1. Behavior Therapies
   1. Operating condition techniques
      1. Reinforcers
         1. Increase likelihood of behavior
      2. Punisher
         1. Decrease likelihood of behavior
      3. Token economy
         1. Earn plastic chips anytime they do desirable behavior (reinforcements). Can be used to buy candies, buy extra play time, etc
         2. Used in institutional settings
         3. Helpful for autistic children, they respond positively to these reinforcements
         4. Helps shape behavior
         5. Teaches social skills
   2. Cognitive therapy
      1. Change beliefs, perceptions, thoughts about depression
         1. It gets to the root of the problem
      2. Designed to change way we think
      3. Helps patients interpret events in a positive way (mood congruent cycle)
         1. Lost job -> internal belief (I’m worthless and hopeless) -> depression
         2. Lost job -> internal belief (My boss is a jerk, I deserve something better) -> no depression
   3. Cognitive behavior therapy
      1. Alters way they act and think
      2. Very effective for depression and anxiety (OCD)
      3. Teaching patients to control those impulses
      4. OCD Lady needing to touch the door so her mother didn’t die example
         1. “You don’t have to touch the door”
            1. Behavioral aspect
         2. No harm will come to them if they don’t touch the door
            1. Cognitive aspect
2. Biological Treatments
   1. Drug therapies
      1. antianxiety drugs, antidepressants, mood stabilizers, antipsychotic drugs
      2. Anti-anxiety drug
         1. Tranquilizing and calming effect
         2. Mainly used for the short term treatment of anxiety disorders
         3. Whether generalized, PTSD, or phobias they’re not really recommended for long-term use.
         4. Can become highly addictive and become dangerous if used with other drugs and/or alcohol
         5. Why they’re bad
            1. You’re reducing the symptom without resolving the underlying problem

As soon as you stop taking these drugs the anxiety will come back

* + - 1. Depression
         1. Undersupply of serotonin or epinephrine
         2. Prozac (SSRI)

Blocks reuptake of serotonin

You are forcing the serotonin to remain in the synapse for a much longer period of time

* + - 1. SSRIs is used to treat eating, anxiety, migraine headaches, and quit smoking
    1. Mood stabilizers
       1. Used to treat bipolar disorder
       2. Prevent manic state from swinging to high
       3. Prevent depressed state from swinging too low
       4. Some claim they’re in a fog due to not having any highs or lows
    2. Antipsychotic drugs
       1. Used to reduce the symptoms of schizophrenia
       2. Work by blocking the activity to dopamine
          1. Block dopamine receptors
       3. By doing this it prevents the dopamine from ever doing its job
       4. Can reduce symptoms of eliminate the delusions, etc
    3. Concerns about these drugs
       1. Being addictive
       2. Being oversubscribed
       3. Pharmaceutical industry has greatly changed the way we view medicine
          1. The pharmaceutical industry used to advertise much more than before
       4. Studies suggest that for certain disorders placebos work almost as well as the drug itself without any of the negative side effects
          1. For more mild cases of depression like a placebo will almost work as well or just as well as the drug itself without the side effects
       5. More than likely you’re going to seek treatment you will go at your low, when you feel better, you’ll attribute it to the drug (misattribution).
       6. Long term side effects are unknown
          1. Drugs are not tested for that long
       7. The antipsychotic drug when taken for many years
          1. Can result in the disorder much the same as Parkinson’s
          2. Parkinson’s disease is the undersupply of dopamine
          3. By continually taking these antipsychotics, in some but not every case, the schizophrenics will develop Tardive Dyskinesia
          4. Can be fatal
       8. Ridoline
          1. Linked to depression
          2. Not known until given to a whole generation
       9. FDA has been under investigation by congress
          1. Many medications approved as safe, but many of them were not good after market due to the side effects
       10. Vioxx
           1. Used to treat arthritis
       11. Thalidomide
           1. Used to treat morning sickness, lead to very severe birth effects
  1. Electroconvulsive therapy
     1. Only used as a treatment for depression
        1. Severe cases only; last resort
        2. Typically given mouth guard to protect from biting tongue
        3. Shock given to cortex and gets a seizure
           1. No one knows why it works
           2. Believed the seizure causes increase in norepinephrine
        4. Results in retrograde amnesia
           1. Inability to recall information prior to a head injury
           2. Several weeks or months!
        5. What’s unfortunate about it is that its not one time, they have to get it done every 6 months or a year.
     2. Psychosurgery
        1. Lobotomy
           1. No longer done
           2. It used to believed that by doing a lobotomy would cure mental illness

If you disconnect the frontal lobe from other parts of the brain, they thought they could cure you

Especially the thalamus

* + - * 1. They don’t work, it created people who were robotic like, lethargic, immature, etc
        2. Rose Mary Kennedy (JFK’s sister) had a lobotomy
      1. Cingulotomy
         1. Essentially destroys one tiny area of the brain
         2. Area of brain called the singulum

Connects nerve fibers the emotional centers of your brain to the thought centers of your brain

* + - * 1. The thought is that if you destroy that one tiny area then it can cure some pathological mental activity
        2. It has been used for OCD and depression
        3. Only to be used who have been ill for many years and have tried every other form of therapy
        4. Experts do not agree on the success rate, but around 60-70% for depression, a little less than OCD.