

Chapter 16- Treatment of Psychological Disorders

- Exposure and response prevention- people with OCD are gradually exposed to the content of their obsessions and prevented from engaging in their compulsions

Treatment: Getting Help to Those Who Need It

- 3 Reasons people don't get treated
 1. They may not realize they have a mental disorder that could be effectively treated
 2. There may be barriers such as beliefs and circumstances that keep people from getting help
 3. Structural barriers prevent people from physically getting to treatment
- 2 types of treatments:
 1. Psychological treatment- people interact with a clinician in order to use the environment to change their brain and behavior
 2. Biological treatment- brain is treated with drugs, surgery, or some other direct intervention

Psychological Treatments: Healing the Mind Through Interaction

- Psychotherapy- interaction between a socially sanctioned clinician and someone suffering from a psychological problem, with the goal of providing support or relief from the problem
- Eclectic psychotherapy- form of psychotherapy that involves drawing on techniques from different forms of therapy, depending on the client and problem
- Psychodynamic psychotherapies- explore childhood events and encourage individuals to use this understanding to develop insight into their psychological problems
- Key techniques in psychoanalysis
 - Free association- client reports every thought that enters the mind without censorship or filtering
 - Dream analysis- dreams treated as metaphors that symbolize unconscious conflicts or wishes
 - Interpretation- therapist deciphers meaning underlying what client says and does
 - Analysis of resistance
 - Resistance- reluctance to cooperate with treatment for fear of confronting unpleasant unconscious material
- Transference- analyst begins to assume major significance in client's life and client reacts to analyst based on unconscious childhood fantasies
- Interpersonal psychotherapy (IPT)- form of psychotherapy that focuses on helping clients improve personal relationships

- Person-centered therapy (client-centered therapy)- assumes that all individuals have a tendency toward growth and that this growth can be facilitated by acceptance and genuine reactions from the therapist
 - Should demonstrate 3 basic qualities:
 1. Congruence- openness and honesty in therapeutic relationship and same message should be communicated at all levels
 2. Empathy- continuous process of trying to understand the client by getting inside his/her way of thinking, feeling, and understanding the world
 3. Unconditional positive regard- provide nonjudgmental, warm and accepting environment where the client can safely express their thoughts or feelings
- Behavior therapy- disordered behavior is learned and symptom relief is achieved through changing overt maladaptive behaviors into more constructive behaviors
 - 3 technique examples:
 1. Eliminating unwanted Behaviors
 2. Promoting desired behaviors
 - a. Token economy- giving clients “tokens” for desired behaviors, which they can later trade for rewards
 3. Reducing unwanted emotion responses
 - a. Exposure therapy- confronting an emotion-arousing stimulus directly and repeatedly, ultimately leading to a decrease in the emotional response
- Cognitive therapy- helping a client identify and correct any distorted thinking about self, others, or the world
- Cognitive restructuring- teaching clients to question the automatic beliefs, assumptions, and prediction that often lead to negative emotions and to replace negative thinking with more realistic and positive beliefs
- Mindful meditation- teaches an individual to be fully present in each moment, be aware of his or her thoughts, feeling, and sensations, and detect symptoms before they become a problem
- Cognitive behavioral therapy (CBT)- blend of cognitive and behavioral therapeutic strategies
 - Problem-focused and action-oriented
- Group therapy- technique in which multiple participants work on their individual problems in a group atmosphere

Medical and Biological Treatments: Healing the Mind by Physically Altering the Brain

- Trephining- drilling a hole in the skull
- Antipsychotic drugs- treat schizophrenia and related psychotic disorders
 - Tardive dyskinesia- condition of involuntary movement of face, mouth, and extremities

- Psychopharmacology- the study of drug effects on psychological states and symptoms
- Antianxiety medications- drugs that help reduce a person's experience of fear or anxiety
- Drug tolerance- need for higher dose over time to achieve same effects following long-term use
- Antidepressants- a class of drugs that help lift people's moods
- Mood stabilizers- medications used to suppress swings between mania and depression (bipolar)
- Electroconvulsive therapy (ECT)- treatment that involve inducing a brief seizure by delivering an electrical shock to the brain
- Transcranial magnetic stimulation (TMS)- treatment that involves placing a powerful pulsed magnet over a person's scalp, which alter neural activity in the brain
- Phototherapy- therapy that involves repeated exposure to bright light
- Psychosurgery- surgical destruction of specific brain areas

Treatment Effectiveness: For Better or for Worse

- Treatment illusions:
 1. Natural improvement- tendency of symptoms to return to mean level
 2. Nonspecific treatment effects
 - Placebo- inert substance or procedure that has been applied with the expectation that a healing response will be produced
 3. Reconstructive memory- thinking there is improvement because the symptoms were remembered worse than in reality
- Treatment outcome studies- designed to evaluate whether a particular treatment works
- Iatrogenic illness- disorder or symptom that occurs as a result of medical or psychotherapeutic treatment itself
- Ethical standards for treatment of people with mental disorders
 1. Striving to benefit clients and taking care to do no harm
 2. Establishing relationships of trust with clients
 3. Promoting accuracy, honesty and truthfulness
 4. Seeking fairness in treatment and taking precautions to avoid biases
 5. Respecting dignity and worth of all people