

Psychological Disorders Psych 335


Chapter 3 Contemporary Frameworks

Outline/Overview

- Biological Model
 - Covered in context of Ch 2 in class, won't say much in class now...
- Psychological Models (causes & txs)
 - Psychodynamic
 - Behavioral (Covered w/Ch 2)
 - Cognitive
 - Humanistic-Existential
 - Sociocultural


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




Personality processes (cont.)

- Conflicts between processes-psyhic pain
 - anxiety
 - uncomfortable state
- defense mechanisms
- Repression, Projection, Reaction Formation, Displacement, Identification, Denial, Isolation, Intellectualization, Rationalization, and Sublimation



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
- Reaction Formation-a reaction is formed counter to an initial impulse
- Displacement-direction of emotion at a "safer target"
- Identification-internalizing characteristics others to improve feelings of adequacy or competence



Defense mechanisms (cont.)

- Denial-similar to repression but used with respect to objective external situations
- Isolation-removing the affective content from an experience in memory
- Intellectualization-repress the emotional content of experience Rationalization-providing socially desirable excuses or reasons for behavior
- Sublimation-channeling ID impulses in socially acceptable directions

Neo-Freudians

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

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



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






Harry Stack Sullivan

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




- Modern psychodynamic theorists



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



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*

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



Attributions and Depression

- 3 dimensions
 - stability
 - globality
 - locus of control
- depression associated w/internal, global, and stable attributions for negative events

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



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
 - Pseudopatient study – Rosenhan & Spitzer response
- Treatments: group therapy, family/couples therapy

Closing funny...



"Could we up the dosage? I still have feelings."
