

Week 10 - Day 2 Mental Health Treatment

Mar 23, 2016

[Quizlet on terms from this lecture](#)

Audio 0:01:30

Mental Health Providers

- **Clinical Psychologist**
 - Has a Ph.D. or Psy.D.
 - Is skilled in working with individuals with mental illness
- **Counseling Psychologist**
 - Audio 0:02:30
 - Has a Ph.D.
 - Deals with adjustment problems that do not involve mental illness
 - Handles general problems
- **Psychiatrist**
 - Has an M.D.
 - Can prescribe psychotropic medications
- Audio 0:05:05
 - Do these roles overlap?

Two Basic Forms of Treatment

Audio 0:06:18

- **Psychotherapy**: formal psychological treatment
 - Techniques depend on practitioner's training
 - All forms involve interaction between practitioner and client
 - Goal is to help the client understand his or her symptoms and provide solutions
- **Biological therapies**: based on medical approaches to illness and disease
 - Predicated on the notion that mental illness results from abnormalities in neural and bodily processes
 - **Psychopharmacology**: the use of medications that affect brain or bodily functions

Audio 0:07:46

Types of therapies

- Psychodynamic
- Humanistic
- Cognitive & Behavioral
- Group Therapy

- Family Therapy

Audio 0:08:22

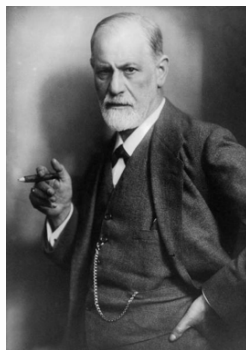
Psychodynamic Therapy

Psychoanalysis

- Free association
- Dream analysis
- Focus on the unconscious

Aim is to help the patient gain insight into his or her psychological processes

- **Transference:**
 - The unconscious projection of emotions or reactions onto the therapist
 - Audio 0:10:27
 - Used somewhat today. Not a whole lot



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Humanist Therapy

- Focus on the whole person
 - Goal is to treat the person a whole, not as a collection of behaviors or a repository of repressed thoughts
- **Client-centered therapy:** encourages people to fulfill their individual potentials for personal growth through greater self-understanding
 - Therapists strive to create a safe and comforting setting for clients to access their true feelings, to be empathic, and to accept the client through **unconditional positive regard**
 - Audio 0:13:35
 - Therapist will often use **reflective listening**
 - Audio 0:13:46

Audio 0:15:31

Cognitive and Behavioral Therapies

- **Behavior Therapy**
- Based on two ideas:
 - Behavior is learned
 - Behavior can be unlearned through classical and operant conditioning
- Appropriate behaviors are learned through modeling
- Forms
 - Systematic desensitization

- CS → CR1 (fear) connection
- Replaced with: CS → CR2 (relaxation) connection

Audio 0:17:50

- **Behavior Therapy**

- Forms (continued)

- Graduated exposure
 - Gradual exposure to feared situations, feared objects, or traumatic memories until fear subsides
- Behavioral self-monitoring
 - Carefully monitoring the frequency and consequences of the target behavior

- **Cognitive Therapy**

- Based on the idea that distorted thoughts can produce maladaptive behaviors and emotions

- Treatment strategies attempt to modify these thought patterns to produce emotional and behavioral results

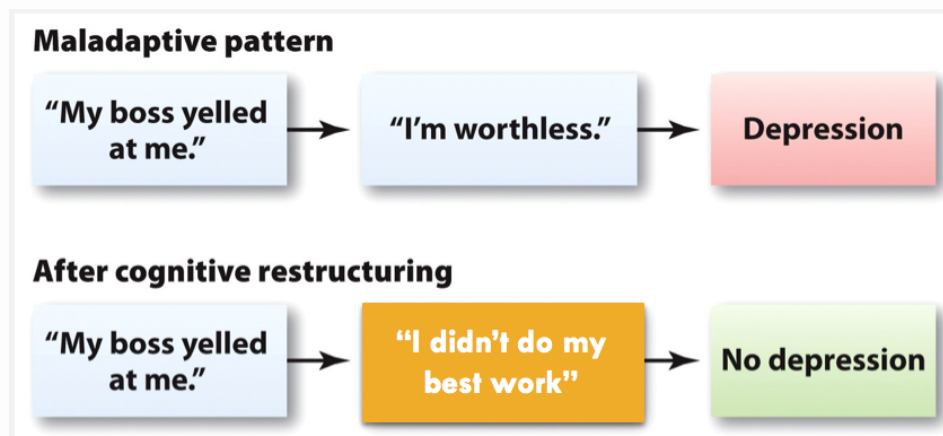
- Forms

- Rational-emotive therapy
 - The therapist acts as a teacher, explaining errors in thinking and demonstrating more productive ways to think and behave

