Chapter 16: Treatment of Behavioral Disorders

General Psychology
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Chapter Outline

- Psychological therapies
  - Psychodynamic
  - Cognitive
  - Behavioral
- Biological Therapies
  - Psychosurgery
  - ECT
  - Deep brain stimulation
  - Drug Therapy
- Efficacy of Therapy
- Course evaluation

Psychodynamic Therapy

- *Psychotherapy: Procedure in which a trained person provides talk therapy for an individual seeking help*
- Psychodynamic- disorders stem from hidden inner conflicts
  - Psychoanalysis- provide *insight* into hidden inner conflicts by bringing them to the surface
    - *free association*- say whatever comes to mind
    - *resistance*- refusal to report certain thoughts
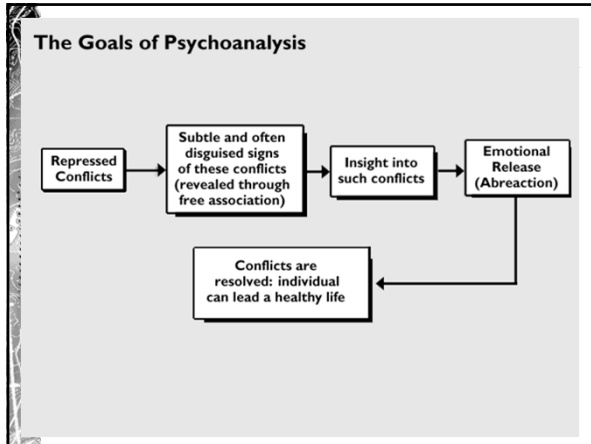   - *transference*- intense feelings of love or hate toward the analyst

The Goals of Psychoanalysis

Repressed Conflicts → Subtle and often disguised signs of these conflicts (revealed through free association) → Insight into such conflicts → Emotional Release (Abreaction)

Conflicts are resolved: individual can lead a healthy life

Cognitive Therapies

- Cognitive Therapy- disorders stem from distorted patterns of thought
  - Rational Emotive Therapy (Ellis) - recognize and reject irrational thinking
    - "Everyone should like me"
    - "If I don't get that promotion, my career is over"
  - Cognitive Behavior Therapy (Beck) - recognize and change illogical patterns of thought (e.g., overgeneralizing setbacks) that underlie depression

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Rational Emotive Therapy

- Attempts to modify the irrational beliefs that cause distress
- Confrontational and directive
- *Common Irrational Beliefs*
  - I must be perfect
  - Everyone must love me
  - The past determines the future
  - It is catastrophic when things don't go as planned
  - I have no control over my happiness
  - Perfect solutions must be found for life's problems
  - Happiness just happens

THE PRACTICE OF
RATIONAL EMOTIVE THERAPY
Albert Ellis, Ph.D.
Windy Dryden, Ph.D.

SPRINGER PUBLISHING COMPANY

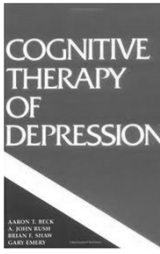## Beck's Cognitive Therapy

- Automatic Thoughts: Thoughts people have about life and the self that may be unreasonable but are accepted as accurate
- Automatic thoughts create depression and anxiety
- Goal: teach patients to stop the thoughts
- Also involves negative views of past, present, and future experiences
- Highly effective treatment for depression & anxiety

sometimes perceptions of helplessness can be innacurate

COGNITIVE THERAPY OF DEPRESSION

AARON T. BECK
A. JOHN RUSH
BRIAN F. SHAW
GARY EMERY

Behavior Therapy

- Behavior Therapy- disorders stem from faulty learning (maladaptive habits)
  - Therapies based on Classical Conditioning
    - systematic desensitization- associate relaxation with feared object
  - Therapies based on Operant Conditioning
    - token economies- earn tokens for desirable behavior
  - Therapies based on Observational Learning
    - modeling- acquire new skills by observing others

Efficacy Studies

- Efficacy Studies- Controlled research designed to test the effectiveness of different types of therapy
- Important Criteria
  - inclusion of experimental (receive therapy) and control group (receive no therapy)
  - random assignment to therapy/no therapy conditions
  - rigorous controls- avoid placebo effects
  - trained therapists using standardized procedures
  - well-trained blind raters

Is Psychotherapy Effective?

Conclusions

- over 500 reviews suggest that therapy is more effective than no therapy
- the longer therapy goes, the greater improvement
- more people report improvements after receiving treatment from psychiatrists/psychologists than general physicians or paraprofessional counselors
- psychotherapies are roughly equal in effectiveness
- many therapists use an eclectic approach

Biological Therapies

- Psychosurgery- brain surgery (lobotomy)
- ECT- shocks to brain used to treat severe depression - controversial
- Deep brain stimulation
- Drug therapies
  - Antipsychotic- reduce hallucinations/delusions
    - *Clozapine*- block dopamine receptors in the brain
  - Antidepressants- counter depression
    - *Prozac*- increase the action of serotonin in the brain
  - Antibipolar (*Lithium*)- counter manic-depression
  - Antianxiety- reduce anxiety
    - *Valium*- inhibit the CNS in the brain, activates GABA

Prevention

- Community Mental Health Centers provide:
  - Affordable mental health treatment
  - aftercare for outpatients
  - emergency services- crises intervention
- prevention strategies
  - Primary- prevent occurrence of disorders
    - risks of drug use, anger management
  - Secondary- detect problems early before they escalate
    - diversion programs- steer offenders away from dangers
  - Tertiary- minimize long-term harm from disorders
    - training in custodial care