

OUTLINE

PSYCHOLOGICAL TREATMENT

- **Learning-Based Treatments**
 - CBT
 - RET
- **Humanistic Treatments**
 - Carl Rogers
 - Frankl's Logotherapy

VARIATIONS OF PSYCHODYNAMIC THERAPY

INTERPERSONAL PSYCHOTHERAPY

- Sullivan (1953) adapted from Freud's earlier work
- importance of early relationships in personality & anxiety

ASSUMPTION:

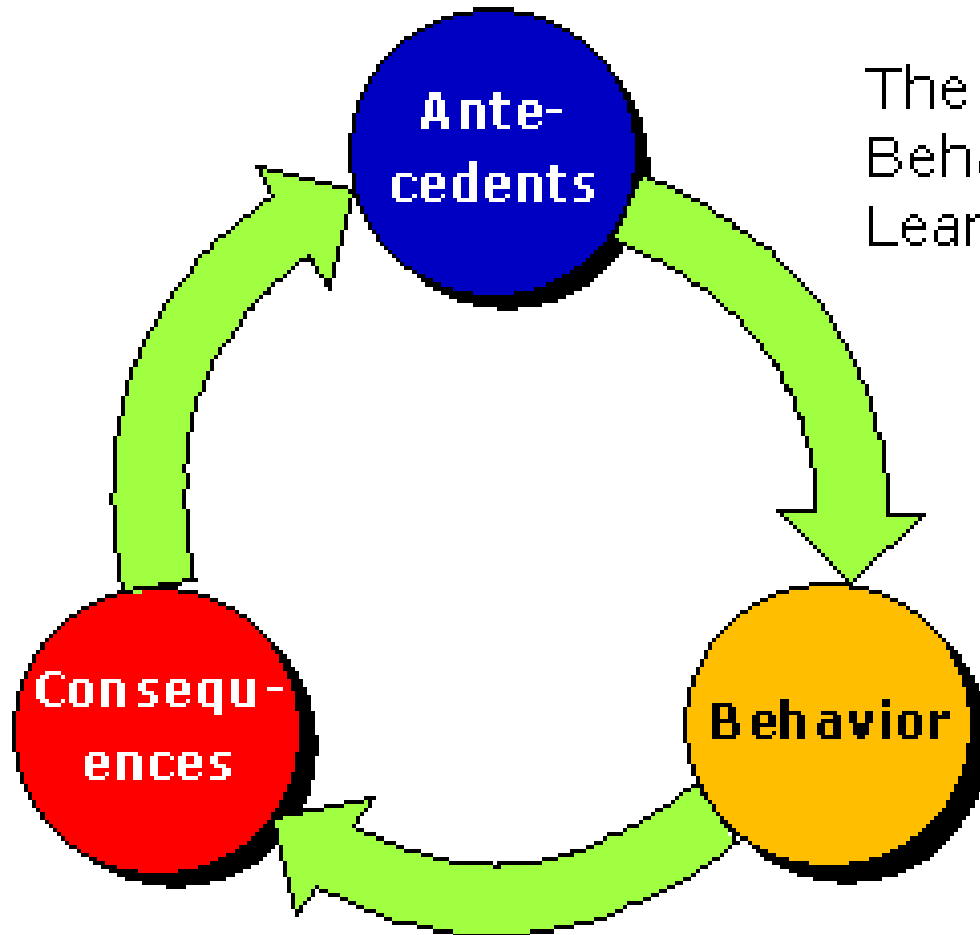
- clients will reenact relational patterns with the therapist in sessions.
- Therapist has a "real" relationship - insight into relationship & communication patterns

Evaluation

- **4 studies**
 - **No control group**
- **Results:**
 - **Pts with anxiety disorders do better schizophrenic pts**
 - **Better educated clients do better**
 - **Interpretation not necessary**
- **IPT is as effective as CBT for depression and bulimia**
- **Process research emphasized the importance of the therapeutic working alliance**

Techniques

- Exposure and response prevention
- Relaxation
- Skills training or behavioural rehearsal:
e.g.,
 - assertiveness training
 - parent skills training
 - communication training for couples



