

CHAPTER 13: Therapy• LECTURE NOTES

Ch. 13 Therapy

- What is Therapy?
 - A systematic interaction between a therapist and a client that applies **psychological principles** to affect the client's **thought, feelings, or behaviors**, in order to **develop themselves to adjustment problems**
 - Systematic Interaction
 - **How the client and therapist interact and relate**
 - Psychological Principles
 - Therapy is based on **theory and research**
 - Targets of therapy
 - **Thoughts**
 - **Feelings**
 - **Behaviors**
 - Reasons for therapy
 - **Psychological Disorder**
 - History
 - Demonological thinking
 - Asylums
 - Originated in European monasteries
 - First institutions meant for the mentally unstable
 - Function was to **warehouse not to treat**
 - “Bedlam”: **Turmoil or confusion**
- Reforms
 - History
 - Mental Hospitals
 - Replaced Asylums
 - Over **1 million** residents by the mid-50’s
 - **Treatment** as the primary focus
 - Community Mental Health Movement
 - Focus is to
 - Still some concerns
- Traditional Psychoanalysis
 - Psychoanalysis

- Typical “couch” therapy
- Assumes problems reflect: Early childhood experiences, internal conflict
 - Allows the client to self-explore with little to no intervention from the therapist
 - Can last months or years
 - Designed to provide insight into the conflicts that are presumed to lie at the root of a person’s problems
- Psychoanalysis Components
 - Catharsis
 - expression of repressed feelings and impulses
 - Free Association
 - Uncensored uttering of all thoughts
 - Resistance
 - Tendency to block the free expression of impulses
 - Transference
 - Responding to one person in a way that is similar to the way one responded to another person in childhood
 - Dream analysis Content of dreams determined by unconscious processes and daily events
 - Freud Royal road to Unconscious
 - Manifest Content
 - Reported content of dream
 - Latent Content
 - Symbolized or underlying content of the dream
- Defense Mechanisms
- **Denial**
 - refusal to accept reality and to act as if a painful event, thought or feeling did not exist
- **Displacement**
 - redirecting of feelings/impulses from an anxiety provoking object to a safer, more acceptable one
- **Fantasy**
 - channeling of _____ or _____ desires into imagination
- **Intellectualization**
 - use of a cognitive approach with suppression of emotions
- **Projection**

- o attribution of one's undesired impulses onto another
- **Rationalization**
 - o cognitive reframing of one's perceptions in the face of changing realities
- **Reaction Formation**
 - o converting of dangerous impulses that are perceived to be dangerous into their opposites
- **Regression**
 - o reversion to an earlier stage of development in the face of unacceptable impulses
- **Modern Psychoanalysis = Psychodynamic**
 - o Sit face to face
 - o Briefer
 - o Less intense
 - o More available to those who do not have a lot of time or money
 - o Therapist is more directive
 - o more focus on the ego than the id
- **Client-Centered Therapy**
 - o Carl Rogers
 - o We are free to make choices and control our destinies despite the past
 - o Disorders arise when there are roadblocks on our path to self-actualization
 - o Provides insight into the parts that we have disowned
 - Unconditional Positive Regard
 - Empathic Understanding
 - Genuineness- open and honest
 - Non-directive
 - Not tell the client what to do; support them and reach their own decisions
- **Humanistic Therapy**
 - o Focus on subjective, conscious experience
 - "Here and Now"
 - Does not entirely ignore a client's past, but emphasizes the current state of functioning