

Final Exam Study Guide

Chapter 13:

Essentials of Psychotherapy:

Definition: A systemic interaction between a therapist and a client that brings psychological principles to bear on influencing the client's thoughts, feelings, or behavior to help the client overcome psychological disorders, adjust to problems in living, or develop as an individual.

- System Interaction: therapist's theoretical point of view interacts with the clients to determine how the therapist and client relate to each other.
- Psychological principles: psychotherapy is based on theory and research in areas such as personality, learning, motivation, and emotion
- Thoughts, feelings, and behavior: influences clients thoughts, feelings, and behavior. Can be aimed at any or all of these aspects of human psychology
- Psychological disorders, adjustment problems, and personal growth: Can be used with people who have psychological disorders. Other people seek help in adjusting to problems such as shyness, weight problems, or loss of a life partner. Can be used to learn more about themselves and to reach their full potential as individuals, parents, or creative artists.

History of Therapies:

- Asylums: early 18th century. Originated in European monasteries. First institutions meant primarily for people with psychological disorders. Function was warehousing, not treatment. People were treated as inmates and were dealt with cruelly. The living conditions made their psychological conditions worse.
- Mental hospitals: 18th century to today. Function is treatment and not warehousing. Due to understaffing and patient overpopulation most patients did not receive the attention they needed. These conditions sometimes persist even at current times.
- Community Care: 1960's-today. attempt to maintain new patients as outpatients and to serve patients who have been released from mental hospitals. Today people with chronic psychological disorders live in the community, not in the hospital.

Psychodynamic Therapies:

Definition: a type of psychotherapy that is based on Freud's thinking and that assumes that psychological problems reflect early childhood experiences and internal conflicts.

- Traditional Psychoanalysis:
 - Problems come from childhood experience. Catharsis: in psychoanalysis the expression of repressed feelings and impulses to allow the release of the psychic energy associated with them.
 - Explored through free association. Free association: in psychoanalysis, the uncensored uttering of all thoughts that come to mind.

- Transference: responding to one person (such as a psychoanalyst) in a way similar to how one responded to another person (such as a parent) in childhood.
- Dream analysis: content of dreams is determined by unconscious processes as well as by the events of the day. → wish fulfillment: in dreams, the acting out of ideas and impulses that are repressed when one is conscious.
- Modern Psychodynamic Approaches:
 - Briefer and less intense, makes treatments available to clients who do not have the time or money for long term therapy. Usually directive. Suggest helpful behavior instead of focusing on insight alone. More focus on the ego as the "executive" of personality and less emphasis on the id. → ego analyst: a psychodynamically oriented therapist who focuses on the conscious, coping behavior of the ego instead of the hypothesized, unconscious function of the id.

Humanist Therapies:

Definition: a form of psychotherapy that focuses on the client's subjective, conscious experience in the "here and now".

- Client-Centered Therapy: Carl Roger's Method of psychotherapy, which emphasizes the creation of a warm, therapeutic atmosphere that frees clients to engage in self-exploration and self-expression. Client-centered therapy is non-directive. An effective client-centered therapist has several qualities:
 - 1. Unconditional positive regard: respect for clients as human beings with unique values and goals
 - 2. Empathy: Recognition of the client's experiences and feelings. Therapists view the world through the client's frame of reference by setting aside their own values and listening closely.
 - 3. Genuineness: Openness and honesty in responding to the client. Client-centered therapists must be able to tolerate differentness because they believe every client is different in important ways.
- Gestalt Therapy: Fritz Perls's form of psychotherapy, which attempts to integrate conflicting parts of the personality through directive methods, designed to help clients perceive their whole selves. Gestalt therapy assumes that people disown parts of themselves that might meet with social disapproval or rejection. Therapy aims to help individuals integrate conflicting parts of their personality. Gestalt means unified whole.

Behavior Therapy:

Definition: systemic application of the principles of learning to the direct modification of a client's problem behaviors.

- **Fear Reduction Methods:** Help that reduces peoples fears. Methods include: flooding, systematic desensitization, virtual therapy, and modeling.
 - **Systemic Desensitization:** Wolpe's method for reducing fears by associating a hierarchy of images of fear-evoking stimuli with deep muscle relaxation. A gradual process in which the client learns to handle increasingly disturbing stimuli while anxiety to each one is being counter-conditioned. About 10 to 20 stimuli such as slides are arranged in a sequence in a hierarchy according to capacity to trigger anxiety; while being relaxed.
 - **Modeling:** A behavior-therapy technique in which a client observes and imitates a person who approaches and copes with feared objects or situations. Relies on observational learning. Clients observe and then imitate people who approach and cope with the objects or situations that the client fears. Works as well as systemic desensitization and more rapidly in reducing fear of snakes. Modeling also increases self-efficacy expectations in coping with feared stimuli.

Aversive Conditioning:

Definition: A behavior therapy technique in which undesired responses are inhibited by pairing repugnant or offensive stimuli with them. Used to break bad habits such as smoking, excessive drinking, nail biting and the like. Pair painful or aversive stimuli with unwanted impulses to make the impulse less appealing. Ex: to help control alcohol intake, tastes of different alcohol beverages can be paired with drug-induced nausea and vomiting or with electric shock.

Operant Condition Procedures:

- **The Token Economy:** A controlled environment in which people are reinforced for desired behaviors with tokens (such as poker chips) that may be exchanged for privileges. Tokens are dispensed as reinforces for productive activities. Increase patient activity and cooperation. Also used to modify the behavior of children with conduct disorders.
- **Successive Approximations:** In operant conditioning, a series of behaviors that gradually become more similar to a target behavior. Example: You want to study for 3 hours but can only concentrate for 1.5. So every day you study for an extra five minutes. After every hour you can receive a five minute break. Thus causing you to gradually become more focused.
- **Social Skills Training:** A behavior therapy method for helping people in their interpersonal relations that uses self-monitoring, behavior rehearsal, and feedback. Social skills training has been used to help formerly hospitalized mental patients maintain jobs and apartments in the community. Effective in groups.
- **Biofeedback Training:** The systemic feeding back to an organism of information about a bodily function so that the organism can gain control of that function. Therapists help clients become more aware of, and gain control over, various bodily functions. Some people have overcome insomnia by learning to produce the kinds of brain waves associated with sleep.

Cognitive Therapies: