Introduction to Abnormal Psychology
Psych 235

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—psychic 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.”