PSYC100 GENERAL PSYCHOLOGY
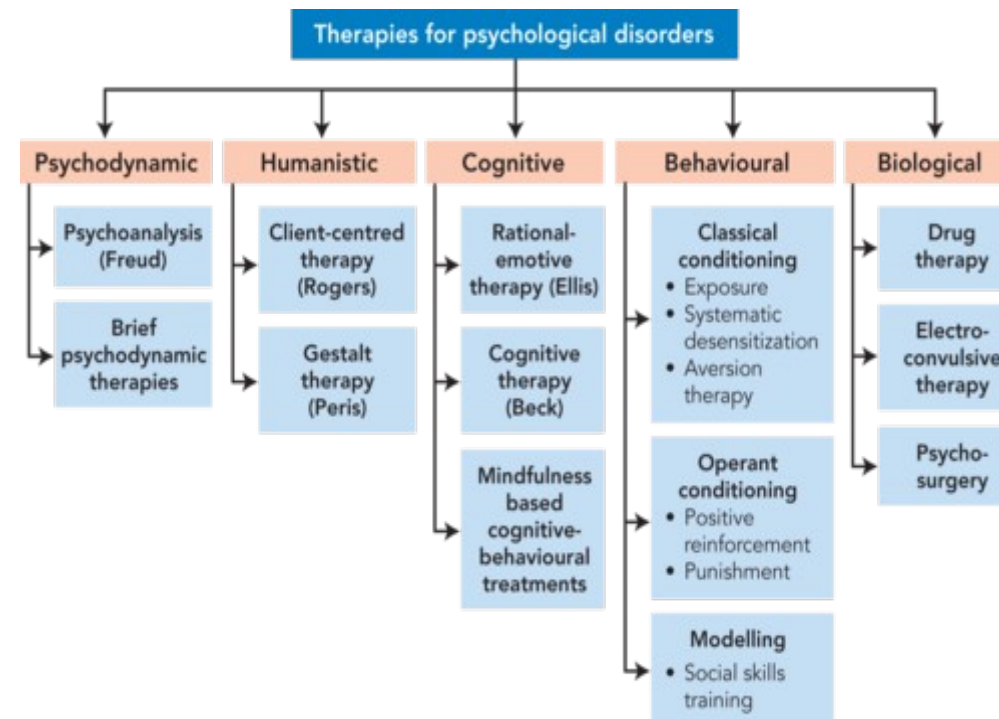
TREATMENTS AND THERAPIES

Learning Outcomes

- Biological treatments
- Psychodynamic therapies
- Humanistic therapies
- Cognitive therapies
- Behavioural therapies

Major Approaches to Treatment

Therapies for psychological disorders

Psychodynamic	Humanistic	Cognitive	Behavioural	Biological
Psychoanalysis (Freud)	Client-centred therapy (Rogers)	Rational-emotive therapy (Ellis)	Classical conditioning • Exposure • Systematic desensitization • Aversion therapy	Drug therapy
Brief psychodynamic therapies	Gestalt therapy (Peris)	Cognitive therapy (Beck)	Operant conditioning • Positive reinforcement • Punishment	Electro-convulsive therapy
		Mindfulness based cognitive-behavioural treatments	Modelling • Social skills training	Psycho-surgery

Other examples: EMDR, ACT, Schema, DBT, Gestalt, Existential, Attachment-based, couples therapy, sex therapy, family therapy etc.

I - Biological Approaches

▶ <u>Drug Therapies:</u>

  ▶ Most commonly used biological interventions

  ▶ *Psychopharmacology:* the study of how drugs affect cognitions, emotions, and behavior

▶ Three major categories:

  ▶ Antipsychotic drugs

  ▶ Antianxiety drugs

  ▶ Antidepressant drugs

A) Drug Therapies

- <u>Antipsychotic Drugs:</u>
  - Decrease action of **dopamine**
  - Reduce positive symptoms of schizophrenia (e.g. delusions and hallucinations)
  - Little effect on negative symptoms

Drug Therapies

- Antianxiety Drugs:
  - Designed to reduce anxiety without affecting alertness or concentration
  - Side effects: drowsiness, lethargy, concentration difficulties, dependence

Drug Therapies

- <u>Antidepressant Drugs:</u>
  - Four classes:
    1. Tricyclics
    2. Monoamine oxidase (MAO) inhibitors
    3. Selective serotonin reuptake inhibitors (SSRIs)
    4. Seratonin norepinephrine reuptake inhibitors (SNRIs)

Drug Therapies

- Antidepressant Drugs (continued):
  - Tricyclics and MAO inhibitors:
    - Increase activity of **norepinephrine and serotonin**
    - MAOs more severe side effects

