

eppp clinical (types of therapy)

28 terms

contekate

Interpersonal therapy	<ul style="list-style-type: none">combines dynamic with CBT, integrates biological and psychosocial approachessymptom-reduction approach (goal is to relieve the symptoms!)for depressionpresent orientedtime limitedfocus on positive aspects (quid pro quo)	☆
solution focused	<ul style="list-style-type: none">does not focus on the problemsuses direct and indirect complimentsmiracle ? (Suppose a miracle happened in the night...)scaling ? (Rate....)exception ? (When didn't the problem exist)formula task (task to focus on the + aspects of a relationship)	☆
Brief Psychotherapy	<ul style="list-style-type: none">adds insight to crisis interventionreduce severe symptoms quicklyinsight into origins achieving LT changetherapeutic alliance-important	☆
Brief Dynamic	<ul style="list-style-type: none">focused on specific problemsengenders insight into the unconscioususes free association and dream interpretation	☆
Crisis Intervention	<ul style="list-style-type: none">5-8 weeksimmediate symptom reductiondevelop coping mechanismget back to normalprevent further problemssimilar to strategic therapyemphasis on the cognitive and behavior elements	☆

includes: grief work, active listening, open expression of feelings, decision counseling

Transactional analysis (Berne)

Goal, help people understand their patterns of behavior and unhealthy interactions and let their adult ego state take over!!!
genogram
life position (I,m ok, etc)
script (feedback)
ego states (parent, child, adult)
transaction (communication between the ego states)



Structural Family Therapy-
Minuchin

maladaptive behavior is the result of overly inflexible or diffuse boundaries-the family cannot adapt to the stress
disengaged (rigid, inflexible)
enmeshed (diffuse, overly unclear, highly permeable)
detour
stable coalition
triangulation
joining,
mimesis
enactment
unbalance the family's homeostasis
family map



extended family systems
therapy Bowen

Goal is differentiation of self in all family members (separate one's own intellectual function for that of family)
work with most differentiated
family system is the result of a multigenerational transmission process
genogram



Systems
Positive feedback

Restore homeostasis by attempting to correct deviation in status quo (yell at child when he disrupts)



Systems Negative Feedback	Encourage or create deviation in status quo (wife begins a full time job, husband or children need to change roles)	☆
Strategic Family Therapy-Haley	<p>focus on specific behaviors and communication in a relationship, especially how it is used to ones control in a relationship</p> <p>it's brief!</p> <p>Goal=Homeostasis(it's the patterns that cause imbalance)</p> <p>therapies assume an active take-charge role</p> <p>reframing-relabel a behavior</p> <p>ordeals-unpleasant tasks when a symptom occurs</p> <p>restraining-encourage the family not to change</p> <p>prescribe the symptom-instruct family member to deliberately engage in the symptom</p>	☆
Gestalt Perls	<p>Neurotic behavior stems from a boundary disturbance in the boundary between the self and the external env.</p> <p>Here and now awareness (full understanding of one's thoughts, feelings, and actions in the here-and now)</p> <p>Integrate all aspects of the personality that have been disowned or denied (empty chair technique)</p> <p>Deal with unfinished business</p> <p>Become aware of true feelings and take responsibility for own actions</p> <p>Transference is counterproductive! Therapists help clients recognize between transference fantasy and reality as transference is a confusion between reality and fantasy</p>	☆

Reality Therapy Glasser

Psych problems are due to an inability to responsibly and adequately meet ones basic needs:

Survival

Belonging (affiliation)

Power

Fun,

Freedom

Success Id- indiv can meet needs responsibly

Failure Id-Individual meets needs irresponsibly

WDEP(responsibility for one's own behavior, imp. of relationship)



Existential

Maladaptive behavior is natural

Goal is to help clients overcome their troublesome feelings so they can live in more committed, self-aware, authentic, and meaningful ways

Therapist-client relationship most important!



Alderian

Feelings of inferiority contribute to problems in children and adults

Teological approach-behavior is shaped by future goals (NOT the past)

Innate social interest motivates people, ways to fulfill social responsibility

Key Concepts:

Inferiority feelings

Striving for superiority

Style of Life

Social Interest

Inferiority feeling develop during childhood while striving for superiority. Ways a person tries to compensate for inferiority and achieve superiority



determines one's style of life

Personality is determined by age 46

Three major life tasks could be:

- o Love
- o Friendship
- o Occupation

focus on prevention

Rogers Client Centered

Decrease incongruence between real self and ideal self



Unconditional positive regard, empathy

Congruence, genuineness

*****WHEN THERE IS INCONGRUENCE, BETWEEN SELF AND EXPERIENCE, BEHAVIOR PROBLEMS ARISE, A PERSON WILL THEN USE DENIAL OR DISTORT TO DEAL WITH INCONGRUENCE. THIS LEADS TO ANXIETY (PERSON COULD GET NAUSEA, HEADACHES, ETC.

Jung

Personality is a consequence of conscious and unconscious factors



Personal conscious (experiences once conscious but now repressed)

Collective (repository of latent memory traces that have been passed down from one generation to the next)

Collective is made up of archetypes- predispositions to emotions that we all share, primordial images that exist in the unconscious.

Growth after the mid-30s

Analysis of transference crucial

Emphasis on the here and now, info from the past

only sought when it will help the client understand the present

Object Relations

Psych development is determined by internalized representations of the self and objects



Adult psychopathology is due to problems that occurred during separation-individuation (Mahler) (is able to see others as both separate and related), begins at age 4

View of attachment is biological

Object Relations Family Therapy

psychodynamic, INSIGHT needed for change, problems interpreted as transference, interpret multiple transferences (between family members and between family members and therapist)



Kohut- Self Psychology (Object Relations School)

Developed narcissism (natural self love), grandiose self



A grandiose self develops if parents fail to meet child's needs (a protective grandiose self)

When working with a narcissistic child, this therapist would emphasize EMPATHY!!

Feminist Therapy

Demystify (clarify) relations with therapist and client



Minimize power difference

egalitarian relationship

Problem society too much power

Nonsexist

places more emphasis on personal responsibility for behavior



Rational emotive therapy Ellis

emotional disorders are maintained by self-indoctrination (self-control, restraint), but stem from early life experiences and biological predisposition



get rid of irrational thoughts
"Musturbation" I must be perfect

Existential Therapy

Maladaptive behavior is natural
Goal is to help clients overcome their troublesome feelings so they can live in more committed, self-aware, authentic, and meaningful ways

Therapist-client relationship most important!



Reality Therapy-Glasser

Psych problems are due to an inability to responsibly and adequately meet one's basic needs:
survival
belonging (affiliation)
power
fun
freedom

success if individual can meet needs responsibly
failure if individual meets needs irresponsibly

WDEP-(taking responsibility, importance of relationship counselor/patient)



Systemic Family Therapy Milan

Family members are no longer able to act creatively or to make new choices about their lives
Goal is to "help family members see their choices and to assist them in exercise their prerogative of choosing."
Therapeutic team
hypothesizing
neutrality
paradox (not to elicit resistance, but to provide family members with info that will help them derive solutions to their own problems)
circular questions (questions designed to help members recognize differences (and similarities))



in their perceptions) e.g., "Who was more upset, mom or dad??"

Interpersonal

Believe that depression is caused and maintained by disturbances in early life, especially attachment disturbances. Rather than focusing on the past, however, they focus on the connection between the presenting problem and client's current relationships -- including the current relationship with the therapist. Grief reactions are a common focus.



Alderian

Characterized as a diplomatic, warm, empathetic, and Socratic style of treatment

