Week 10 - Day 2 Mental Health Treatment

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# Week 10 - Day 2 Mental Health Treatment

Mar 23, 2016

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## Navigate using audio

[Quizlet on terms from this lecture](https://quizlet.com/_254nys)

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 medicatoins

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

**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 affect the whole system

Example: The level of **expressed emotion** from family members corresponds to the relapse rate for patients with schizophrenia (Hooley & Gotlib, 2000)

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 to produce a seizure

**Transcranial Magnetic Stimulation (TMS)**: a powerful electrical current produces a magnetic field that when rapidly switched on and off induces an electrical current in the brain interrupting neural functioning in a certain region

* <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 the brain at an optimal frequency and intensity

* [https://www.youtube.com/watch?v=uBh2LxTW0s0](https://www.youtube.com/watch?v=mwDFR5FFBa0)
* 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 example |
| Graduated 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 (it 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 and interrupts neurological function in a specific brain region |

## PY 101-012 - Spring 2016 (UA)

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