Chapter 17

The Psychological Therapies

- Psychoanalysis
- Humanistic Therapies
- Behavior Therapies
- Cognitive Therapies
- Group and Family Therapies

Evaluating Psychotherapies

- The Effectiveness of Psychotherapy
- The Relative Effectiveness of Different Therapies
- Alternative Therapies Evaluated
- Commonalities Among Psychotherapies
- Culture and Values in Psychotherapies

The Biomedical Therapies

- Drug Therapies
- Brain Stimulation Psychosurgery

Preventing Psychological Disorders

History of Insane Treatment

Philippe Pinel in France and Dorothea Dix in America founded humane movements to care for the mentally sick.

Psychotherapy involves an emotionally charged, confiding interaction between a trained therapist and a mental patient.

Biomedical therapy uses drugs or other procedures that act on the patient's nervous system, curing him or her of psychological disorders.

An eclectic approach uses various forms of healing techniques depending upon the client's unique problems.

We will look at four major forms of psychotherapies based on different theories of human nature:

1. Psychoanalytical theory
2. Humanistic theory
3. Behavioral theory
4. Cognitive theory

The first formal psychotherapy to emerge was psychoanalysis, developed by Sigmund Freud.
Psychoanalysis: Aims
Since psychological problems originate from childhood repressed impulses and conflicts, the aim of psychoanalysis is to bring repressed feelings into conscious awareness where the patient can deal with them.

When energy devoted to id-ego-superego conflicts is released, the patient’s anxiety lessens.

Psychoanalysis: Methods
Dissatisfied with hypnosis, Freud developed the method of free association to unravel the unconscious mind and its conflicts.

The patient lies on a couch and speaks about whatever comes to his or her mind.

Eventually the patient opens up and reveals his or her innermost private thoughts, developing positive or negative feelings (transference) towards the therapist.

Psychoanalysis: Criticisms
1. Psychoanalysis is hard to refute because it cannot be proven or disproven.
2. Psychoanalysis takes a long time and is very expensive.

Psychodynamic Therapies
Influenced by Freud, in a face-to-face setting, psychodynamic therapists understand symptoms and themes across important relationships in a patient’s life.

Interpersonal psychotherapy, a variation of psychodynamic therapy, is effective in treating depression. It focuses on symptom relief here and now, not an overall personality change.

Humanistic Therapies
Humanistic therapists aim to boost self-fulfillment by helping people grow in self-awareness and self-acceptance.

Person-Centered Therapy
Developed by Carl Rogers, person-centered therapy is a form of humanistic therapy.

The therapist listens to the needs of the patient in an accepting and non-judgmental way, addressing problems in a productive way and building his or her self-esteem.

Humanistic Therapy
The therapist engages in active listening and echoes, restates, and clarifies the patient’s thinking, acknowledging expressed feelings.
Behavior Therapy
Therapy that applies learning principles to the elimination of unwanted behaviors.
To treat phobias or sexual disorders, behavior therapists do not delve deeply below the surface looking for inner causes.

Classical Conditioning Techniques
Counterconditioning is a procedure that conditions new responses to stimuli that trigger unwanted behaviors.
It is based on classical conditioning and includes exposure therapy and aversive conditioning.

Exposure Therapy
Expose patients to things they fear and avoid. Through repeated exposures, anxiety lessens because they habituate to the things feared.

Classical Conditioning Techniques

Exposure Therapy

Exposure therapy involves exposing people to fear-driving objects in real or virtual environments.

Systematic Desensitization
A type of exposure therapy that associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli commonly used to treat phobias.

Aversive Conditioning
A type of counterconditioning that associates an unpleasant state with an unwanted behavior. With this technique, temporary conditioned aversion to alcohol has been reported.

Operant Conditioning
Operant conditioning procedures enable therapists to use behavior modification, in which desired behaviors are rewarded and undesired behaviors are either unrewarded or punished.
A number of withdrawn, uncommunicative 3-year-old autistic children have been successfully trained by giving and withdrawing reinforcements for desired and undesired behaviors.

Token Economy
In institutional settings therapists may create a token economy in which patients exchange a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.