Drug Therapies

- Antidepressant Drugs (continued):
  - SSRIs:
    - Increase activity of **serotonin**
    - Milder side effects than other antidepressants
    - Reduce depressive symptoms more rapidly
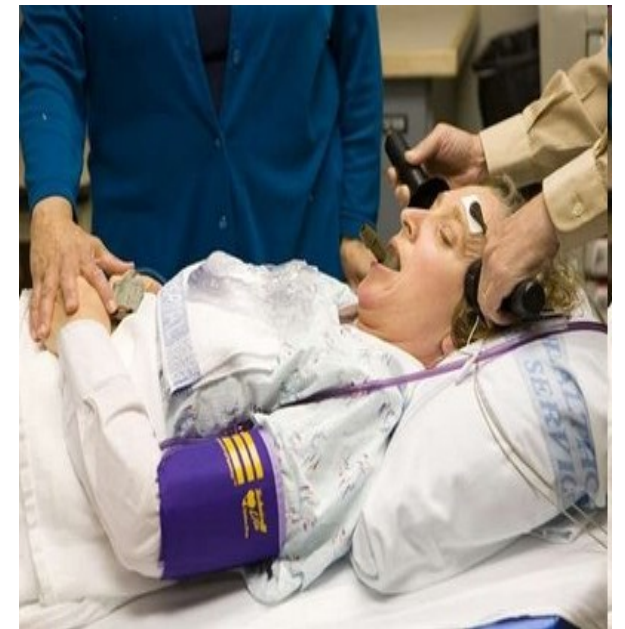 - SNRIs:
    - Increase **Serotonin and NE**

Drug Therapies

► **Criticisms of Drug Treatments:**

  ► As much as 90% of effects may be placebo effects

  ► Do not "cure" the disorder

  ► Do not teach client coping and problem solving skills to deal with life problems

  ► High relapse rate

B) Electroconvulsive Therapy

▶ Patient is given a sedative and a muscle relaxant

▶ Patient is placed on padded mattress, where electrodes are attached to scalp

▶ Brief shock (less than one second) is applied, causing a seizure of the CNS

▶ Short-term effects: headache, sore muscles, confusion

Electroconvulsive Therapy

► Useful in treating severe depression, particularly if there is a high risk of suicide

  ► Effects can be immediate

  ► No one knows why it works

  ► Used primarily in patients with major depression who cannot take or do not respond to medication

Electroconvulsive Therapy

▶ **Criticisms of ECT:**

  ▶ Possibility of relapse is high

  ▶ Possibility of permanent memory loss

  ▶ Possibility of permanent brain damage

C) Psychosurgery

▶ <u>Psychosurgery:</u> surgical procedures that remove or destroy brain tissue in an attempt to change disordered behavior

   ▶ Used rarely, as a last resort

II - Psychodynamic Therapies

▶ Focus on internal conflicts and unconscious factors that underlie maladaptive behavior

▶ Goal is to help clients achieve insight

  ▶ *Insight:* the conscious awareness of the psychodynamics that underlie their problems

Psychodynamic Techniques

- *Free Association:* clients verbally report without censorship any thoughts, feelings, or images that enter their awareness
  - Provides clues about important themes and issues
- *Dream Interpretation:* dreams express unconscious dreams, fantasies, and wishes
  - Analyst helps client interpret the symbolism in the dream

III - Humanistic Psychotherapies

- Humanists view people as capable of consciously controlling their actions
  - People should take responsibility for their own choices and behavior
  - Everyone possesses inner resources for self-healing and personal growth
  - Focus is primarily on the present and future instead of the past

Humanistic Psychotherapies

▶ <u>Person-Centered Therapy/Client-Centered Therapy (Carl Rogers)</u> : three important therapist attributes:

  ▶ *Unconditional Positive Regard*: communicated when the therapist shows that he or she genuinely cares about and accepts the client, without judgment or evaluation

