

Chapter 18

Therapies



What is Psychotherapy?

- Any psychological technique used to facilitate positive changes in personality, behavior or adjustment. Some types of psychotherapy:
 - Individual: Involves only one client and one therapist
 - Client: Patient; the one who participates in psychotherapy
 - Rogers used “client” to equalize therapist-client relationship and de-emphasize doctor-patient concept
 - Group: Several clients participate at the same time



More Types of Psychotherapy

- Directive: Therapist provides strong guidance
- Insight: Goal is for clients to gain deeper understanding of their thoughts, emotions and behaviors
- Time-Limited: Any therapy that limits number of sessions
 - Partial response to managed care and to ever-increasing caseloads
 - Caseload: Number of clients a therapist actively sees



Origins of Therapy

- Trepanning: For primitive “therapists,” refers to boring, chipping or bashing holes into a patient’s head; for modern usage, refers to any surgical procedure in which a hole is bored into the skull
 - In primitive times it was unlikely the patient would survive; this may have been the goal
- Demonology: Study of demons and people beset by spirits
 - People were possessed and they needed an *exorcism* to be cured
 - Exorcism: Practice of driving off an “evil spirit;” still practiced today!



Origins of Therapy Continued

- Ergotism: Psychotic-like symptoms that comes from ergot fungus poisoning
 - Ergot is a natural source of LSD
 - Ergot occurs with rye
- Phillippe Pinel: French physician who initiated humane treatment of mental patients in 1793
 - Created the first mental hospital



Psychoanalysis: Freud

- Hysteria: Physical symptoms (like paralysis or numbness) occur without physiological causes
 - Now known as *somatoform disorders*
- Freud became convinced that hysterics were caused by deeply hidden unconscious conflicts
- Main Goal of Psychoanalysis: To resolve internal conflicts that lead to emotional suffering



Some Key Techniques of Psychoanalysis

- Free Association: Saying whatever comes to mind, regardless of how embarrassing it is.
 - By doing so without censorship and censure, true id impulses and true feelings are supposed to surface
- Dream Analysis: Dreams express forbidden desires and unconscious feelings
 - Latent Content: Hidden, symbolic meaning of dreams
 - Manifest Content: Surface, visible content of dreams
 - Dream Symbols: Images in dreams that have personal or emotional meanings



Psychoanalysis: Freud and Today

- Analysis of Resistance: Blockage in free association; topics the client resists thinking about or discussing
- Transference: Tendency to transfer feelings to a therapist that match those the patient had for important people in his or her life
 - The patient might act like the therapist is a rejecting father, loving mother, etc.
 - Transference is what Freudians aspire towards in therapy



Modern Psychoanalysis

- Brief Psychodynamic Therapy: Based on psychoanalytic theory but designed to produce insights more quickly
- Spontaneous Remission: Improvement of a psychological condition due to time passing and *without* therapy
- Waiting-List Control Group: People who receive no therapy as a way to test the effectiveness of psychotherapy
 - Compare Control with Experimental Group; if no statistically significant difference, then something other than therapy caused change or no change in conditions



Humanistic Therapies

- Client-Centered Therapy (Rogers): Nondirective and based on insights from conscious thoughts and feelings; accepting one's true self
- Therapist must have four basic conditions
 - Unconditional Positive Regard: Unshakeable acceptance of another person, regardless of what they tell you or how they feel
 - Empathy: Ability to feel what another person is feeling; capacity to take another's point of view
 - Authenticity: Ability of a therapist to be genuine and honest about his or her feelings
 - Reflection: Rephrasing or repeating thoughts and feelings of the clients; helps clients become aware of what they are saying



Existential Therapy

- An insight therapy that focuses on problems of existence, like meaning, choice and responsibility. Emphasizes making difficult choices in life.
 - Therapy focuses on death, freedom, isolation, and meaninglessness
- Free Will: Human ability to make choices not determined by heredity, past conditioning, or other conditions
 - You can choose to be the person you want to be
- Logotherapy (Frankl): Emphasizes need to find and maintain meaning in one's life
- Confrontation: Clients are challenged to examine their values and choices.



Gestalt Therapy

- Gestalt Therapy (Perls): Focuses on immediate awareness to help clients rebuild thinking, feeling, and acting into connected wholes.
 - Emphasizes integration of various experiences (filling in the gaps)
 - Clients are taught to accept responsibility for their thoughts and actions
 - More directive than client-centered or existential therapy



Cybertherapy and Psychotherapy at a Distance: Dr. Laura and Dr. Drew, Among Others

- Media Psychologists: Radio and newspaper and television psychologists. Often give advice, information and social support.
 - Most helpful when give referrals and information
- Telephone Therapists: 900 number therapists
 - Caution: Many “therapists” may be nothing more than untrained telephone operators who have never even taken a psychology course!
- Cybertherapy: Internet therapists in chat rooms and so on. Same cautions apply here as they do to the above.
 - Now can have videocameras on both ends so at least you can now hear AND see therapist.
 - May be wave of future for those who cannot drive a distance to a therapist or because of illness cannot leave the house
 - E.g. Paula can't leave the house because of agoraphobia, so Robert the therapist comes to her via Internet!



