

Quizlet

EPPP - Counseling Theories, Therapies, Intervention, Treatment

148 terms

bamoore08

Chronic Pain	Most effective treatment is relaxation and coping skills	☆
Therapy outcomes	Therapy is more beneficial for adolescents than children, especially among girls	☆
Token Economy Disadvantage	Behaviors do not always generalize to real world - No tokens to continue behavior	☆
2 Dimensions of Berry's Model of Acculturation	1) Retention of minority culture 2) maintenance of the majority culture - These are independent - a person can be high on one and low on the other; high on both; or low on both	☆
Marginalization	Describes the situation where a member of minority group does not identify strongly with either culture	☆
Feminist Approach to Psychotherapy	Assumes that social roles and socialization are important determinants of behavior. Psychological conflicts are then alternative roles and options. A primary goal is empowerment or helping women become more self-defining and self-determining	☆
Feminist Object Relations Theory	Nancy Chodrow - Focused on the relationship between mother and child and how gender differences result from the mother being the primary caretaker. The division of labor that occurs in families (although less so in recent years), is characterized by women being more involved in affective, interpersonal relationships than men. This is inevitably passed on to both boys and girls who "reproduce" this sexual and familial division of labor	☆

Difference between Feminist and non-sexist therapy	<ul style="list-style-type: none"> - Non-sexist therapy is more concerned with personal responsibility and personal change - Feminist therapy places equal or greater emphasis on the sociopolitical contributions to pathology and the need for social change 	☆
Best treatment for generalized anxiety disorder	Cognitive behavioral therapy	☆
Flooding	Exposed to a feared stimulus in order to extinguish fear	☆
Premack Principle	Using a frequently occurring behavior to reinforce an infrequently occurring one	☆
Emic	Studying a culture from the inside and trying to see it as its own members do	☆
Etic	Studying a culture from the outside using universally accepted means of investigation	☆
Parallel Process (in supervision)	Therapist in training behaves toward the supervising therapist in ways that mirror how the client is behaving toward the therapist in training	☆
Difference between Jung and Freud's ideas of conscious	<p>For both:</p> <p>Unconscious has a personal component</p> <p>For Jung only:</p> <p>Unconscious also has a collective component</p>	☆
Marlatt's Theory of Substance Dependence	Substance use is "over-learned" in that it is maintained by itself as well as by multiple cognitive mediators and external reinforcers	☆
Nancy Boyd Franklin's recommendation for working with African-American families	<p>Use:</p> <ol style="list-style-type: none"> 1) Ecostructural approach 2) Multisystems approach <p>Need to include, friends, family, church members, etc.</p>	☆
Interpersonal Psychotherapy	<ul style="list-style-type: none"> - First designed for the treatment of non bipolar, non-psychotic major depression with the focus on 	☆

the problems of depression and interpersonal distress

Focus of interpersonal psychotherapy

Focuses on interpersonal aspects of depression and uses the biopsychosocial model which frames depression as a medical illness occurring in a social context



Goal of Interpersonal psychotherapy

Alleviate symptoms with interpersonal relationships as a point of intervention



Effectiveness of Interpersonal psychotherapy

Effective for the treatment of depression patients from adolescents to late life, for women with postpartum depression, and for patients with medical comorbidity



This treatment is present-oriented, structured and time limited treatment that integrates biological and psychosocial approaches

Interpersonal Psychotherapy



Paradoxical Intention

- Based on the assumption that a person avoids a certain behavior because of the anticipatory anxiety the behavior arouses
- When a person deliberately engages in the behavior, a condition of incompatibility is set up and this condition serves to eliminate the anticipatory anxiety
- The idea is that engaging in the behavior (or wish to engage in the behavior) is incompatible with fear of that behavior and, consequently, the fear is neutralized.
- The goal is to neutralize the anticipatory anxiety that is the real source of the client's problem



In psychoanalytic therapy, this is a sign that treatment is having an effect and discussed as the patient is made conscious of it

Transference



Cognitive-Behavioral Pain Management	Behavioral treatments for managing pain tend to emphasize the importance of environmental contingencies (e.g., avoidance of work, sympathy) in maintaining pain, while cognitive techniques focus on the patient's beliefs - particularly beliefs about control over his or her pain	☆
Hopelessness Theory of Depression	<p>Hopelessness is a cause, rather than a symptom of depression. This theory proposes that hopelessness is a "proximal sufficient cause" of depression</p> <ul style="list-style-type: none"> - Proximal means hopelessness occurs at the end of the chain, closest to the resulting symptoms of depression - Sufficient means that the presence of hopelessness is enough to cause depression 	☆
Manual-Guided Treatment	<ul style="list-style-type: none"> - Used to ascertain treatment effects in research by standardizing treatment delivery - Effects could be empirically evaluated - Provides guidelines for training therapists 	☆
Therapist Experience	There is a moderate relationship between experience and outcome, with the relationship being strongest when the client's symptoms are severe	☆
Glasser's Reality Therapy	<ul style="list-style-type: none"> - When a person is capable of fulfilling his or her own needs for survival, power, belonging, freedom and fun, without harming self or infringing on the rights of others, then he or she has developed "success identity" - When the needs are met irresponsibly, then the individual has developed "Failure identity" 	☆
Hypnosis involves these 3 factors	<ol style="list-style-type: none"> 1) Dissociation 2) Absorption 3) Suggestibility 	☆
Lewin's Field Theory		☆

	<ul style="list-style-type: none"> - Studying human behavior should be focused on the present - Focused on the individual's life space 	
Best therapy for Depression	<ul style="list-style-type: none"> - Cognitive therapy - Interpersonal therapy 	☆
Best therapy for factitious disorder	<ul style="list-style-type: none"> - no specific treatment has been identified as consistently effective - supportive psychotherapy in an outpatient setting is best 	☆
PTSD	Foa et al. found prolonged exposure to be most effective	☆
Gestalt Therapy: Introjection	Interpreting the values of the larger society as one's own	☆
White Racial Identity Development Model (Janet Helms)	<ol style="list-style-type: none"> 1) Contact - ignorance and disregard of any racial differences 2) Disintegration - awareness of racial inequalities which results in moral confusion and conflict 3) Reintegration - whites are viewed as superior to minorities 4) Pseudo-Independence - dissatisfaction with reintegration 5) Immersion-Emersion - embrace their whiteness without rejecting minorities 6) Autonomy - a person internalizes a nonracist white identity 	☆
Adlerian Therapy	A desire to belong is a primary motivator of behavior, but this desire may be channeled into the mistaken goals of power, attention, inadequacy, or revenge	☆
Adlerian Theory	<ul style="list-style-type: none"> - Diplomatic, warm, empathetic, and socratic style of treatment - 12 stages - within each stage cognitive, affective, and behavioral changes are gradually advanced - Reflect progressive strategies for awakening a 	☆

	<p>client's underdeveloped feeling of community</p> <ul style="list-style-type: none"> - six phases - within these, there can be up to three stages - Therapy is unique to the individual 	
Applying Adlerian Approach in school settings	Preventive interventions are emphasized and the consultants educate the parents and teachers	☆
Native Americans	Increased bicultural competence = reduced incidence of substance abuse	☆
This therapy uses "joining and restructuring"	Structural Family Therapy	☆
Mimesis stage of Structural Family Therapy	The goal is to "join" the family system - adopting a family's communication and affective style	☆
Yalom - group cohesiveness	This is characterized by warmth and acceptance, self-disclosure and risk-taking behavior, freedom to express feelings openly (both positive and negative) is most associated with group member improvement and outcome success	☆
This person believed therapeutic factors do not occur in isolation, they are interdependent and group cohesion serves as a necessary precondition for the other factors. Early confrontation, later positive alliance, later affective confrontation and fewer leader interventions in later sessions are also associated with successful group outcomes	Yalom	☆
Co-leader confrontation (Yalom)	<p>Co-leaders should not express conflict in front of the group during the early stages of therapy</p> <ul style="list-style-type: none"> - More mature resolution of conflict in the later 	☆

	stages can serve as a healthy model for the group members	
Purpose of Solution-Focused Family Therapy	To identify solutions to client's problems	☆
Types of questions asked in Solution-Focused Family Therapy	1) Miracle 2) Scaling	☆
Miracle questions	imagine what it would be like if his/her problem was suddenly gone	☆
Scaling questions	invites each family member to rate a situation to see how the problem is perceived by others	☆
This therapy approach uses non-directive listening and interpretation	Object Relations Family Therapy	☆
This therapy approach uses paradoxical directives and reframing	Strategic Family Therapy	☆
In this type of therapy, a client is gradually exposed, through the imagination, to a feared stimulus at its maximum intensity	Implosive Therapy	☆
This therapy incorporates psychodynamic themes thought to underlie the fear into the imagery	Implosive Therapy	☆
These disorders are characterized by dramatic, emotional, and/or erratic behaviors. Affective instability are the characteristics shared by all three disorders	Personality disorders: Narcissistic Borderline Histrionic	☆
Thomas & Cross - Psychological Nigrescence	1) Pre-encounter - initial being or frame of reference that will alter upon facing the encounter.	☆

One is unaware of his/her race and the social implications that come with it

2) Encounter - becomes aware of race

3) Immersion-emersion - takes pride in being black

4) Internalization - rejoins society with a strong sense of his own racial/ethnic identity - begins to resolve conflicts

5) Internalization-commitment - balances one's own racial/ethnic identity as well as the racial/ethnic identities of others

Theorist - Structural Family Therapy

Minuchin



Structural Family Therapy - What does one do when faced with triangulation?

The therapist's goal is to restructure the parent-child and spousal subsystems so they function correctly. This involves introducing some stress into the family system to upset the family's balance and block the family from its normal way of interacting. For example, Minuchin describes strategies such as prohibiting children from talking about symptomatic behavior with their parents, rewarding parents for their capacity to nurture and support each other, and restructuring the parents in a coalition against their child.



Structural Family Therapy - Tracking

Identifying and using the family's values, life themes, etc.



Selective abstraction (Beck)

the tendency to focus solely on a detail that is taken out of context



This theorist believed depressed individuals are suffering from personality pathology due to relatively stable and omnipresent dysfunctional models of the world

Beck



Emotional Reasoning (Beck)



	A person believes that because he or she feels a negative emotion, there must be a corresponding negative external situation	
Suicide (Beck)	Individuals are characterized by a combination of hopelessness and poor problem-solving skills	☆
Beck - Depressed person's feelings	He is worthless. His future is hopeless. The world is unfair.	☆
Beck Diathesis-Stress-Model	States that illness is the result of diathesis (vulnerability) combined with stress, with the nature of vulnerability depending on the type of theory. Beck's theory of depression suggests some people, when exposed to a negative life event (stress), are vulnerable to experiencing depression as they have depressogenic schemata (dysfunctional attitudes)	☆
Panic Disorder (Beck)	A therapist would identify and modify the client's interpretation of panic attacks and their associated physical symptoms	☆
Automatic thoughts (Beck)	Interpretations of a situation that determine one's behavioral and emotional responses - depressed person maintains an external locus of control and internal locus of responsibility	☆
In this therapy: 1) Relapse prevention is a focus throughout 2) It is structured and goal oriented 3) Collaborative Empiricism	Beck	☆
Collaborative Empiricism	Founded on a collaborative relationship between the therapist and client, and involves gathering evidence and testing hypotheses about the client's beliefs	☆
Patterson's Coercive Family		☆

Interactive Model	Predicts children initially learn aggressive behaviors from their parents	
Cycle of Violence	1) Tension building 2) Acute battering 3) Loving Contrition	☆
According to this theory, a relationship tends to remain stable when the balance between the costs of the abuse and the benefits of the relationship are fairly similar	Cycle of violence	☆
This model is based on the medical inoculation model. Give the person the opportunity to deal with a low "dose" of anxiety- provoking stimuli in order to help the person build coping skills (which are analogous to immunity.	Meichenbaum's Stress Inoculation Training	☆
Steps in Meichenbaum's Stress Inoculation Training	1) education 2) Rehearsal 3) Real life application A person's exposure to stressful stimuli proceeds from least anxiety to most anxiety provoking. As part of the training, clients are taught to use appropriate self-statements (i.e. self-instruction) to guide them through the coping process	☆
Integrative Therapy Approach	- Focuses on the individual patient and tailors treatment to patients' needs - Basic concepts are theoretical integration and technical eclecticism	☆
Theoretical integration	The combination of at least two modes of therapy	☆
Technical eclecticism	The ability of the therapist to decide which treatment approach is best for a particular person	☆