  ▶ *Empathy*: willingness and ability to view the world through the client's eyes

  ▶ *Genuineness*: consistency between the way the therapist feels and the way he or she behaves
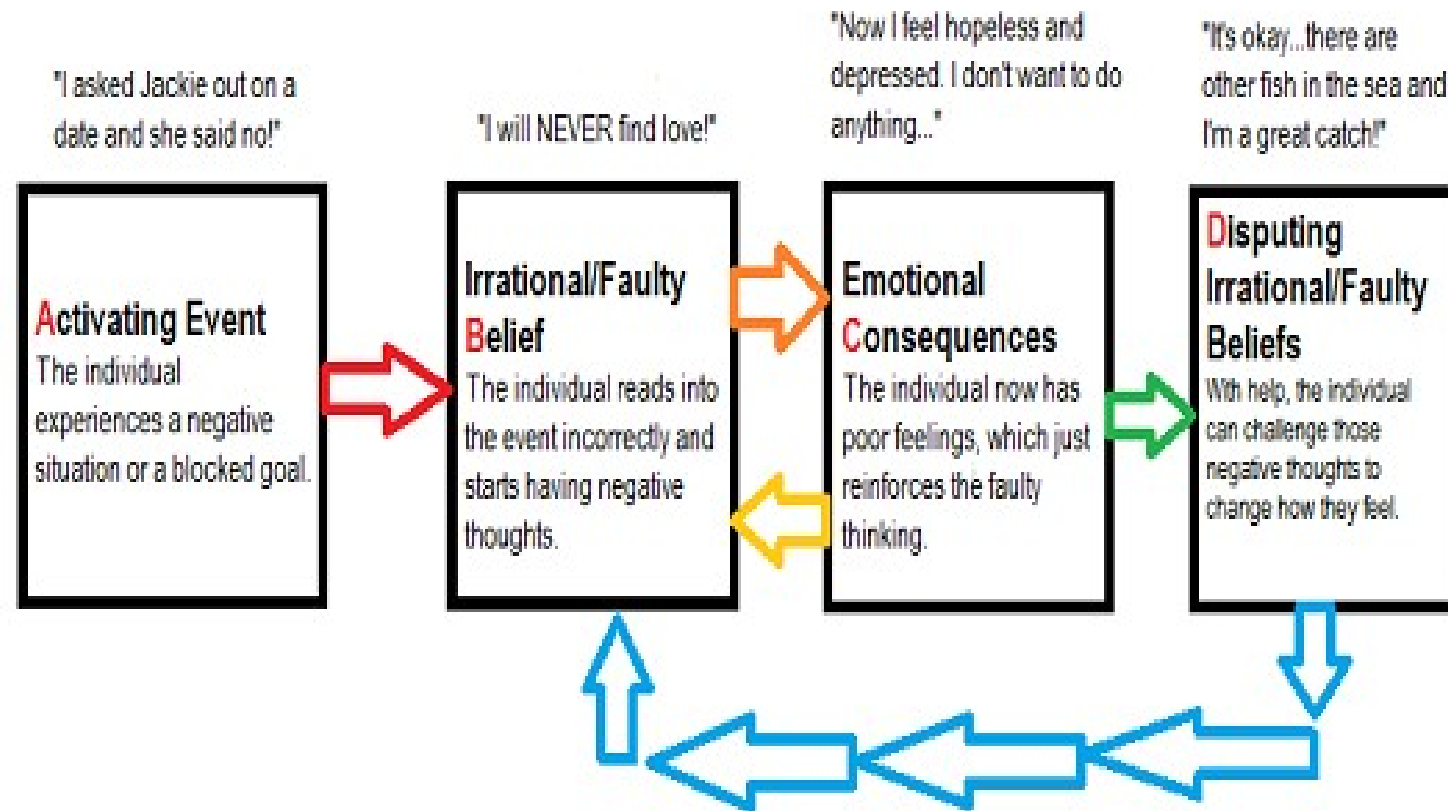
IV - Cognitive Therapies