The A-B-C of Behavioural Learning

- Utilizes learning principles to alter reactions &/or behavior

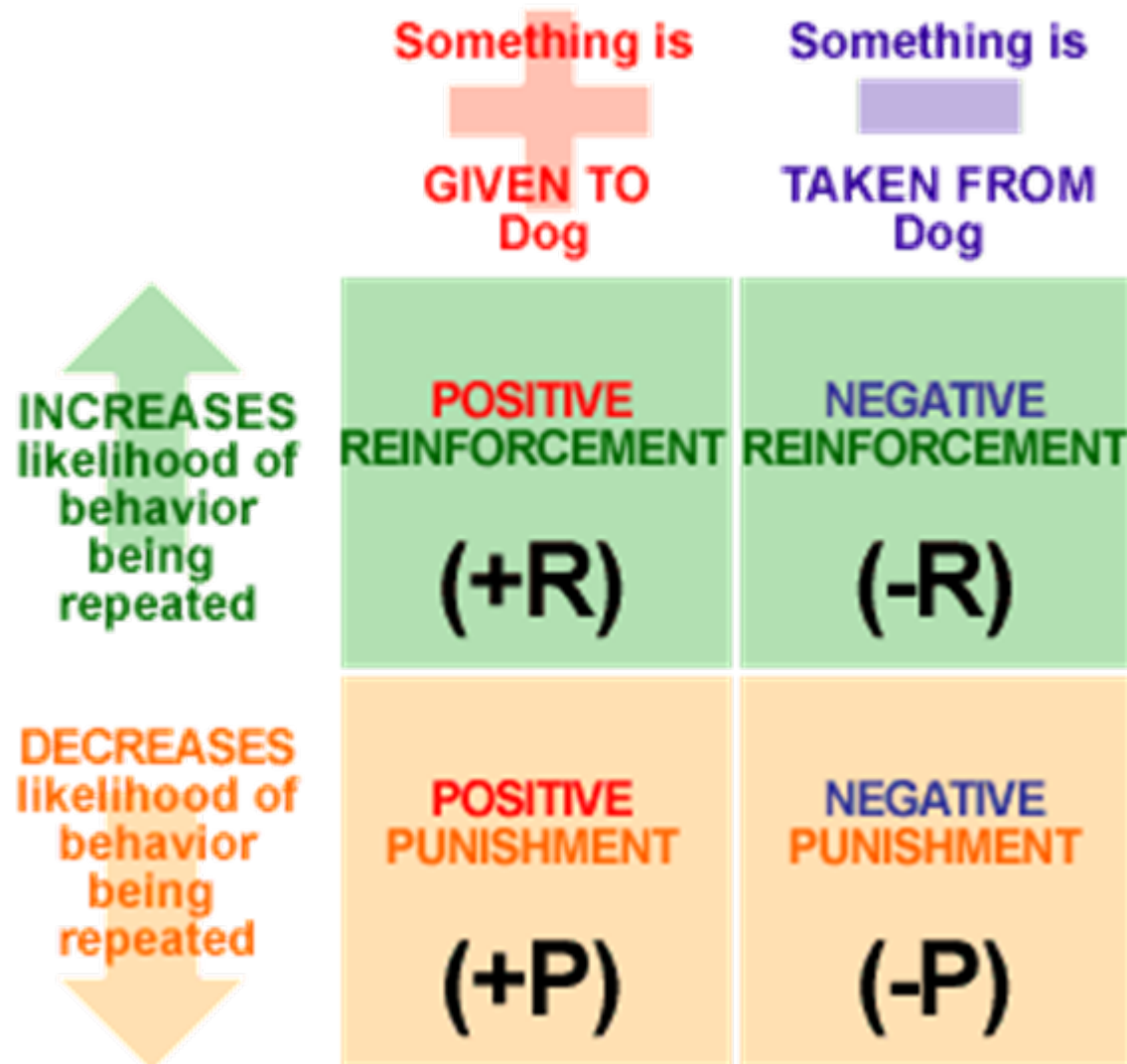
ABC's of Behavior Therapy

A - antecedents

B - behavior

C - consequences

OPERANT CONDITIONING



CLASSICAL CONDITIONING

1. Before conditioning



→
response



Food

Salivation

Unconditioned stimulus

Unconditioned response

2. Before conditioning



→
response



Tuning fork

No salivation

Neutral stimulus

No conditioned response

3. During conditioning



+



→
response



Tuning fork

Food

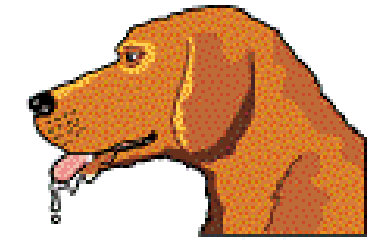
Salivation

Unconditioned response

4. After conditioning



→
response



Tuning fork
Conditioned stimulus

Salivation
Conditioned response

Behaviour therapy assumptions

ASSUMPTIONS:

- new behaviors can be learned.
- behavior is learned & thus can be unlearned.
- Focus on behaviour: changing maladaptive patterns of behaviour
- change through operant & classical conditioning techniques
- view symptoms as the problem

Systematic Desensitization

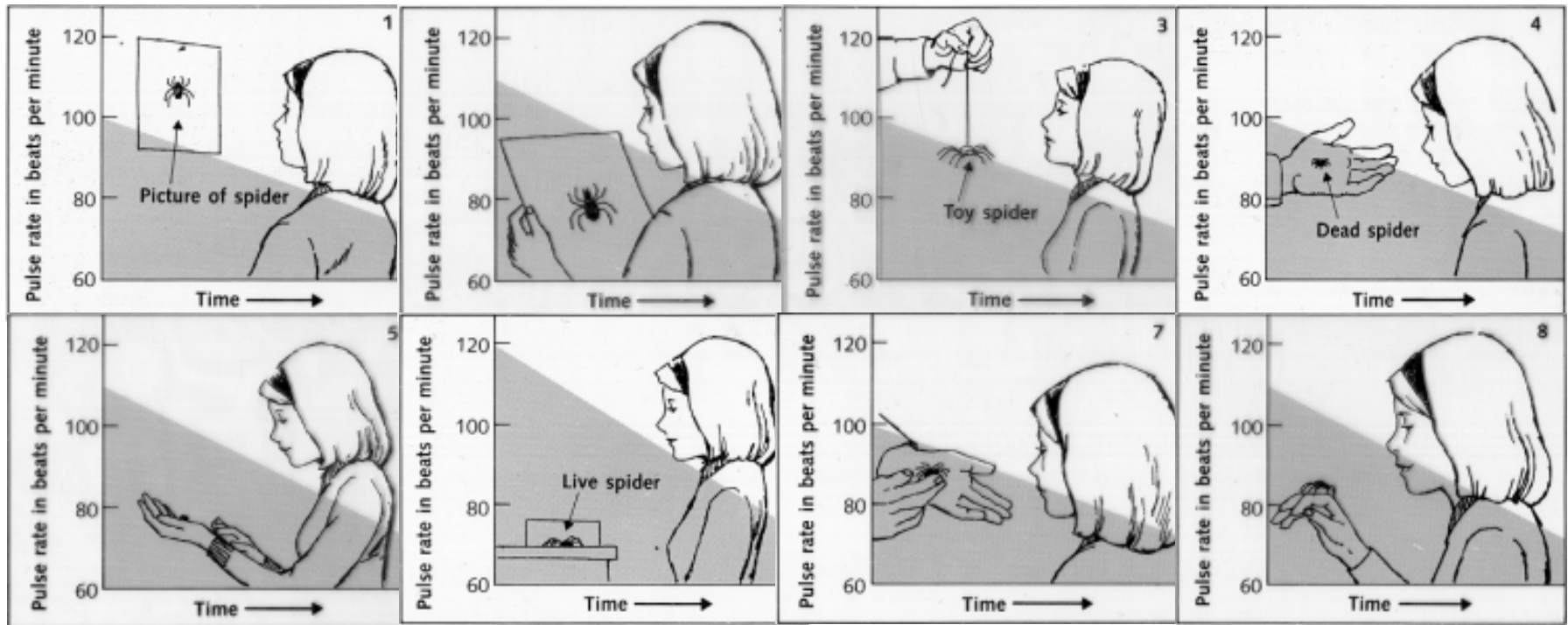
Systematic Desensitization

Construct **hierarchy of events** related to original stimulus which elicits the maladaptive response for each patient

1. Driving to clinic
2. Entering treatment room
3. Seeing clinic nurse

Train patients to associate **alternative response** (e.g. deep muscle relaxation) with these events

Treating a spider phobia with Systematic Desensitization



- Develop a fear hierarchy.
- Relaxation training.

