Therapies

http://video.google.com/videoplay?docid=-7995594856034801295&q=mental+illness%2C+health&ei=nYdlSJjYMo_UqAL2q_XCAw

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
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
- **Psychiatrists**: 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

Where People Turn for Help

- Family, friends, and clergy
- Self-help and support groups
- Mental health professionals
- Marriage counselors
- Psychiatrists
- Psychologists
- Social workers
- Others
Direct-Care Jobs for a ____ Degree

WHERE
PSYCHOLOGISTS
WORK

Nonprofit/10%
Government, federal and state/10%
Other educational/writing/6%
University/prof/3.4%
Self-employed/1.0%
Private for-profit or business/3.2%

Current Trends and Issues in Treatment

• __________care
• __________sensitivity (PSYC 493 in Spring)
• Deinstitutionalization
  – Revolving door problem
  – ________________.
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

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 Rogers**
  - 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

• ____________
  – 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
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.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Treatment &amp; Specifics</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/poliome</td>
<td>Group therapy, antidepressant (for comorbid symptoms)</td>
</tr>
<tr>
<td>Alcohol abuse</td>
<td>Aversion therapy</td>
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