- Focus on the role of **irrational** and self-defeating thought patterns
  - Therapists try to help clients discover and change the cognitions that underlie their problems
  - Thought patterns are not unconscious, but they can be automatic and ingrained
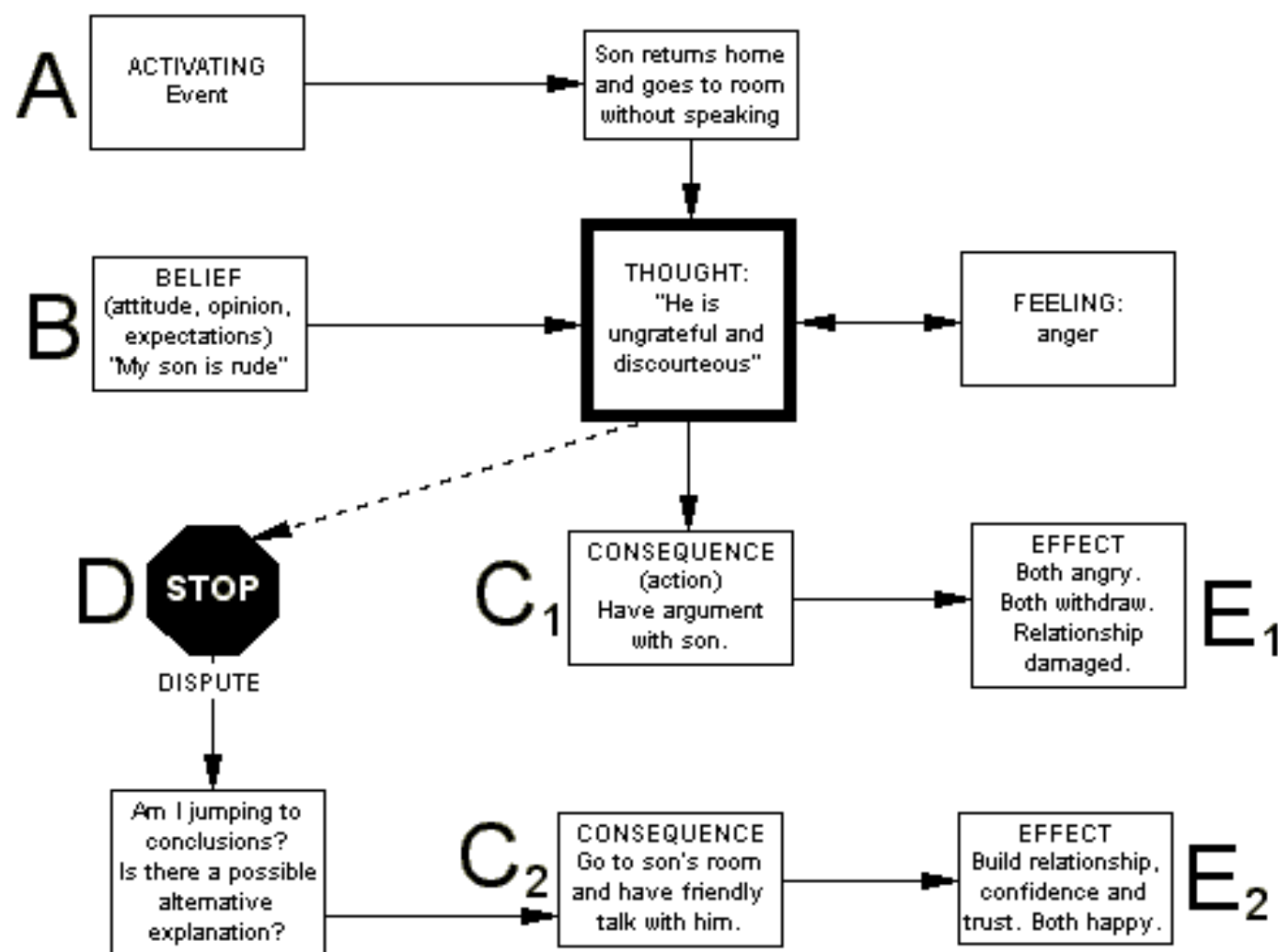
Cognitive Therapies

▶ **A - Rational-Emotive Behavioural Therapy (Albert Ellis)**: ABCD Model

- ▶ *A:* the *activating event* that seems to trigger the emotion
- ▶ *B:* the *belief system* that underlies the way in which a person appraises the event
- ▶ *C:* the emotional and behavioral *consequences* of that appraisal
- ▶ *D: disputing* (challenging) erroneous belief systems
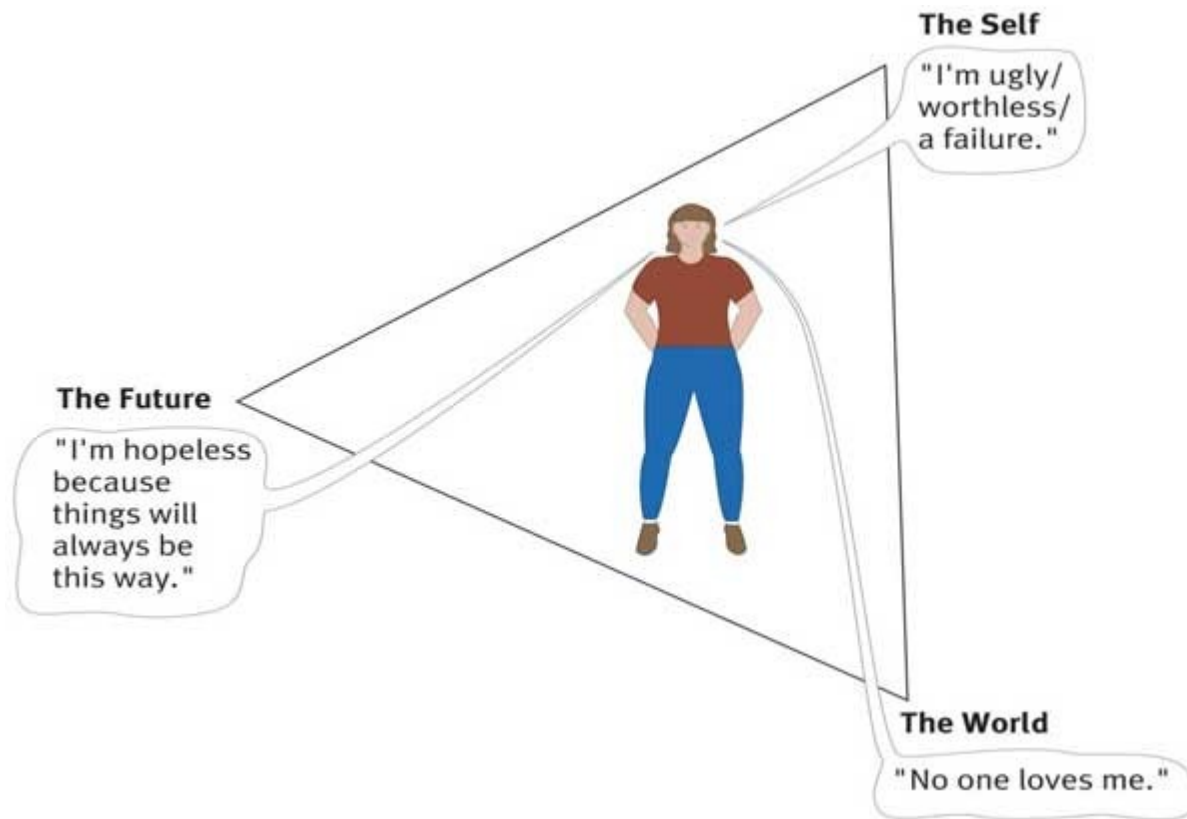
Rational-Emotive Behavioral Therapy

