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-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 use up the change; I still have feelings."