- Cognitive restructuring

- Audio 0:21:00
- A clinician seeks to help a client recognize maladaptive thought patterns and replace them with more appropriate ways of viewing the world

Patterns of thinking



- Audio 0:23:00

Cognitive & Behavioral Therapies (Cont)

Audio 0:24:00

- Cognitive Therapy

- Forms (continued)
 - **Interpersonal therapy**
 - Focuses on circumstances (i.e., relationships)

- Tries to help clients explore their interpersonal experiences and express their emotions
- **Mindfulness-based therapy**
 - Intended to prevent relapse into mental illness
 - Has two goals: (1) help clients be aware of negative thoughts and feelings during vulnerable moments, and (2) help clients avoid ruminative thinking through meditation
 - Audio 0:26:00
 - Similar to self-mutilation in ways
 - Cognitive-behavioral therapy

Group Therapy

Audio 0:27:30

- Group therapy builds **social support**
 - Advantages
 - Often significantly less expensive than individual treatment
 - Group setting provides an opportunity for members to improve their social skills and learn from one another's experiences
 - Insurance reasons too
 - Audio 0:28:37
- Many groups are organized around a particular type of problem or around a particular type of client



- Fight club
- Therapy might be highly structured, or a more loosely organized forum for discussion

Audio 0:30:00

Family Therapy

- According to a family-systems perspective, an individual is part of a larger context where changes in individual behavior will at
- Example: The level of **expressed emotion** from family members corresponds to the relapse rate for patients with schizophrenia
- Audio 0:31:50
- Offers the opportunity to change attitudes and behaviors that are disruptive to the family



Biological Treatment - Medication

- Psychotropic medications affect mental processes

- Effective for certain disorders
- **Anti-anxiety drugs** decrease anxiety by increasing activity of GABA
- **Antidepressants** decrease depression by increasing availability of serotonin and other neurotransmitters
- **Antipsychotic drugs** reduce psychotic symptoms by blocking effects of dopamine

Alternative Biological Treatments

- Used in extreme cases
- Examples:
 - **Electroconvulsive therapy (ECT)**: a procedure that involves administering a strong electrical current to the patient's brain
 - **Transcranial Magnetic Stimulation (TMS)**: a powerful electrical current produces a magnetic field that when rapidly switched on and off, it induces a small electrical current in the brain
 - <https://www.youtube.com/watch?v=mwDFR5FFBa0>
 - Audio 0:38:46 (about to watch video)
 - **Deep Brain Stimulation (DBS)**: electrodes are surgically implanted deep within the brain; mild electricity is then used to stimulate specific brain regions
 - <https://www.youtube.com/watch?v=uBh2LxTW0s0>
 - Audio 0:42:35. (Pausing audio this time)

Vocab

Clinical Psychologist	Psychologist who is skilled in working with individuals with mental illness (has a Ph.D)
Counseling Psychologist	Psychologist who deals with general problems with individuals who do not have mental illness (has a Ph.D)
Psychiatrist	Psychologist who can prescribe psychotropic medications
Psychotherapy	formal psychological treatment
Biological therapies	Based on medical approaches to illness and disease
Psychopharmacology	the use of medications that affect brain or bodily functions
Transference	The unconscious projection of emotions or reactions onto the therapist
Humanist therapy	Form of therapy which tries to focus on the whole person
Client-centered therapy	Form of therapy which encourages people to reach their full potential (subset of humanist therapy)
reflective listening	When someone responds to you with their interpretation of what you say
Behavior therapy	A form of therapy where the therapist shows the patient how to respond in specific situations through modeling
Graded exposure	Form of behavioral therapy which gradually introduces a patient to feared stimulus
Cognitive therapy	Therapy based on the idea that distorted thoughts can produce maladaptive behaviors
Cognitive restructuring	Part of cognitive therapy which aims to train the patient to recognize bad behavior
Interpersonal therapy	Form of cognitive therapy which focuses on circumstances (relationships)
Mindfulness-based therapy	Form of cognitive therapy which aims to make you release your thoughts
Group therapy	A form of therapy which builds social support
Anti-anxiety drugs	decrease anxiety by increasing activity of GABA
Antidepressants	decrease depression by increasing availability of serotonin and other neurotransmitters
Antipsychotic drugs	reduce psychotic symptoms by blocking effects of dopamine
Electroconvulsive therapy	Form of alternative therapy in which a shock is administered to your body and causes you to have a seizure (the exact mechanism of action is not known why this works)
Transcranial Magnetic Stimulation	Form of alternative therapy in which a powerful current produces a magnetic field which turns on and off rapidly, interrupting neurological function in a specific brain region

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Website for notes and other study materials
 from University of Alabama's Psychology 101
 section 012 Spring 2016