

## Chapter 11

### Treatment of Psychological Disorders

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#### Deinstitutionalization

- Deinstitutionalization: Transfer of former mental patients from institutions to the community
    - Resulted in a number of homeless people with psychological disorders - about a third to half of all homeless people are thought to have a major psychological disorder.
    - Positive result was telephone hotlines.
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#### Focus on Prevention

- Community Psychology: A branch of psychology that focuses on the prevention and minimization of psychological disorders in the community
    - Help to remove oppression
    - Promote well-being of individuals
    - Focus on social justice
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#### Psychotherapy

- Treatment in which a trained professional uses psychological techniques; assist a person to overcome psychological difficulties and disorders, resolve problems in living, or bring about personal growth
  - Biomedical therapy: Therapy that relies on drugs and other medical procedures to improve psychological functioning
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#### Psychodynamic Approaches to Therapy

- Seeks to bring unresolved past conflicts and unacceptable impulses from the unconscious into the conscious, where patients may deal with the problems more effectively (Sigmund Freud)
    - Psychoanalysis: Freudian psychotherapy in which the goal is to release hidden unconscious thoughts and feelings in order to reduce their power in controlling behavior
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#### Psychodynamic Approaches

- Free Association: Patient says aloud whatever comes to mind; analyst connects this to the unconscious
- Dream Interpretation: Examining dreams for clues to the unconscious
- Transference: The transfer of feelings to a psychoanalyst of love or anger that had been originally directed to a patient's parents or other authority figures

- Resistance: The inability or unwillingness to discuss or reveal particular memories, thoughts, or emotions.
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#### Behavioral Approaches to Therapy

- Treatment approaches that build on the basic processes of learning; assumes both normal and abnormal behavior are learned
    - Aversive conditioning: Reduces the frequency of undesired behavior by pairing an aversive, unpleasant stimulus with that undesired behavior
    - Operant conditioning techniques: Treatment based on reward and punishment
    - Dialectical behavior therapy: Focus is on getting people to accept who they are, regardless of whether it matches their ideal.
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#### Continued

- Systematic Desensitization: A behavioral therapy technique in which gradual exposure to an anxiety-producing stimulus is paired with relaxation to extinguish the response of anxiety
    - Hierarchy of Fears: A list of the things you associate with your fears, in order of increasing severity
    - Exposure: Treatment for anxiety in which people are confronted, either suddenly or gradually, with a stimulus that they fear, but relaxation training is omitted
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#### Cognitive Approaches to Therapy

- Cognitive treatment approaches: Teach people to think in more adaptive ways by changing their dysfunctional cognitions about the world and themselves
    - Cognitive-Behavioral Approach: Incorporates basic principles of learning to change the way people think.
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#### Humanistic Therapy

- People have control of their behavior, can make choices about their lives, and are essentially responsible for solving their own problems
    - Person-Centered Therapy: Goal is to reach one's potential for self-actualization (Carl Rogers)
      - Unconditional Positive Regard: Expressing acceptance and understanding, regardless of the feelings and attitudes the client expresses; therapist is nonjudgmental and empathetic
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#### Interpersonal Therapy

- Short-Term therapy that focuses on the context of current social relationships, such as conflicts with others, social skills issues, role transitions, or grief

- Active, directive, structured sessions; no assumptions on underlying causes of psychological disorders
  - More effective than longer-term therapies
  - Effective in dealing with depression, anxiety, addictions and eating disorders.
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#### Group Therapy

- Family Therapy: Focuses on the family (as a unit) and its dynamics
  - Self-Help Therapy: People with similar problems get together to discuss their shared feelings and experiences
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#### Drug Therapy

- Different types of drugs that will treat different types of symptoms
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#### Drug Therapy Cont.

- Antidepressant: Medications used for severe depression to improve the patient's mood
  - Mood stabilizers: Used to treat mood disorders
  - Antianxiety Drugs: Reduce the level of anxiety a person experiences, essentially by reducing excitability and increasing feelings of well-being
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#### Electroconvulsive Therapy

- Patient undergoes anesthesia and has a seizure induced by electrical impulses (70 to 150 volts) sent through electrodes to the brain
  - Used for 70+ years
  - Scientists have never understood the mechanism by which the procedure affects mental health
  - Deemed to be a barbaric, outdated treatment by critics; however, still used widely today.
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