Object Relations	<ul style="list-style-type: none"> - focus on how introjects, or internalized images of significant others from the past affect our current relationships and functioning - provide support and "Reparenting" in order to help the client develop new, healthier introjects 	☆
NIMH Meta-Analysis results	Cognitive therapy is better than insight therapy. Cognitive therapy is equal to interpersonal therapy and Antidepressant medication	☆
This therapy views patient's symptoms as pathological	Brief Dynamic Therapy	☆
Idiopathic	of unknown cause	☆
Allopathic	Treatment (typical) used by most physicians in North America and Europe	☆
Autoplastic	Adaption through altering one's behavior	☆
Therapist stays neutral in this approach	Psychoanalytic	☆
Substance abuse Relapse (Marlatt & Gordan)	75% of all relapses are due to negative affects, interpersonal conflicts, and social pressure	☆
Goal of Gestalt Therapy	Increased awareness	☆
Least likely to be used therapy for obsessive compulsive disorder	hypnosis	☆
Often misdiagnosed as Panic Disorder during the acute phase	Hypoglycemia	☆
He believed people view the world through cognitive schemas	George Kelly	☆
Sue and Sue (1990)	Minority groups exhibit an internal locus of control, external locus of responsibility	☆
Terror Management Theory	Individuals utilize two things to manage the terror associated with the fear of death: Cultural	☆

	worldview and self-esteem	
Object Relations Therapy	Evaluates the defenses that impact an individual's current maladaptive behavior patterns	☆
Wolpe's Classical Conditioning Perspective	Neurotic Depression is a response to anxiety and can, therefore, be alleviated by using systematic desensitization to eliminate the anxiety	☆
This therapy focuses on the "here and now" which encourages clients to gain awareness and full experiencing the present	Gestalt Therapy	☆
In Gestalt Therapy, this refers to interacting with nature and others without losing one's individuality	Contact	☆
In Gestalt therapy, this refers to defenses that one develops as a self-protective attempt to avoid the anxiety necessitated by change and prevents full experiencing in the present	Resistance to contact	☆
These are the defenses outlined in Gestalt Therapy	1) Introjection 2) Projection 3) Deflection 4) Confluence 5) Retroflexion	☆
Operant Interpersonal Theory	Richard Stuart Applies operant conditioning and social exchange theory in the context of marital therapy - Couples focus on positive aspects of one's partner - Use reciprocal reinforcement or "quid pro quo" - In successful marriages, rewards exceed costs	☆

and are built on positive reinforcement, rather than negative reinforcement, punishment, or coercion.

Primary Prevention	Promote health and protect against exposure to risk factors that lead to health problems	☆
Secondary Prevention	Focuses on strategies to stop or slow the progression of disease - - screen and detect for early diagnosis. (Crisis intervention, suicide hotlines)	☆
Tertiary Prevention	Manage and rehab persons with diagnosed health conditions to improve their health, quality of life, and extend their years of productivity	☆
Anger Management for Children	Criticized for limited positive effects due to focusing on the individual's perceptions, feelings, and behaviors while ignoring the interpersonal or systemic factors. - Should instead include family, peer, and community relationships	☆
Solution Focused Therapy	Assigns a couple the task of looking for things in their relationship that they would like to continue	☆
This is also known as psychology of action	Morita Therapy	☆
Morita Therapy	Japanese therapeutic intervention developed by Japanese psychologist Shoma Morita in the early part of the 20th century originally to treat anxiety and neurosis. Morita therapy doesn't deal with the past, inner dynamics, or with emotions directly as a prerequisite to change. Emphasis is on learning to accept the internal fluctuations of thoughts and feelings and ground behavior in reality and the purpose of the moment. The focus is on the external environment, behavior, and distinguishing what is and is not controllable. All emotions are accepted as valid, pain is inevitable and there is no attempt to control or govern feelings. Concrete	☆

effort to take action with or without success and despite the accompanying emotions, is encouraged. Progress is measured by degree of responsiveness to behavioral demands and in the effort for self-improvement. Like cognitive therapy - deals with changing behaviors and dysfunctional cognitive processes through reframing the meaning of anxiety, focusing on attitudinal blocks to behavior and taking personal responsibility for behavior.