FLOODING

2. Flooding: reducing anxiety through extinction:

- complete exposure to feared stimulus
& eventually habituation occurs.

3. Behavior Therapy

Inspiration from Operant Conditioning

Behaviour Modification Therapy

- Using positive reinforcement to change behavior
- Ignore the behaviors you don't want & positively reinforce the behaviors you do want
E.g. Token Economies

Exposure-Based Treatment: An Application

- **OCD**
- **Obsessions and compulsions**
- **Compulsions thought to decrease anxiety through negative reinforcement. (i.e. increasing the compulsion decreases a negative outcome (anxiety))**

TREATMENT OF CHOICE:

Exposure with response prevention

E.g. Excessive fear of contamination

Handle garbage and prevent washing behavior.

(*allows extinction of anxiety response to occur)

Cognitive Therapy

ASSUMPTIONS

- **Behavior is controlled by maladaptive thinking**

GOALS

- **replace maladaptive with adaptive ways of thinking**

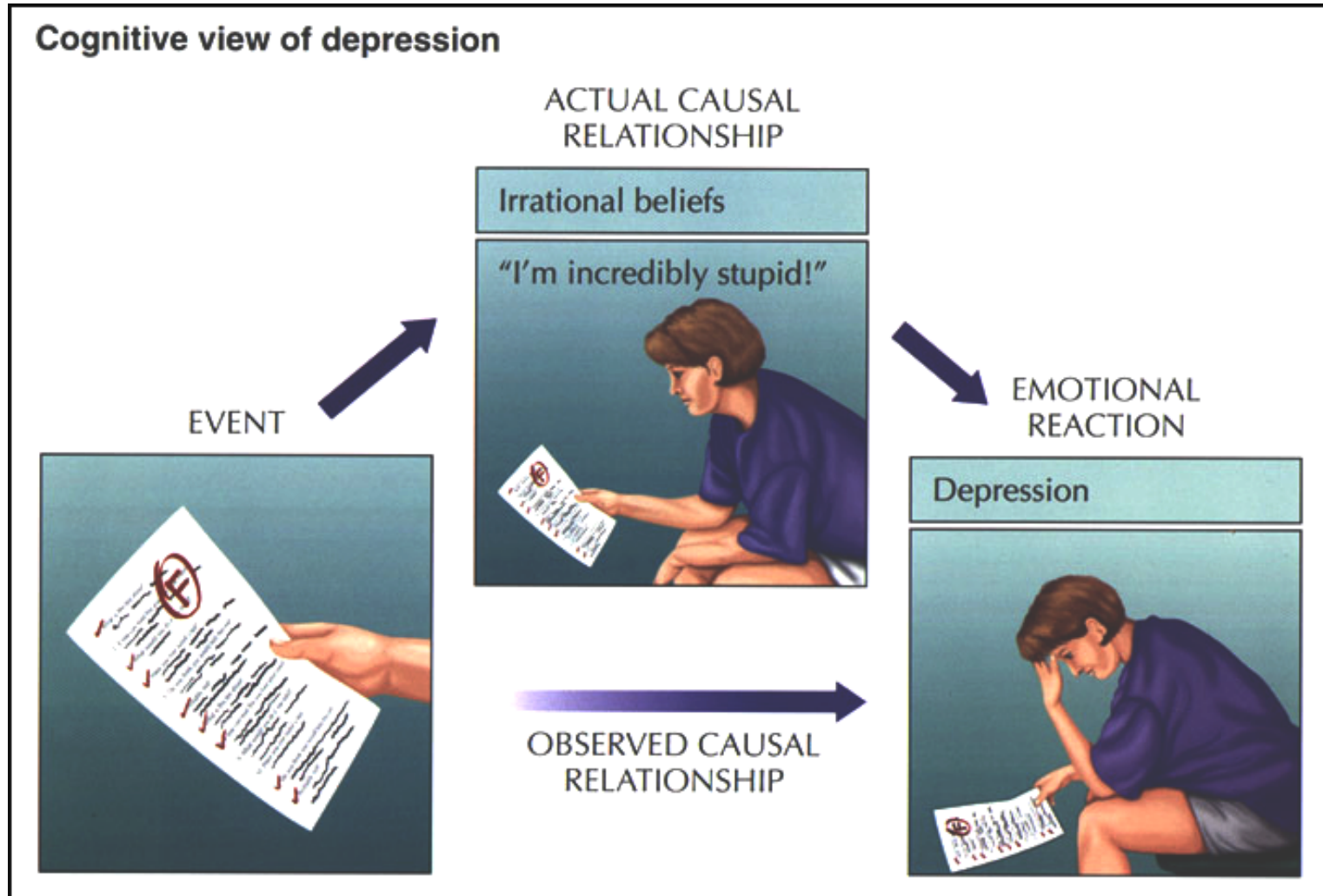
METHODS

- **problem-centred: focused on client's specific problems**
- **thought stopping, recording automatic thoughts, refuting negative thinking, reattribution, homework assignments**
- **Rational Emotive Therapy (Ellis)**
- **Beck's Cognitive Therapy: counteract negative thoughts about self and world**

BECK'S COGNITIVE-BEHAVIORAL THERAPY

- **Focus on restructuring automatic negative thinking patterns**
- **detect cognitive tendencies that lead to depression (e.g. distorted thinking).**
- **blend of insight & behavioural therapy**
- **“homework” assignments
(e.g. monitor thoughts/feelings/behaviors)**

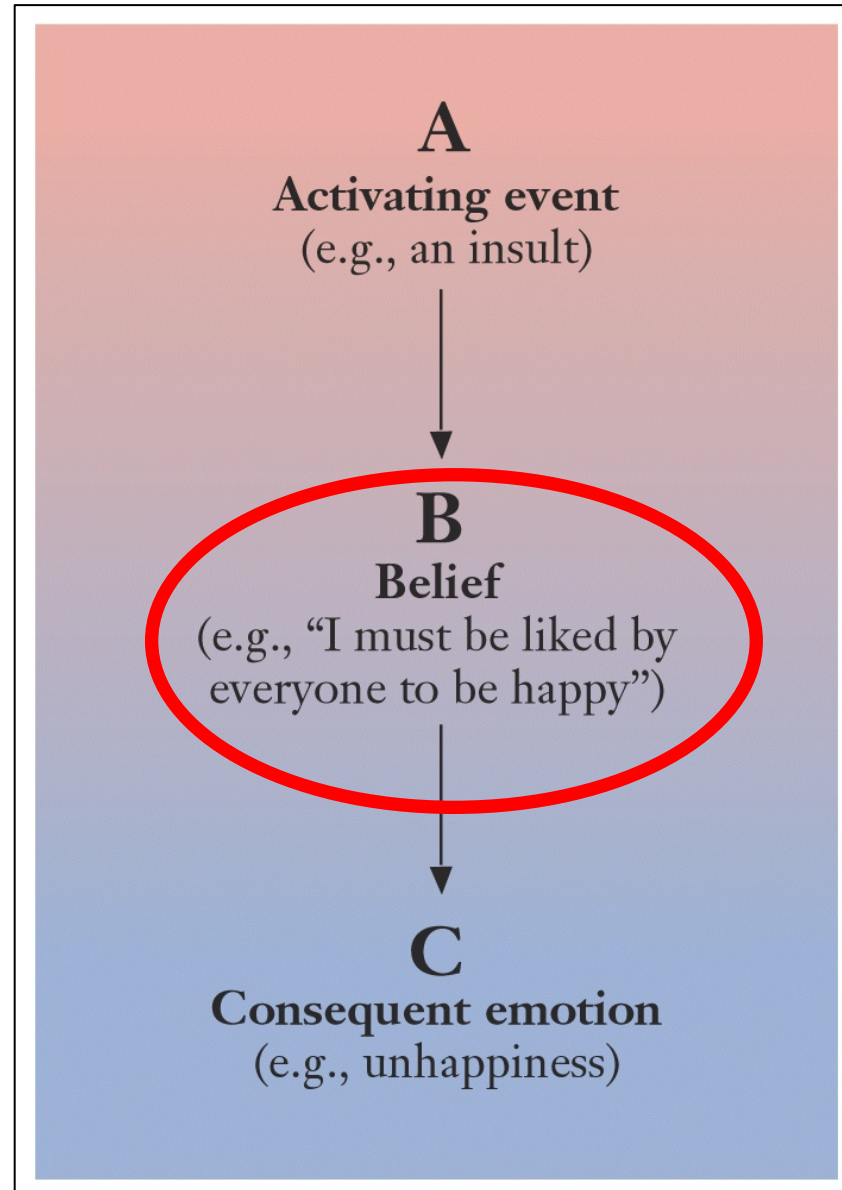
Beck's Cognitive Behaviour Therapy: An Overview