"I asked Jackie out on a date and she said no!"

Activating Event
The individual experiences a negative situation or a blocked goal.

"I will NEVER find love!"

Irrational/Faulty Belief
The individual reads into the event incorrectly and starts having negative thoughts.

"Now I feel hopeless and depressed. I don't want to do anything..."

Emotional Consequences
The individual now has poor feelings, which just reinforces the faulty thinking.

"It's okay...there are other fish in the sea and I'm a great catch!"

Disputing Irrational/Faulty Beliefs
With help, the individual can challenge those negative thoughts to change how they feel.

The REBT Approach to Changing Your Thoughts, Feelings, and Behavior, and their Consequences.

A — ACTIVATING Event → Son returns home and goes to room without speaking

B — BELIEF (attitude, opinion, expectations) "My son is rude" → THOUGHT: "He is ungrateful and discourteous"

FEELING: anger

D — STOP — DISPUTE → Am I jumping to conclusions? Is there a possible alternative explanation?

C_1 — CONSEQUENCE (action) Have argument with son. → E_1 — EFFECT Both angry. Both withdraw. Relationship damaged.

C_2 — CONSEQUENCE Go to son's room and have friendly talk with him. → E_2 — EFFECT Build relationship, confidence and trust. Both happy.

Cognitive Therapies

▶ **B - Cognitive Therapy (Aaron Beck)**: goal is to identify **faulty/negative automatic thoughts** and to help clients change these thought patterns

  ▶ *For example, "I am worthless and cannot do anything right" thought in depression.*

  ▶ *The "Negative Triad"*

▶ Help clients realize that their thoughts, and not the situation, cause their maladaptive emotional reactions

Cognitive Therapies

▶ <u>**C – Cognitive Behavioural Therapy:**</u> CBT is a widely used, evidence-based form of talk therapy that helps people manage problems by changing the way they think (cognitions) and behave.

▶ It is based on the concept that our thoughts, feelings, and behaviors are interconnected. Negative or distorted thought patterns can lead to emotional distress and unhelpful behaviors, creating a vicious cycle.

▶ CBT focuses on identifying and challenging these unhelpful thoughts, replacing them with more balanced and realistic ones, while also encouraging healthier behavioral changes.

▶ Uses the ABC model

E.g. Someone with social anxiety is invited to a work party.

▶ **A (Activating Event):** You arrive at the party and notice a group of colleagues talking, but no one immediately approaches you to chat.

▶ **B (Belief):** "They think I'm boring and awkward. Everyone here dislikes me, and I'll never fit in. This proves I'm unlikeable."