Network Therapy

Client's family, friends, and relatives (i.e., the client's network) are brought together, through the therapists' initiative, to implement the therapeutic process



Lewinsohn - depression

Depressed individuals' self-evaluations reflect an unbiased perception of reality and more accurately correspond with observer evaluation



Alloy, Abramson, & Metalsky

- Attributions are only important when they contribute to feelings of hopelessness
- Revised the learned helplessness model of depression and de-emphasized the role of attributions



Kohut - Narcissism

A constant lack of parental empathy is what leads to narcissism in a child

- The therapist must provide empathy to help the narcissistic client develop a more healthy, cohesive sense of self



Naikan Therapy

Psychology of reflection - based on clients asking themselves three questions: What have I received from? What have I given to? What troubles or difficulties have I caused to? Through such self-reflection, a client's awareness of the role play in the relationship or situation, the amount of support they've received and an appreciation for others is



	said to be increased. It is often combined with Morita Therapy.	
Family Therapy - Reframing	Designed to increase the family's compliance with the therapist's directives and the treatment plan in general - relabeling or redefining the problem behavior in order to get the family to see it in a new light	☆
Family Therapy - Coalition	Refers to an alliance of two family members against a third	☆
Goals of Interpersonal Therapy	Symptom reduction and improved interpersonal functioning	☆
Interpersonal Therapy - Cause of Depression	Disturbances in early life, especially related to the lack of attachment (social roles and interpersonal relationships) - Klerman & Weisman	☆
Psychoanalytic Therapy - Mania	A defense against depression	☆
Industrial Organizational Caydan's Model	Theme interference is analogous to transference - When a worker displaces past or present personal problems onto a task situation at work - A theme is continuing cognitive representation of an unresolved problem or a defeat, and theme interference occurs when the person views a particular work situation in terms of a theme	☆
Emotion-in-Relationships Model	Positive and Negative emotions are most likely to occur in a relationship when the partner's behavior interrupts the individual's typical on-going behaviors	☆
Bem's Self-Perception Theory	Proposes that when internal cues are weak or difficult to interpret, we rely on observations of our behavior and/or circumstances in which this behavior occurs to interpret our attitudes, emotions, and other internal states	☆
Aim of Multisystemic Therapy		☆

(MST)	<p>To improve caregiver discipline practices, enhance family affective relations, decrease youth association with deviant peers, increase youth association with prosocial peers, improve youth school or vocational performance, encourage youth in prosocial recreational outlets, and develop an indigenous support network of extended family, neighbors, and friends to help caregivers achieve and maintain such changes</p>	
This therapy has demonstrated long-term reductions in criminal activity, drug-related arrests, violent offenses, and incarceration (outcomes were similar for all youth)	Multisystemic Therapy (MST)	☆
This therapy targets chronic, violent, or substance abusing juvenile offenders at a high risk of out-of-home placement	Multisystemic Therapy (MST)	☆
This therapy is consistent with social-ecological models of behavior and findings from causal modeling studies of delinquency and drug use.	Multisystemic Therapy (MST)	☆
This therapy views individuals as being nested within a complex network of interconnected systems that encompass individual, family, and extrafamilial (peer, school, neighborhood) factors.	Multisystemic Therapy (MST)	☆
This therapy is goal-oriented, intensive family and community based treatment that addresses the multiple determinants and	Multisystemic Therapy (MST)	☆

