

Apr.10/12

Talk Therapy

Freudian & Cognitive Therapy
Does Psychotherapy Work?
Group Therapy

Next time: Final Exam
Read: Chapters 14 - 17

What is Freudian therapy?
What is cognitive therapy?
Does therapy really work?
How can I improve my life?

Exam: 9am - 12am - Rooms (Picture on phone)

www.ipb.uwo.ca/evaluation/index.php note: hpps (here are evaluation results)
www.studentawards.com Scholarship sites

Mary is suffering from extreme OCD. Nothing has seemed to work. What is the next step?

c) cingulectomy (cut the cingulum bundle)

| disorder | examples | target |
|------------|-----------|------------|
| Anxiety | Valium | GABA |
| depression | prozac | serotonin |
| mania | lithium | monoamines |
| psychosis | thorazine | dopamine |

Psychotherapy

- "talk" therapy
- many different types.. differ primarily in theory of psychopathology
- different theories imply different treatments

Psychodynamic Approach

Classical Psychoanalysis

- based on Freudian concepts
- goal is to uncover hidden conflicts and unconscious impulses -> insight therapy

Techniques

- patients lies on a couch, therapist out of view (don't want patient focusing on the therapist)
- free association

- dream analysis
 - ...gets Ego out of the way

Interpretation

- providing a context or meaning to patient's thoughts
- want patient to provide him or herself, but the therapist must guide and help patient understand

Resistance

- patients avoids topic
- becomes angry at interpretation
- misses appointments
- fails to pay
- > therapist knows they have hit a critical point
- difficult stage has been reached.. crux of problem

Transference

- therapist "becomes" the object of the patient's emotional attitudes (rants towards therapist)
- eg. patient hates therapist just as he/she hated father
- play out conflict with therapist

Insight and Working Through

- gradual process of interpretation, resistance and transference gives insight

note: there are many versions of psychoanalysis such as, Neo Freudian and Ego analysis

- focus is much less on "id" are more on adaptive problem-solving skills (ego function) -> takes less time, briefer

note: patient must be highly motivated

- 1 hour a day, 5 days a week for 5 years -> \$100,000

but does it work?

- more effective for some disorders
- works better for: anxiety than schizophrenia, younger people better than older

Humanistic Therapy

Carl Rogers and Client-Centered Therapy

- people are basically good
- will move forward "ideal" self
- problems arise when we are prevented from realizing your full potential
- Rogerian Therapist helps client to discover self (won't discover problem for it)

Empathy

- recognition and acceptance of client's emotion

- don't fake it

Unconditional Positive Regard

- belief that the client is worthy and capable
- therapist really acts as understanding, sympathetic sounding board
- client suggests cures and decides when therapy is successful

Cognitive Behavioural Therapy

- Ellis and Beck

Cognitive Therapy

- concerned with pattern of thoughts
- here and now rather than past
- very directive (cognitive-behavioural)

Ellis uses Rational-Emotive Therapy

RET

- abnormal behaviour results from faulty and irrational thinking
 - replace with rational thoughts and behavioural problems will disappear
- people make unrealistic demands on themselves and others
- for example: it is necessary for an adult to be loved and approved by almost everyone for virtually everything
- note the close affinity with behaviour therapy
- a fear evoking thought is regarded as form of behaviour, the response of saying illogical sentence to oneself
- task is to help the patient see the irrationality in his/her belief system
- continue asking questions to get at belief

Does psychotherapy work?

- there are common themes across therapy
 - psychoanalytic -> understanding
 - behavioural -> doing
 - cognitive-behavioural -> thinking
 - humanistic -> feeling
- Emotional Defusing -> reduce/ eliminate fear
- Interpersonal learning -> patients learn how they react with others by playing it out with therapist
- Insight -> patients achieve greater self knowledge
- Step-by-step process -> therapy is a gradual affair
- Therapy is socially acceptable -> preferred means of treatment for emotional problems

Does Psychotherapy work? Eysenck (1961)

- 60% improve with psychotherapy for neuroticism but.. 70% have spontaneous recovery
- actually, spontaneous rate is closer to 30%

Consider what's involved

- lengthy treatment
- high emotional involvement
- lots of money \$ placebo effect?

How to Correct Your behaviour?

- talk to yourself in same manner as you would a friend
- test your negative thought
- think in shades of gray (not always black and white)
- survey others
- define terms
 - what is a loser? you probably don't fit that description that you keep telling yourself that you are