Cognitive Therapy
Teaches people adaptive ways of thinking and acting based on the assumption that thoughts intervene between events and our emotional reactions.
Cognitive Therapy for Depression

Aaron Beck (1979) suggests that depressed patients believe that they can never be happy (thinking) and thus associate minor failings (e.g. failing a test [event]) in life as major causes for their depression.

Beck believes that cognitions such as “I can never be happy” need to change in order for depressed patients to recover. This change is brought about by gently questioning patients.

Rabin et al., (1986) trained depressed patients to record positive events each day, and relate how they contributed to these events. Compared to other depressed patients, trained patients showed lower depression scores.

Stress Inoculation Training

Meichenbaum (1977, 1985) trained people to restructure their thinking in stressful situations.

“Relax, the exam may be hard, but it will be hard for everyone else too. I studied harder than most people. Besides, I don’t need a perfect score to get a good grade.”

Cognitive-Behavior Therapy

Cognitive therapists often combine the reversal of self-defeated thinking with efforts to modify behavior.

Cognitive-behavior therapy aims to alter the way people act (behavior therapy) and alter the way they think (cognitive therapy).

Group Therapy

Group therapy normally consists of 6-9 people attending a 90-minute session that can help more people and costs less. Clients benefit from knowing others have similar problems.

Family Therapy

Family therapy treats the family as a system. Therapy guides family members toward positive relationships and improved communication.

Evaluating Therapies

Who do people turn to for help with psychological difficulties?

Evaluating Psychotherapies

Within psychotherapies cognitive therapies are most widely used, followed by psychoanalytic and family/group therapies.

Is Psychotherapy Effective?

It is difficult to gauge the effectiveness of psychotherapy because there are different levels upon which its effectiveness can be measured.

1. Does the patient sense improvement?
2. Does the therapist feel the patient has improved?
3. How do friends and family feel about the patient’s improvement?
Client’s Perceptions
If you ask clients about their experiences of getting into therapy, they often overestimate its effectiveness. Critics however remain skeptical.

1. Clients enter therapy in crisis, but crisis may subside over the natural course of time (regression to normalcy).
2. Clients may need to believe the therapy was worth the effort.
3. Clients generally speak kindly of their therapists.

Clinician’s Perceptions
Like clients, clinicians believe in therapy’s success. They believe the client is better off after therapy than if the client had not taken part in therapy.

1. Clinicians are aware of failures, but they believe failures are the problem of other therapists.
2. If a client seeks another clinician, the former therapist is more likely to argue that the client has developed another psychological problem.
3. Clinicians are likely to testify to the efficacy of their therapy regardless of the outcome of treatment.

Outcome Research
How can we objectively measure the effectiveness of psychotherapy?

Meta-analysis of a number of studies suggests that thousands of patients benefit more from therapy than those who did not go to therapy.

Outcome Research
Research shows that treated patients were 80% better than untreated ones.

The Relative Effectiveness of Different Therapies
Which psychotherapy would be most effective for treating a particular problem?

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Behavior, Cognition, Interpersonal</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Cognition, Exposure, Stress Inoculation</td>
</tr>
<tr>
<td>Bulimia</td>
<td>Cognition-behavior</td>
</tr>
<tr>
<td>Phobia</td>
<td>Behavior</td>
</tr>
<tr>
<td>Bed Wetting</td>
<td>Behavior Modification</td>
</tr>
</tbody>
</table>

Evaluating Alternative Therapies
Lilienfeld (1998) suggests comparing scientific therapies against popular therapies through electronic means. The results of such a search are below:

<table>
<thead>
<tr>
<th>Therapies</th>
<th>Scientific</th>
<th>Popular</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMDR</td>
<td>0%</td>
<td>50%</td>
</tr>
<tr>
<td>Light Exposure</td>
<td>50%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Eye Movement Desensitization and Reprocessing (EMDR)
In EMDR therapy, the therapist attempts to unlock and reprocess previous frozen traumatic memories by waving a finger in front of the eyes of the client.

EMDR has not held up under scientific testing.

