

# Chapter 17 Review Guide

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**Psychotherapy:** The treatment of behavioral and emotional disorders using psychological techniques

### I. Psychoanalysis (Freud)

*Goal:* Bring repressed motives, desires, impulses, & conflicts into consciousness so that the person can deal with them.

*Method:*

free association

interpretations by the therapist

*Associated Terms:*

resistance

transference (positive & negative)

catharsis

### II. Humanistic Therapies

Designed to help clients attain self-fulfillment by boosting self-awareness & self-acceptance.

Person-Centered Therapy (Carl Rogers): A *non-directive* form of therapy that calls for the therapist to exhibit acceptance and empathy for the client in order for the client to become *fully-functioning*.

*Method:*

active listening

unconditional positive regard

Gestalt Therapy (Fritz Perls): Form of therapy where the therapist emphasizes the wholeness of the personality and attempts to reawaken people's emotions in the here-and-now.

*Methods:*

Take responsibility for feelings by saying "I choose" rather than, "I have to" or "I want" rather than "I need". Always speak in the first person

### V. Group and Family Therapies

Family therapy

Marital therapy

Support groups

Self-help groups

Effectiveness of Psychotherapy

75% of clients feel satisfied with the outcome of their therapy

Statistical research (using meta-

analysis) suggest that approximately 2/3 of patients significantly improve

### III. Behavioral Therapies

Therapies that use operant or classical conditioning principles to change behavior.

Classical conditioning:

*Counterconditioning:* aims to condition new behaviors in response to stimuli that once elicited unwanted behaviors.

*Aversive conditioning:* aims to associate an unpleasant state with an unwanted behavior (often used to treat addictions)

*Systematic Desensitization:* associate a relaxed, pleasant state with gradually increasing anxiety-provoking stimuli (excellent for treating phobias)

Operant Conditioning Techniques:

*Behavior modification:* aims to use positive & negative reinforcement to change behavior.

Behavioral contracting

Token economies (both are used in classrooms & hospitals)

### IV. Cognitive Therapy

Therapy aimed at changing a person's *irrational thoughts and perceptions* in order to achieve a change in behavior

Rational Emotive Therapy (Albert Ellis): Confrontational therapy where the therapist actively challenges the client's self-defeating beliefs and cognitions.

Beck's Cognitive Therapy for Depression: Less confrontational than RET, but same idea. the aim is to change the maladaptive beliefs of depressed patients by gently helping them see how irrational their cognitions truly are.

### Biomedical Therapies (cont.)

**Psychosurgery:** Removal or destruction of brain tissue in order to change behavior.

**Lobotomy:** Rare procedure once used to calm violent or uncontrollable patients. Tissue in the prefrontal lobes are destroyed.

MISC.

**Institutionalization:**

**Pros:** Patients can be monitored carefully and closely. Patients are less likely to be a danger to themselves and others.

**Cons:** the "self-fulfilling prophecy" may come into play. People continue

with therapy.

Other studies show that the average treated person is better off than 80% of untreated individuals.

#### **Biomedical Therapies**

##### **Drug Therapies:**

**Antipsychotic drugs:** used to treat schizophrenic and other psychotic disorders. These drugs block dopamine receptors in the brain (e.g., thiorazine, stelazine, clozaril). Side effects: heavy sedation, tardive dyskinesia.

**Anti-anxiety drugs:** (e.g., Valium, Librium, Xanax) Effectively reduce anxiety and fears but are highly addictive.

**Antidepressant drugs:** (e.g., Prozac, Zoloft, Paxil) These drugs block reuptake of serotonin. This increases the availability of serotonin in the brain. Other antidepressants block reuptake of serotonin and norepinephrine. They, however, cause more side effects (dry mouth, dizzy spells).

**Lithium:** Drug specifically used to treat the mood swings seen in bipolar disorder.

**Electroconvulsive Therapy (ECT):** Used to treat SEVERE depression. An electrical current is passed through the brain of an anesthetized patient.

Side effects: memory loss

to act and feel "sick" because they believe they are sick. Staff members can interpret "normal" behavior as "abnormal" (Rosenhan's study). Also, the staff members (at many institutions) are overworked and underpaid.

**Deinstitutionalization:** The release of patients from hospitals (often in large numbers) due to political pressures.

**Pros:** Patients are given a chance to live a "normal" life away from unwanted confinement.

**Cons:** Due to lack of federal and state funding, many patients are unsupervised. They may stop taking their medication, have no social support, and may become a danger to themselves or others.