Behavior Therapy

- Use of learning principles to make constructive changes in therapy
- Behavior Modification: Using any classical or operant conditioning principles to directly change human behavior
 - Deep insight is often not necessary
 - Focus on the present; cannot change the past and no reason to alter that which has yet to occur
- Conditioned Aversion: Learned dislike or negative emotional response to some stimulus
- Aversion Therapy: Associating a strong aversion to an undesirable habit like smoking, overeating, drinking alcohol
- Response-Contingent Consequences: Reinforcement, punishment, or other consequences that are applied only when a certain response is made



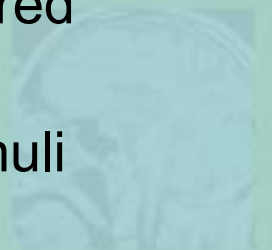
Desensitization

- Rapid Smoking: Prolonged smoking at a rapid pace.
 - Designed to cause aversion to smoking
- Hierarchy: Rank-ordered series of steps, amounts, or degrees
- Reciprocal Inhibition: One emotional state is used to block another.
 - E.g. impossible to be anxious and relaxed at the same time
- Systematic Desensitization: Guided reduction in fear, anxiety, or aversion; attained by gradually approaching a feared stimulus while maintaining relaxation
 - Best used to treat phobias: Irrational, persistent fears



Desensitization Continued

- Model: Live or filmed person who serves as an example for observational learning
- Vicarious Desensitization: Reduction in fear that takes place vicariously when a client watches models perform the feared behavior
- Virtual Reality Exposure: Presents computerized fear stimuli to patients in a controlled fashion



Operant Therapies

- Eye Movement Desensitization and Reprocessing (EMDR): Reduces fear and anxiety by holding upsetting thoughts in your mind while rapidly moving your eyes from side to side
- Operant Conditioning: Learning that occurs when the behavior of a person or animal changes in response to the consequences of actions
 - Extinction: If response is *not* followed by reward after it has been repeated many times, it will go away
 - Shaping: Rewarding actions that are closer and closer approximations to a desired response
 - Stimulus Control: Responses come under control in the situation in which they occur
 - Time Out: Removing individual from a situation in which reinforcement occurs



Reinforcement and Token Economies

- Tokens: Symbolic rewards like poker chips, gold stars, or stamps that can be exchanged for tangible (real) rewards
 - Tokens can be used to *immediately* reinforce behaviors
 - Work well in psychiatric hospitals and sheltered care facilities
- Target Behaviors: Actions or other behaviors a therapist seeks to change
- Token Economy: Patients get tokens for many socially desirable or productive behaviors. Then they can *exchange* tokens for tangible rewards and must *pay* tokens for undesirable behaviors
 - Lack of generalizability is a problem



Cognitive Therapy

- Therapy that helps clients change thinking patterns that lead to problematic behaviors or emotions
- Selective Perception: Perceiving only certain stimuli in a larger group of possibilities
- Overgeneralization: Tendency to let upsetting events affect unrelated situations
- All-or-Nothing Thinking: Seeing objects and events as absolutely right or wrong, good or bad, and so on
- Cognitive Therapy is VERY effective in treating depression, shyness and stress



Rational Emotive Behavior Therapy (REBT)

- Attempts to change irrational beliefs that cause emotional problems
 - Theory created by Albert Ellis
 - E.g. Fanny thinks “I must be liked by everyone; if not, I’m a rotten person.”



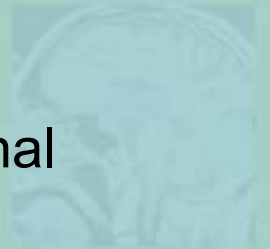
Group Therapy

- Psychodrama (Moreno): Clients *act* out personal conflicts and feelings with others who play supporting roles
 - Role Playing: Re-enactment of significant life events
 - Role Reversal: Taking the part of another person to learn how he or she feels
 - Mirror Technique: Client observes another person re-enact the client's behavior
- Family Therapy: All family members work as a group to resolve the problems of each family member.
 - Tends to be brief and focused on specific problems
 - Family System: Entire family unit, including all members, their relationships, and their patterns of behavior