factors in each youth's social network that are contributing to his or her antisocial behavior		
This therapy is provided using a home-based model of service delivery with a typical treatment duration of approximately 4 months	Multisystemic Therapy (MST)	☆
Intervention Strategies of Multisystemic Therapy (MST)	1) Strategic family therapy 2) Structural family therapy 3) Behavioral Parent Training 4) Cognitive behavior therapies	☆
Ellis	Rational Emotive Therapy	☆
Rational Emotive Therapy	Behavioral disorders stem from both biological predisposition and early life experiences but their maintenance was due primarily to self-indoctrination - internalize critical attitudes and perpetuate that attitude as they grow older	☆
Systems Theory - Feedback	Refers to information from within the system which results in changes in either the existing homeostasis or the maintenance or restoration of homeostasis. Positive feedback alters the system to accommodate novel input or a new state of equilibrium and negative feedback maintains or restores the status quo of the system. If a child misbehaves while the family is at a restaurant, negative feedback occurs when the parent corrects the misbehaving and restores homeostasis.	☆
Tarasoff	The California Supreme Court's Tarasoff decision established the duty of a psychotherapist to protect the intended victim whenever a patient poses a serious danger of violence to another. In ruling that the need to protect the intended victim	☆

supercedes a client's confidentiality rights, the court wrote, "the protective privilege ends when the public peril begins."

Eysenck 1952

Study challenged the effectiveness of psychotherapy treatments.

- 72% improved without therapy
- 64% of eclectic therapy patients improved
- 44% of psychoanalytic patients improved



Marital Therapy
Social Learning Theory

Emphasizes behavioral therapy combined with communication and problem-solving skills training

- Typical methods include functional analysis of the spouses' behaviors, contracts stipulating specific behavioral changes, communication skills training, and directive advice regarding solutions to problems



HIV

Somatic symptoms of depression and older age are related to a more rapid progression



Negative affect

A general distress factor that is a core symptom in both anxiety and depression



Earliest signs of Huntington's Disease

Depression and forgetfulness



Extended Family Systems Therapy

Murray Bowen - Psychoanalytically trained and his theory is influenced by psychoanalytic theory



Folie a deux

Shared psychotic disorder. An individual diagnosed with shared psychotic disorder has an established delusion. The content of the delusional system will typically be very similar, although the client's disturbance will usually be less severe than that of the primary case.



Sexual Harassment

Research on gender differences in judgments of sexual harassment indicate men and women are equally as likely to judge a sexually-toned behavior as sexual harassment but only in severe cases.



Minority Groups	Research on the use of mental health services by members of minority groups indicates that utilization rates are higher for members of some minority groups and lower for other minority groups than for whites	☆
Best Practices	Refers to empirical evidence to support effectiveness of counseling approaches	☆
Hypnosis	<ul style="list-style-type: none"> - Constitutes a change in consciousness - There are tests that can indicate the degree to which someone can be hypnotized - Involves dissociation 	☆
Most effective form of flooding	The patient is exposed to the feared stimulus for a prolonged period	☆
Reality Therapy	<p>Focuses on clarifying values and evaluating current behavior and plans in relation to these values.</p> <ul style="list-style-type: none"> - The goal of this therapy is to help the person accept responsibility for his or her decisions and actions. The process involves examining the consequences of actions and deciding on realistic solutions 	☆
Group Therapy	<p>The aim is to address issues in the interpersonal arena. The purpose is not to address core intrapsychic deficits, such as a lack of basic trust.</p> <p>The therapeutic group experience involves several primary factors, including universality, cohesiveness, and modeling of behaviors that can be imitated.</p>	☆
Behaviorist explanation for depression	Not enough reinforcement from the environment	☆
Participant modeling	<p>1) Symbolic modeling (e.g., watching a filmed model) or live modeling (e.g., watching a live model)</p> <p>Followed by</p> <p>2) Participant modeling - involves live modeling</p>	☆

plus contact with the therapist (or model) who gradually guides the person in activities involving physically interacting with the feared object

Interpersonal Therapy for depression

- goal is to improve relationships
- commonly combined with medication
- practiced on a short-term basis (12-16 sessions)



Gestalt Therapy

- Goal is to enhance communication with self and others
- Contact with self and others is the key for change
 - Therapy focuses on experience and affective expression rather than cognitions



Reciprocal Inhibition

- underlies counterconditioning
- Two incompatible responses (e.g., fear and relaxation) cannot occur at the same time