▶ **C (Consequence): Emotional:** Intense anxiety, embarrassment, or shame. & **Behavioral:** You leave the party early, avoid eye contact, or stand alone in a corner.
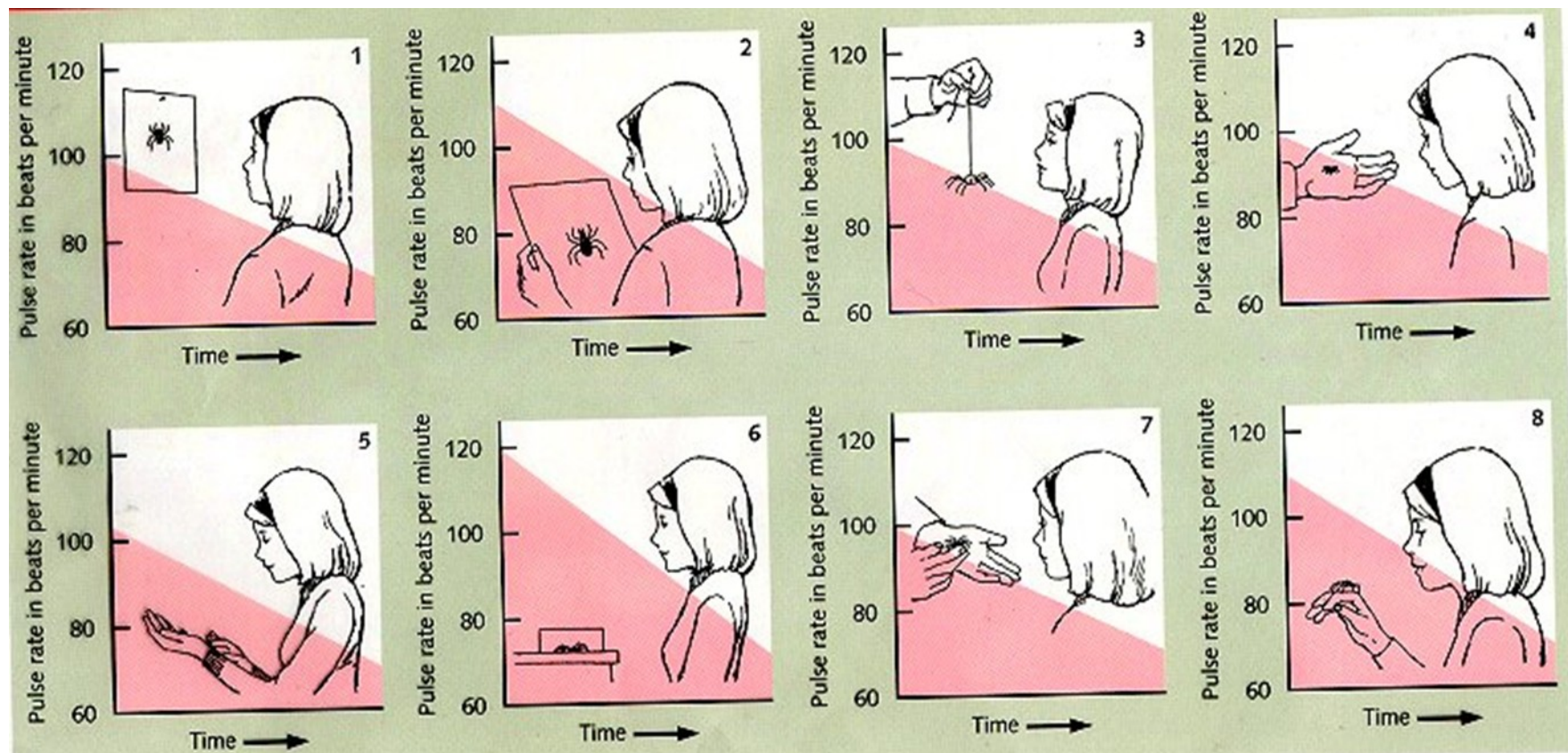
V - Behavior Therapies

- Behavioral approaches believe that:
  - Maladaptive behaviors are not merely symptoms of underlying problems
    - The behaviors *are* the problem
  - Problem behaviors are learned in the same ways normal behaviors are
  - Maladaptive behaviors can be unlearned by applying classical conditioning, operant conditioning, and modeling principles

