

Models of Abnormality- Chapter 3

*-Theme

A.) Biological Model

Psychological abnormality- illness brought about by malfunctioning parts of organism → 5 major lines of explanations are:

- Brain anatomy(ex- overactive amygdala, you might be overly sensitive to danger; prefrontal communicates safety to amygdala, might cause probs)
- brain chemistry
- genetic abnormalities (all psych disorders have some sort of genetic component- twin studies: even if they grow up in different environments, twin is more likely to have it)
- evolution
- viral infections

Treatment in Bio model- goal is to pinpoint physical source of dysfunction

- drug therapy
- electroconvulsive therapy (ECT)
- psychosurgery (lobotomy, trephination)

Strengths-

- has respect
- lots of research and new info
- treatments bring relief

Weakness-

- too simplistic → *environment matters in psycho. disorders, even though genetics are the same (shown from twin studies)*
- negative side effects

B.) Psychodynamic Model

- Famous – Freud’s model
- Person’s behavior is determined by underlying dynamic psycho forces of which they aren’t aware
- 3 unconscious forces →
- Conflict b/w forces
- Sexual repression large portion of model
- * might be considered ‘untestable’, not really a theory *

C.) Behavioral Model

- John Watson → lives are basically deterministic, based on our upbringing
- Limitations, i.e. take into account people with schizo → did your upbringing cause it? Most likely not
- Deterministic model – our behaviors are a result of our experiences
- Environmental factors
- Learning theory
 - Operant Conditioning
 - Modeling

-Classical Conditioning (Pavlov's dogs pairing action with reward; kid getting bitten by a dog might have phobia of dogs) → extinction = things are no longer paired; in treatment for phobia, patient exposed to fear in an environment that doesn't have harm

- Got so much attention because it came as backlash to psychodynamic model
→ only thing that matters is research and support

D.) Cognitive Model

- Cognitive processes help us understand abnormal functioning → need to know assumptions, attitudes, and thoughts; faulty thinking causes problems
- Cognitive therapy → develop new, functional ways of thinking; Aaron Beck's cognitive therapy- psychiatrist that found people have 'untrue' thoughts about themselves; depression=worthless, etc. → recognize and restructure thinking
- *start to evaluate your thoughts, then decide if they are meaningful/helpful*

E.) Humanistic/Existential Model

- H= people strive for self-actualization, find meaning and strive to fulfill it
- E= focus on authenticity, emphasis on self-determination
- Roger's H theory -therapy is client centered, unconditional, positive regard; genuine; accurate empathy
- Gestalt Theory/Therapy= Fritz Perls (self-frustration), self-recognition through patient-challenging techniques

*look up Fritz and patient Gloria → calls her a phony, look into therapy model