Evaluation of Beck's Cognitive Therapy

- **People in emotional distress operate under cognitive schemas that are disabling**
 - goal to challenge these schemas
- **Shown to**
 - Improve depression and to prevent future episodes
 - Be comparable to drug therapy in overall effectiveness for the treatment of depression

Rational-Emotive Therapy



Illogical patterns of thought

- **Catastrophizing**
- **Overgeneralization**
- **All-or-nothing thinking**
- * **magnifying the importance of negative events**
- **ALSO**
- **explaining away positive occurrences**
- **selective perception**

HUMANISTIC THERAPY

Prof. Laura Fazakas <http://www.laurafazakas.com>

Psychotherapy is a search for Self -
the Self you have longed to be, the Self you once were,
the Self you know is there, but struggle to fully embody.

Psychotherapy is simply a process by which the debris
of life is sorted through so that the true Self - powerful,
wise, centered, and complete - can shine through.



Humanistic Therapy

FURTHER ASSUMPTIONS

- **People are good and have innate worth**

GOALS

- **promote personal growth and self-actualization**
- **help clients become aware of their own feelings and wishes and to gain control of their lives**

Carl Rogers' ***Self Theory***

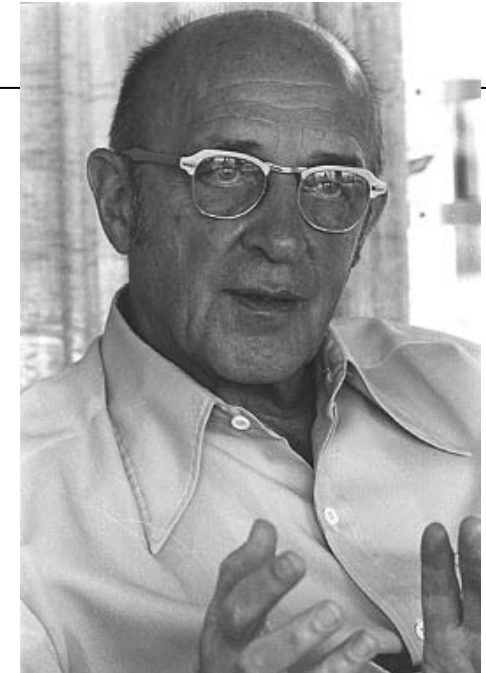
Person - Centred Theory

- Humans have many positive characteristics & a natural tendency to move towards becoming a full person

