Chapter 15: Treatment of Psychological Disorders

Slide 2

Types of Treatment

- Psychotherapy
  - **Insight therapies**
    - "talk therapy"
  - **Behaviour therapies**
    - Changing overt behavior
  - **Biomedical therapies**
    - Biological functioning interventions

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Who Seeks Treatment?

- 15% of U.S population in a given year
- Most common presenting problems
  - Anxiety and Depression
- Long delays till treatment is sought
- Half of those who seek mental health services do not have a diagnosable disorder
- Stigma

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Who Provides Treatment?

- Clinical psychologists
- Counselling psychologists
- Psychiatrists
- Clinical social workers
- Psychiatric nurses
- Counsellors

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Insight Therapies: Psychoanalysis

- **Sigmund Freud** and followers
  - Goal: discover unresolved unconscious conflicts
    - **Free association**
    - **Dream analysis**
    - **Interpretation**
      - Resistance and transference

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Insight Therapies: Client Centred Therapy

- **Carl Rogers**
  - Goal: restructure self-concept to better correspond to reality
  - Therapeutic Climate
    - **Genuineness**
    - **Unconditional positive regard**
    - **Empathy**

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Therapies Inspired by Positive Psychology

- Well being therapy
- Positive psychotherapy

- **Group therapy**
- participants' roles
- advantages

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Behaviour Therapies

- **B.F. Skinner** and colleagues
  - Goal: unlearning maladaptive behaviour and learning adaptive ones
  - **Systematic Desensitization – Joseph Wolpe**
    - Classical conditioning
    - Anxiety hierarchy
  - **Aversion therapy**
    - Alcoholism, sexual deviance, smoking, etc.
  - **Social skills training**
    - Modelling
    - Behavioural rehearsal

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Cognitive-Behavioural Therapy

- Aaron Beck
  - Cognitive therapy
- Albert Ellis
  - Rational-emotive therapy
- Donald Meichenbaum
- Goal: to change the way clients think
  - self-instructional training
  - Detect and recognize negative thoughts
  - Reality testing
  - Kinship with behaviour therapy
- Mindfulness based cognitive therapy

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Biomedical Therapies

- Psychopharmacotherapy
  - **Antianxiety** - Valium, Xanax, Buspar
  - **Antipsychotic** - Thorazine, Mellaril, Haldol
    - Tardive dyskinesia
    - Clozapine
  - **Antidepressant**:
    - Tricyclics – Elavil, Tofranil
    - MAO inhibitors (MAOIs) - Nardil
    - Selective serotonin reuptake inhibitors (SSRIs) – Prozac, Paxil, Zoloft
  - **Mood stabilizers**
    - Lithium
    - Valproic acid
- **Electroconvulsive therapy (ECT)**
- **New Brain stimulation techniques**

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Current Trends and Issues in Treatment

- Empirically validated treatments
- Blending approaches to treatment
- Multicultural sensitivity
- Deinstitutionalization
  - Revolving door problem
  - Homelessness