Behavior Therapies

- **A - Exposure Therapy**
  - Treat phobias through exposure to the feared stimulus
  - Highly effective for reducing anxiety responses
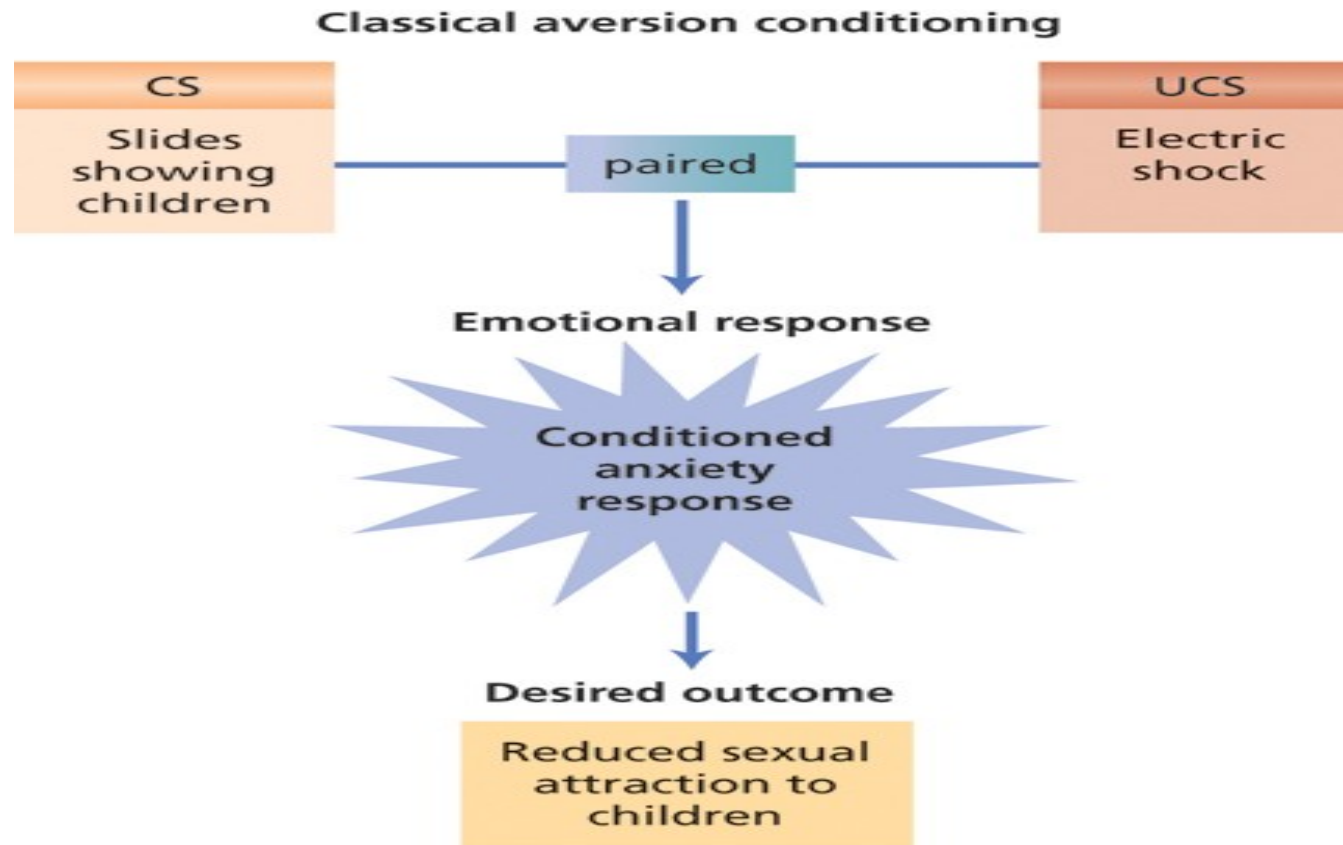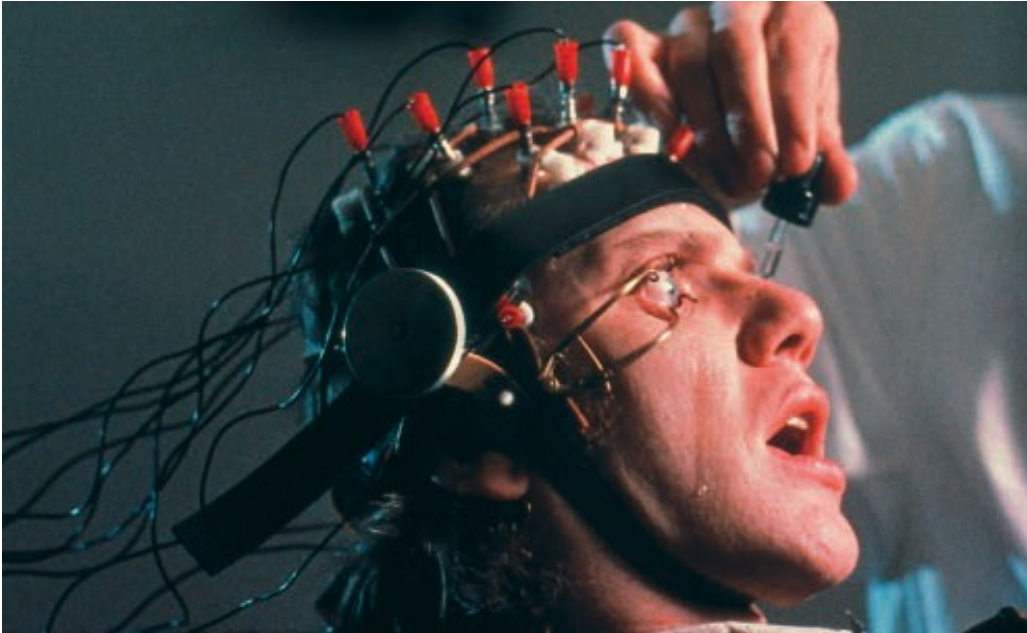 - Systematic desensitization and Flooding

