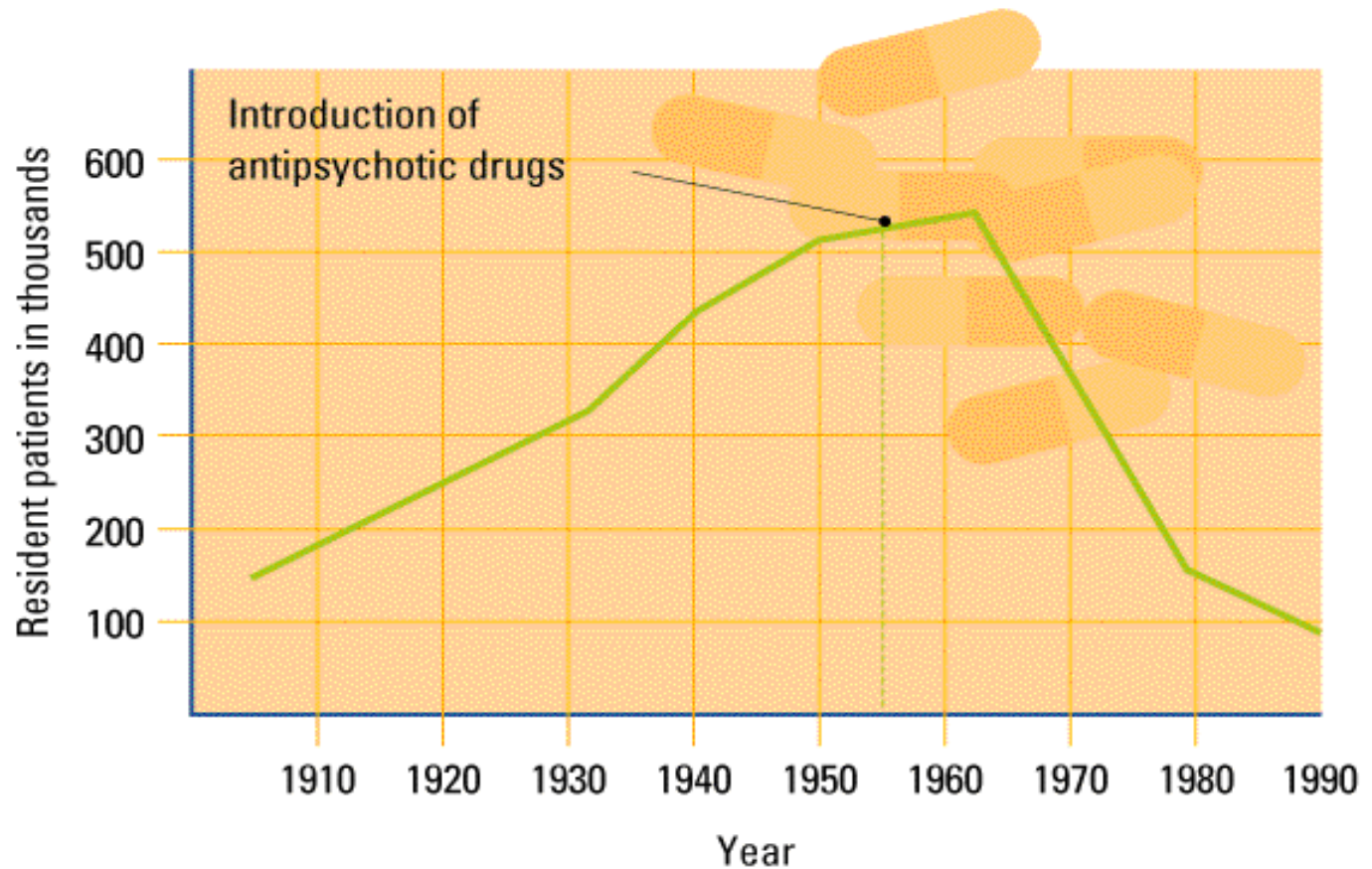
- **Antipsychotic Drugs**

- **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



# 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

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