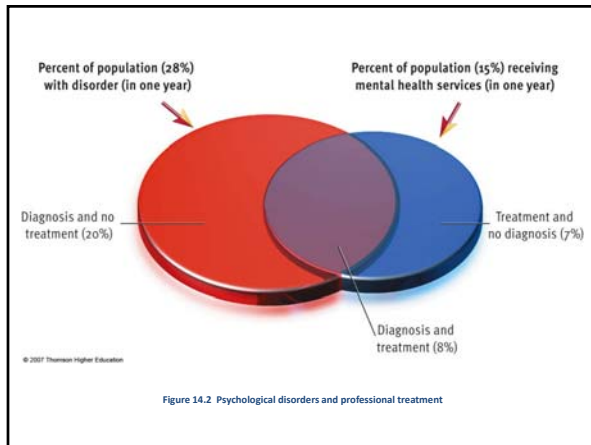


Therapies

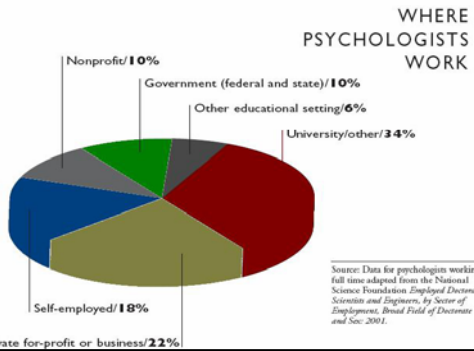
- http://video.google.com/videoplay?docid=7955248260480129&aq=mm&hl=en&lr=2C-health&simt=0&to=up&ln_XC&w



Clients: Who Seeks Therapy?

- _____% of U.S. population in a given year
- Full range of _____ problems
- Women more than men
- Medical insurance
- _____ level

Direct-Care Jobs for a _____ Degree



“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

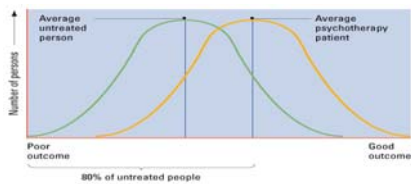
Therapies

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

Video 22: Psychotherapy

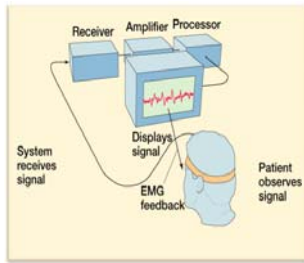
Bottom Line: Does therapy Work?

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

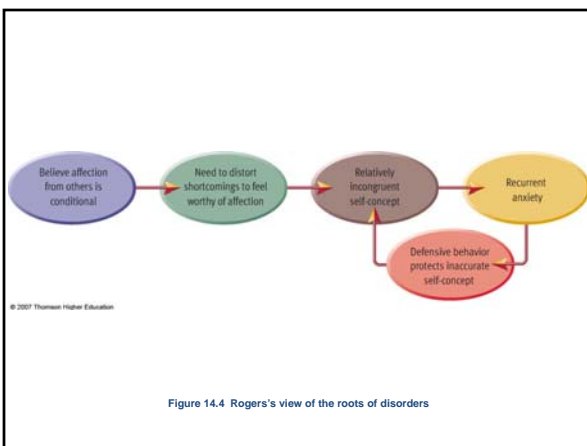
- Deemed most efficacious for:
 - _____ disorders
 - Anger & impulsive violence
 - Psychological problems associated with health
 - Childhood behavior problems
 - _____ prevention
- A considerable amount of evidence of positive effects for a variety of _____.

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
 - _____.



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

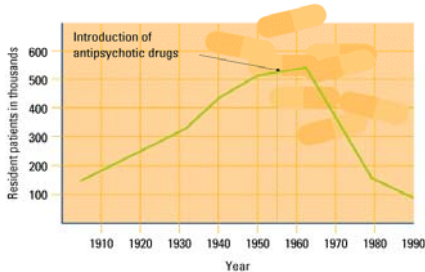
- _____ Drugs
 - **Tranquilizing medications used in the treatment of anxiety**
 - Trade names: Librium, Valium, Xanax, BuSpar
 - Much better than their predecessors – barbiturates – but dangerous with _____ & can lead to rebound anxiety
- **Antidepressants**
 - **Drugs that relieve depression by increasing 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