Behavior Therapies

- **B - <u>Aversion Therapy</u>**: the therapist pairs a stimulus that is attractive to the client with a noxious stimulus in an attempt to condition an aversion to the stimulus
  - Examples: alcohol, pedophiles
  - More effective if paired with a comprehensive treatment program

Behavior Therapies

Classical aversion conditioning

CS		UCS
Slides showing children	— paired —	Electric shock

Emotional response

Conditioned anxiety response

Desired outcome

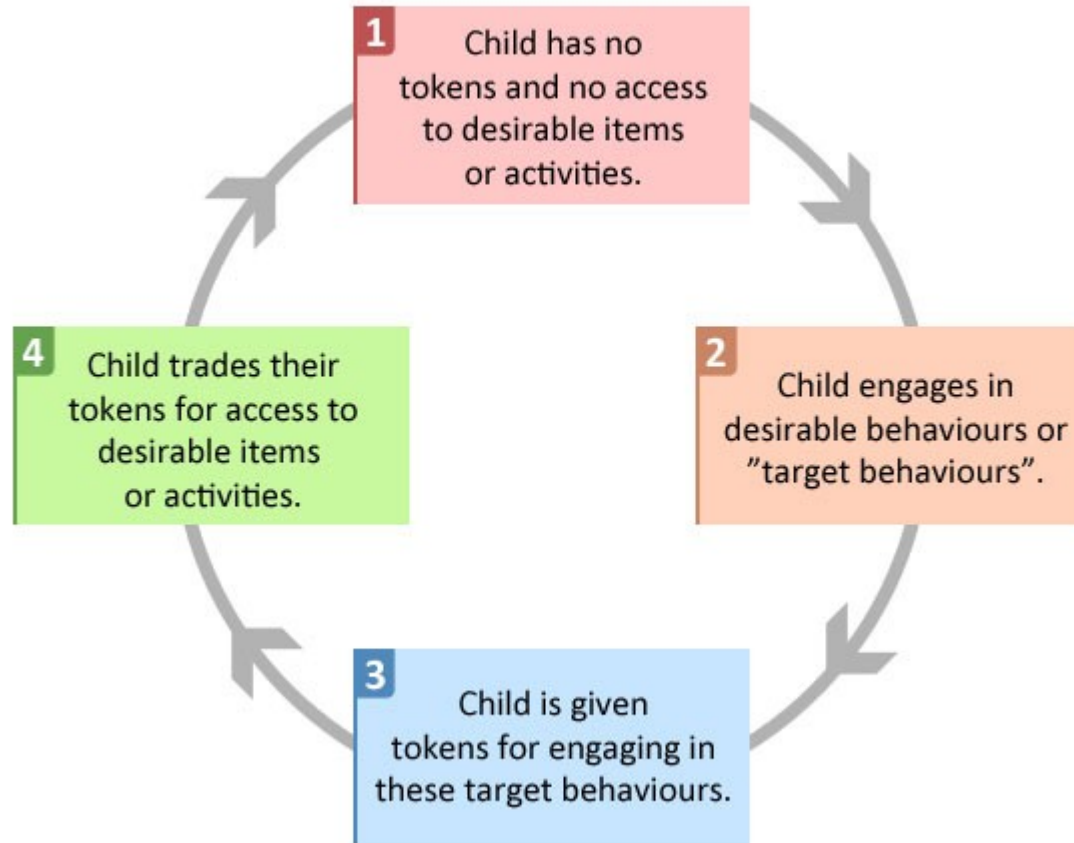Reduced sexual attraction to children

Malcolm McDowell in a scene from *A Clockwork Orange*. His eyes are clamped open, forcing him to watch a film portraying acts of violence and sadism, as part of aversion therapy. He'd earlier been given an emetic drug, so that extreme nausea and violence will become associated.

Behavior Therapies

▶ **C - Token Economy**

▶ System for strengthening desired behaviors through the systematic application of positive reinforcement

▶ Tokens are given for desirable behaviors; they can then be exchanged for tangible reinforcers

▶ Very effective in a wide variety of situations

The Basic Token Economy "Cycle"

1 Child has no tokens and no access to desirable items or activities.

2 Child engages in desirable behaviours or "target behaviours".

3 Child is given tokens for engaging in these target behaviours.

4 Child trades their tokens for access to desirable items or activities.

Lecture summary

▶ What are biological treatments (e.g. drug treatment)? Psychodynamic therapies? Humanistic therapies? Cognitive therapies? Behavioural therapies?