

Introduction to Abnormal Psychology Psych 235

Chapter 3 Contemporary Frameworks

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Outline/Overview


- Psychodynamic
- Behavioral Classical/Operant
- Biological Model
- Humanistic-Existential
- Cognitive
- Sociocultural

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Psychodynamic model

- Freud
- fixed amount of psychic energy
- directed toward worries, concerns, aches, and pains
- little left for the activities of life
- Personality processes
 - ID-pleasure principle
 - EGO-reality principle
 - SUPEREGO-conscience


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Personality processes (cont.)

- Conflicts between processes-psycho pain
 - anxiety
 - uncomfortable state
- Defense mechanisms - protective
- Repression, Projection, Reaction Formation, Displacement, Rationalization, and Sublimation


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Defense mechanisms

- Repression-unconsciously force unwanted thoughts or prohibited desires out of mind
- Projection-we attribute to others emotions or feelings too distressing for us to own
- Displacement-direction of emotion at a "safer target"
- Rationalization-providing socially desirable excuses or reasons for behavior
- Sublimation-channeling ID impulses in socially acceptable directions

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Freud's stages

- Oral
- Anal
- Phallic
- Latency
- Genital
- Symptoms arise when urges, fears, and/or fantasies from childhood are rearoused

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Neo-Freudians

- Jung, Adler, Sullivan
- Carl Jung-collective unconscious
- memory trace carried from previous generations
- constitutes the archetypes

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Carl Jung

- Archetypes
 - persona-side of personality shown the world
 - shadow-darkness and repression, we try to hide from ourselves
 - anima-feminine side of men
 - animus-masculine side of women
 - great mother-two sets of forces, loving and nurturing and power and destruction
- two basic attitudes-introversion and extroversion
- four basic functions-sensing, thinking, feeling, and intuiting
 - sensing-what something is
 - thinking-recognize its meaning
 - feeling-tells us its value
 - intuiting-see around corners and gain knowledge



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Alfred Adler

- Freud placed too much emphasis on sex and aggression
- Adler-striving for superiority
- fundamental desire to become something better
- Roots of cognitive approaches



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Harry Stack Sullivan

- problems are faulty social relationships
- treatment should focus on correcting relationships
- interpersonal psychology
- comprehensive therapeutic milieu

- Modern psychodynamic theorists



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Psychodynamic treatment

- presenting symptoms are the “ticket” for admission
- examine early conflicts-relate to present relationships
- make conscious material repressed
- catharsis-emotional reliving of early conflicts
- therapist as a blank screen

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Strengths/Weaknesses of Psychodynamic Theory

- Strengths of psychodynamic theory
 - *comprehensive description of personality*
 - *processes same in normal and abnormal*
 - *methodology for investigating and treating*
- Weaknesses
 - *difficult to disprove*
 - *little scientific evidence*
 - *ignores situation, context, social class, and gender*

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Operant conditioning

- positive reinforcer-increases probability of response preceding it
- negative reinforcer-increases probability of behavior preceding it
- punisher-decrease probability that behavior will be repeated
- operant-response whose probability can be manipulated
- treatments-selective reinforcement to shape a target behavior
- must find a reinforcer more powerful than the maladaptive behavior
- maladaptive behaviors often bring powerful reinforcers
- extinction-simply ignoring the behavior(s), removing the reinforcement.

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Biological Model

- Genetic causes
 - Schizophrenia
 - twin studies have established genetic component
 - identical - concordance rate of about 50%
 - fraternal - about 10% (same as siblings)
 - clearly a genetic component
 - not genetically determined
 - diathesis-stress model
 - personality traits with genetic components
 - IQ, mental speed, D&A abuse, well-being

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Biological Model (cont.)

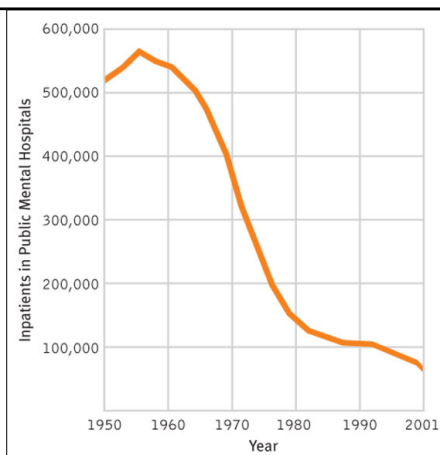
- Other causes
- Biochemical causes
 - Schizophrenia and dopamine
 - antipsychotics block dopamine receptors
 - Depression and serotonin
 - SSRI's prevent serotonin being reabsorbed
 - Mania and lithium
 - blood levels closely monitored.
- Neuroanatomy
 - tumors, brain injury or trauma
 - increased ventricle size in schizophrenia
 - CAT, PET, MRI, fMRI scans investigate brain structure and functioning.

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Current directions/trends in treatment

- 1950s – Psychotropic medications discovered
 - Antipsychotics
- Led to deinstitutionalization (debatable) and a rise in outpatient care
 - Problems?
 - Corrections system / Homelessness
- Payment arrangements
 - Managed care / Parity laws

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Biological Treatments

- schizophrenia – antipsychotics - thiorazine (chlorpromazine 1st antipsychotic)
 - enabled the discharge of many individuals from hospitals
 - serious side effects (tardive dyskinesia)
- Depression - MAO inhibitors-severe diet restrictions
 - tricyclics-less toxic, still serious side effects
 - SSRIs - better side effect profiles, minimal toxicity.
- Bipolar - lithium carbonate OD can cause heart failure
- Anxiety - benzodiazepines effective short term, long term dependence/tolerance – safe
- ECT/Psychosurgery

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Evaluation of biomedical model

- Strength: large body of research supports the heritability of many disorders and traits
- Weaknesses: general paresis - only condition proven to result from a physical illness
 - heritability far less than 100%
 - nongenetic influences play a role
 - drugs only work while being taken

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Cognitive model

- expectations, memories, beliefs cause behavior
- interpretation of the situation
- automatic thoughts-primary unit of analysis
- distorted thinking-confronted and changed
- expectations-perceptions about outcomes in different situations
- [sometimes perceptions of helplessness can be inaccurate](#)



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Humanistic-Existential Approaches

- Humanists: striving for self-actualization
 - Optimistic about human nature
 - Focus on unconditional positive regard
 - Letting go of “conditions of worth”
- Existentialists: freedom and choice in living
 - growth/positive development when we take responsibility
 - personal responsibility-central concept
 - treatment focuses-developing independence, goal directed willing, and personal responsibility



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Sociocultural Model

- Focus is on social and cultural forces that impact on us
 - Family systems theorists – locate the “pathology” in family patterns of behavior and communication
 - Social roles/labeling – setting up self-fulfilling prophecy
- Treatments: group therapy, family/ couples therapy
- Each model can contribute understanding
