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PSY202

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**Final Exam Essay Pt. 1 (Question 4)**

Geraldo may possibly be suffering from a phobia. This is a psychological/mental problem where the person has built up an extreme or irrational fear towards something, in this case Geraldo has iatrophobia. There are a number of ways that can be used with curing this condition, but the two most commonly used methods are psychoanalysis, and behavioural therapy.

The big Similarities between these two is that they are both deterministic, they believe that something other than the client is responsible for the client’s behaviour.

A psychoanalytic therapist would focus on the things that would cause the client to display the behaviour. They do this by delving into the client’s mind, and seeing if any past experiences with the concept, or if any relationships this person had, would be feeding into this phobia.

A behavioural therapist will attempt to treat the base of the behavioural patterns of the client. They will often use exposure therapy, a method of exposing the client to the concept that they are afraid of, and try to keep the client calm to find that the concept they fear isn’t really that bad.

The big differences between these practices is that psychoanalytic therapy aims to have the client understand the (unconscious) causes of their phobia, while behavioural therapists want to explore the behavioural patterns that are anomalies, but are disinterested in their origins.

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**Final Exam Essay Pt. 2 (Question 3)**

Cognitive behavioural therapy is a form of treatment that assists clients in understanding the feelings and thoughts that affect their behaviour. In the case of depression, negative thoughts and feelings are identified, challenged, and then the clients behaviour is (hopefully) changed into a more positive form.

By saying “Talking won’t help, the more I talk about myself, the more I think about my problems, the more I think about my problems, the more depressed I get.” our friend in this situation is revealing that they have some negative attitude toward what is really causing the issue, they also have a negative attitude toward how they think they can deal with this issue. Ignoreing the problem will only make it worse in time, as they are unable to resolve the orgin of the issue, potentially leading to many other events causing even more negative thoughts and feelings until something possibly happens.

The friend may feel that talking, or thinking, about his problems may not provide much insight. They may also feel that there will be confirmation from some person external to their life that they are a failure, and will seek any excuse to avoid the therapy.

The Therapist would take my friend’s behaviours and emotions that cause him to get more depressed, and try to find validity in them, and attempt to help the client see past their constructed beliefs into what reality is. Instead of believing that they are the worst at some task, they can move to being confident that they are better than some of the others through help from this form of therapy.