

Chapter 14 Treatment of Psychological Disorders

1. Insight Therapy

- a. Awareness of internal motivations
- b. Unconscious conflicts cause problems
- c. Types
 - i. Psychodynamic therapy
 1. Psychoanalysis
 2. Explores childhood events to develop insight into their problems
 3. Uncover past traumatic events
 4. Gain understanding and awareness of unconscious conflicts and choose healthier behaviors to go forward
 5. Techniques
 - a. Exploration of early experiences
 - b. Free association: talking freely about a subject without censoring any thoughts
 - c. Dream Analysis: interpret the meaning of the dream and the manifest content/what it symbolizes
 - d. Interpretation: providing a context, meaning, or cause for the person's thoughts and behaviors
 - e. Resistance: avoid certain topics or issues because of defense mechanisms
 - f. Transference: the client transfers their feelings for the person with the conflict onto the therapist
 6. Disadvantages
 - a. Effectiveness
 - b. Minimizes patient responsibility
 - c. Neglects conscious motives and the present
 - d. Fairly costly
 - e. Based on untestable theory
 - ii. Humanistic/Existential therapy
 1. Client-Centered Therapy: an approach that assumes all individuals have a tendency toward growth and that this growth can be facilitated by acceptance and genuine reactions from the therapist
 - a. Founded by Carl Rogers
 - i. Self-Theory
 - ii. Self-concept and Ideal Self → incongruence
 1. Ideal self: who we want others to see
 2. Gestalt Therapy: an approach with the goal of helping the client become aware of his/her thoughts, behaviors,

experiences, and feelings and to “own” or take responsibility for them

- a. Founded by Fredrick Perls in the 1940s

2. Behavioral Therapy

a. Assumptions and Goals

- i. Learning principles to change behavior
- ii. Three general procedures
 1. Identifying the frequency of the problem behavior
 2. Individually tailored treatment
 3. Continual assessment of behavior change
- iii. Does not interpret past events
 1. Look to change current behaviors to help people get over problems they are experiences
 2. Not looking at the cause of the problem behavior

b. Behavioral Therapy Methods

- i. Operant Conditioning
 1. Basics
 - a. Depends on reinforcement: a pleasant consequence that increases the likelihood of a behavior
 2. Token Economy: a form of behavior therapy in which clients receive tokens for desirable behaviors and exchange tokens for desired items or privileges
 3. Extinction: remove reinforcement for undesired behaviors
 4. Punishment: present an aversive stimulus as a consequence for undesired behavior
- ii. Counterconditioning
 1. Basics
 - a. Based on principles of classical conditioning
 - b. Replacing a maladaptive response with a more adaptive one
 2. Systematic Desensitization
 - a. Learn to relax
 - b. Imagines increasingly vivid scenes of anxiety-arousing stimulus
 - c. Even more effective with real-life exposure
 3. Aversive Counterconditioning: pairs an unpleasant stimulus with a stimulus that prompts inappropriate behavior
- iii. Cognitive Behavior Therapy: a blend of cognitive (insight) and behavioral therapeutic strategies
 1. Change in a person's ways of thinking and in behavior
 2. Assumptions
 - a. Cognitive activity affects behavior and can be monitored