Fully Functioning Person

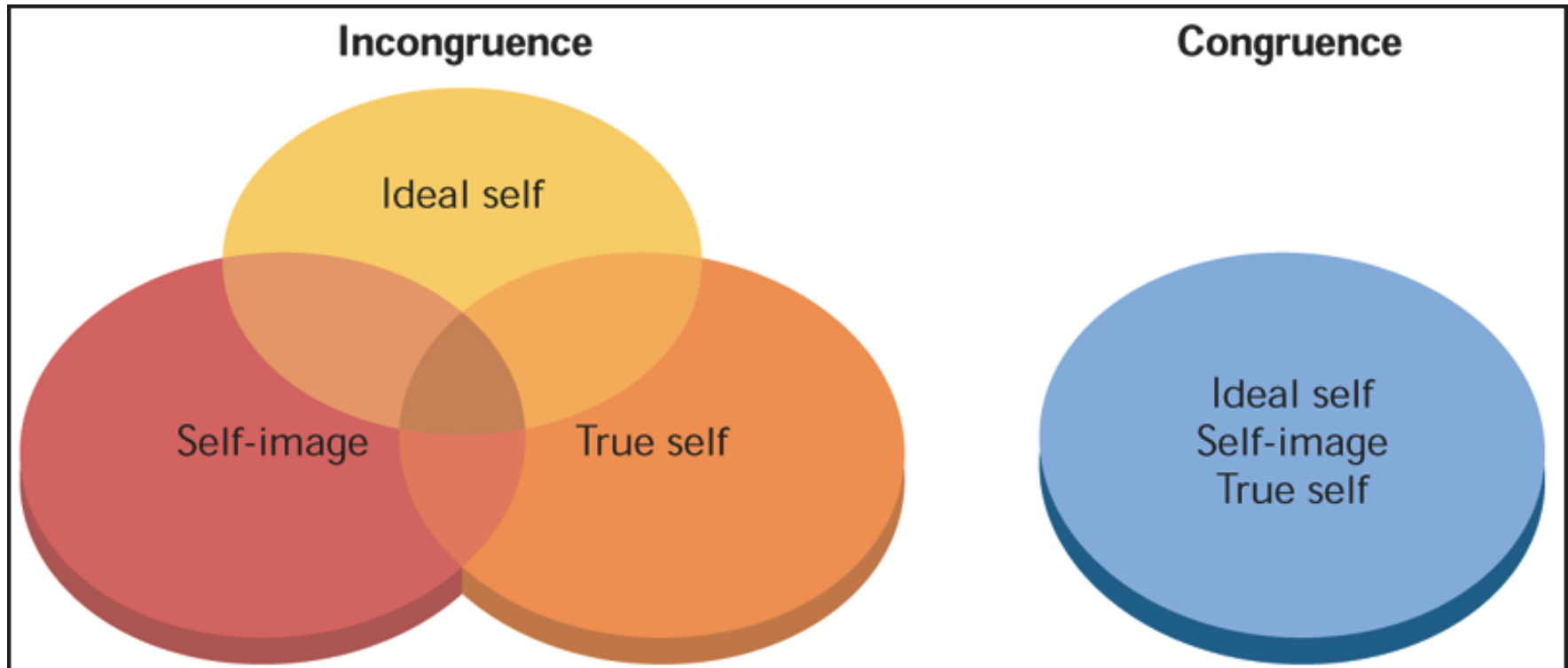
- is psychologically healthy &

- lives life to the fullest in the here & now
- sensitive to needs & rights of others
- live according to their values & feelings
- experiences congruence



Carl Rogers
(1902-1987)

Roger's Self Theory



Maladjustment & Unhappiness - caused by a gap between one's *self-concept* & reality

*** *Conditional positive regard***

Adjustment - congruence between self concept & reality

*** *Unconditional positive regard***

GESTALT THERAPY

(Fritz Perls)

- Goal: increase individual's awareness of their own feelings
- help clients rebuild thinking, feeling, & acting into connected wholes.
- More directive & confrontational than other types of humanistic therapy.
- Present focus

FRANKL'S LOGOTHERAPY

THERAPEUTIC TECHNIQUES

Paradoxical
Intention
humorous
exaggeration of
symptoms

Dereflection
draw attention away
from the symptom.

Socratic dialogue /
modification of
attitudes
Specific questions to
raise into
consciousness life
meaning



Psychotherapy: Approaches

DIFFERENT APPROACHES TO THERAPY

NAME	PSYCHOANALYSIS:	CLIENT-CENTERED:
BASIS	UNCONSCIOUS CONFLICTS REPPRESSED THOUGHTS	SELF-ACTUALIZATION CLIENT-DIRECTED
TREATMENT	FREE ASSOCIATION DREAM INTERPRETATION TRANSFERENCE AND RESISTANCE	CLARIFICATION OF IDEAS AND FEELINGS WARMTH, EMPATHY, GENUINENESS OF THERAPIST SUPPORTIVE, ACCEPTING ATMOSPHERE POSITIVE REGARD
NAME	COGNITIVE THERAPY:	BEHAVIOR THERAPY:
BASIS	AUTOMATIC, IRRATIONAL SELF-STATEMENTS	EMOTIONAL REACTIONS AND DISRUPTIVE BEHAVIORS ARE CONDITIONED
TREATMENT	MONITOR AND IDENTIFY NEGATIVE THOUGHTS REPLACE WITH POSITIVE THOUGHTS	SYSTEMATIC DESENSITIZATION SELF-REWARD, MODELING, ROLE-PLAYING COGNITIVE-BEHAVIOR TECHNIQUES