Group Therapy Continued

- Sensitivity Groups: Try to increase self-awareness and sensitivity to others
- Encounter Groups: Emphasize honest expression of feelings and reactions to other participants
- Large-Group Awareness Training: Programs that claim to increase self-awareness and facilitate constructive personal change
- Therapy Placebo Effect: Improvement is based on client's belief that therapy will help



Key Features of Psychotherapy

- Therapeutic Alliance: Caring relationship between the client and therapist
- Therapy offers a protected setting where emotional *catharsis* (release) can occur.
- All the therapies offer an explanation or rationale for the client's suffering
- Provides clients with a new perspective about themselves or their situations and a chance to practice new behaviors



Key Features of Psychotherapists

- Enthusiastic learners
- Emotionally open
- Mentally healthy and mature
- Nurture own emotional well-being
- Realize their emotional health affects their work
- Have strong social skills
- Draw on their experience with similar problems



Basic Counseling Skills

- Active Listening
- Clarify the Problem
- Focus on Feelings
- Avoid Giving Advice
- Accept the Client's Frame of Reference



Basic Counseling Skills Continued

- Reflect Thoughts and Feelings
- Silence: Know when to use
- Questions
 - Open: Open-ended reply
 - Closed: Can be answered “Yes” or “No.”
- Maintain Confidentiality



◆ TABLE 18.3 Helping Behaviors

To help another person gain insight into a personal problem, it is valuable to keep the following comparison in mind.

BEHAVIORS THAT HELP	BEHAVIORS THAT HINDER
Active listening	Probing painful topics
Acceptance	Judging or moralizing
Reflecting feelings	Criticism
Open-ended questioning	Threats
Supportive statements	Rejection
Respect	Ridicule or sarcasm
Patience	Impatience
Genuineness	Placing blame
Paraphrasing	Opinionated statements

Medical (Somatic) Therapies

- Pharmacotherapy: Use of drugs to alleviate emotional disturbance. Three classes of drugs are used:
 - Minor Tranquilizers (Antianxiety): Like Valium; produce relaxation or reduce anxiety
 - Antidepressants: Elevate mood and combat depression
 - Antipsychotics (Major Tranquilizers): Tranquilize and also reduce hallucinations and delusions in larger dosages
- Problems With Drug Therapy:
 - Tardive Dyskinesia: Neurological disorder marked by rhythmic facial and mouth movements, and unusual arm movements



Shock

- Electroconvulsive Therapy (ECT): Electric shock is passed through the brain inducing a convulsion.
 - Based on belief that seizure alleviates depression by altering brain chemistry
- ECT Views:
 - Produces only temporary improvement
 - Causes permanent memory loss in many patients
 - Should only be used as a last resort



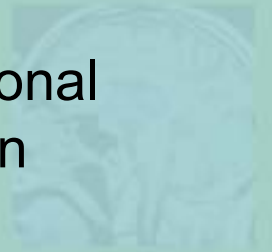
Psychosurgery

- Any surgical alteration of the brain.
 - Goal is to bring about behavioral or emotional changes
- Prefrontal Lobotomy: Frontal lobes in brain are surgically cut from other brain areas
 - Supposed to calm people who did not respond to other forms of treatment
 - Was not very successful
- Deep Lesioning: Small target areas in the brain are destroyed by using an electrode



Community Mental Health Programs

- Offer many health services like prevention, education, therapy, and crisis intervention
 - Crisis Intervention: Skilled management of a psychological emergency
- Paraprofessional: Individual who works in a near-professional capacity under supervision of a more highly trained person



Self-Management

- Covert Sensitization: Aversive imagery is used to reduce occurrence of an undesired response
 - Major disturbances in mood or emotion, such as depression or mania
- Thought Stopping: Aversive stimuli are used to interrupt or prevent upsetting thoughts
- Covert Reinforcement: Using positive imagery to reinforce desired behavior
- Tension Release Method: Procedure of deep relaxation



Other Therapy Options

- Peer Counselor: Nonprofessional person who has learned basic counseling skills
- Self-Help Group: Group of people who share a particular type of problem and provide mutual support to each other
 - Alcoholics Anonymous is an example
- Bibliotherapy: Therapy based on information gained from a book
 - About one-third of therapists use this technique



Cultural Issues in Counseling

- Cultural Barriers: Differences in language, social class, cultural values, and nonverbal communication.
 - Can lead to misunderstandings between people with different cultural backgrounds
- Culturally Skilled Counselor: Is aware how different cultures can produce different behaviors and can work with diverse populations
- Therapists need to be sensitive to cultural differences and be able to adjust methods to fit culturally different clients