Light Exposure Therapy
Seasonal Affective Disorder (SAD), a form of depression, has been effectively treated by light exposure therapy. This form of therapy has been scientifically validated.

Commonalities Among Psychotherapies
Three commonalities shared by all forms of psychotherapies are the following:

1. A hope for demoralized people.
3. An empathic, trusting and caring relationship.
Culture and Values in Psychotherapy

Psychotherapists may differ from each other and from clients in their personal beliefs, values, and cultural backgrounds.

A therapist search should include visiting two or more therapists to judge which one makes the client feel more comfortable.

Therapists & Their Training

Clinical psychologists: They have PhDs mostly. They are experts in research, assessment, and therapy, all of which is verified through a supervised internship.

Clinical or Psychiatric Social Worker: They have a Masters of Social Work. Postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems.

Therapists & Their Training

Counselors: Pastoral counselors or abuse counselors work with problems arising from family relations, spouse and child abusers and their victims, and substance abusers.

Psychiatrists: They are physicians who specialize in the treatment of psychological disorders. Not all psychiatrists have extensive training in psychotherapy, but as MDs they can prescribe medications.

The Biomedical Therapies

These include physical, medicinal, and other forms of biological therapies.

1. Drug Treatments
2. Surgery
3. Electric-shock therapy

Drug Therapies

Psychopharmacology is the study of drug effects on mind and behavior.

With the advent of drugs, hospitalization in mental institutions has rapidly declined.

Drug Therapies

However, many patients are left homeless on the streets due to their ill-preparedness to cope independently outside in society.

Double-Blind Procedures

To test the effectiveness of a drug, patients are tested with the drug and a placebo. Two groups of patients and medical health professionals are unaware of who is taking the drug and who is taking the placebo.

Schizophrenia Symptoms

<table>
<thead>
<tr>
<th>Inappropriate symptoms present (positive symptoms)</th>
<th>Appropriate symptoms absent (negative symptoms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallucinations, disorganized thinking, deluded ways.</td>
<td>Apathy, expressionless faces, rigid bodies.</td>
</tr>
</tbody>
</table>

Antipsychotic Drugs

Classical antipsychotics [Chlorpromazine (Thorazine)]: Remove a number of positive symptoms associated with schizophrenia such as agitation, delusions, and hallucinations.

Atypical antipsychotics [Clozapine (Clozaril)]: Remove negative symptoms associated with schizophrenia such as apathy, jumbled thoughts, concentration difficulties, and difficulties in interacting with others.
Atypical Antipsychotic
Clozapine (Clozaril) blocks receptors for dopamine and serotonin to remove the negative symptoms of schizophrenia.

Antianxiety Drugs
Antianxiety drugs (Xanax and Ativan) depress the central nervous system and reduce anxiety and tension by elevating the levels of the Gamma-aminobutyric acid (GABA) neurotransmitter.

Antidepressant Drugs
Antidepressant drugs like Prozac, Zoloft, and Paxil are Selective Serotonin Reuptake Inhibitors (SSRIs) that improve the mood by elevating levels of serotonin by inhibiting reuptake.

Mood-Stabilizing Medications
Lithium Carbonate, a common salt, has been used to stabilize manic episodes in bipolar disorders. It moderates the levels of norepinephrine and glutamate neurotransmitters.

Brain Stimulation
Electroconvulsive Therapy (ECT)
ECT is used for severely depressed patients who do not respond to drugs. The patient is anesthetized and given a muscle relaxant. Patients usually get a 100 volt shock that relieves them of depression.

Alternatives to ECT
Transcranial Magnetic Stimulation (TMS)
In TMS, a pulsating magnetic coil is placed over prefrontal regions of the brain to treat depression with minimal side effects.

Psychosurgery
Psychosurgery was popular even in Neolithic times. Although used sparingly today, about 200 such operations do take place in the US alone.

Psychosurgery
Psychosurgery is used as a last resort in alleviating psychological disturbances. Psychosurgery is irreversible. Removal of brain tissue changes the mind.

Psychosurgery
Modern methods use stereotactic neurosurgery and radiosurgery (Laksell, 1951) that refine older methods of psychosurgery.