Unit 10 Expanded Outline S 21

Treatments for Psychological Disorders: Psychotherapy. Behavior Therapy, Medical Treatments. See Table, p. 495

**PSYCHOTHERAPY. Flash. Unit 10 Solving Trauma Therapy**

**Freud: “The talking cure”**

**Psychoanalysis: 496-497**

**Goal is to make conscious what is unconscious to > new possible solutions/other options**

**Interpretation: in terms of psychoanalytic theory, especially childhood**

**Techniques**

**Transference READ 497**

**Resistance**

**Humanist Psychotherapy. Person/Client Centered Therapy. (See Unit 3) Flash. Unit 10. Rogers**

**Goal: Path to self actualization**

**Non judgmental atmosphere**

**Emphasis more on current situation than the past, in contrast to PsychoA**

**Interpersonal. READ. P. 509**

**Cognitive Therapy**

**Goal: change “faulty thinking”.**

**Rational Emotive Therapy**

**A, B, C.**

**p. 504**

1. **Cognitive Behavior Therapy. Less confrontational**

**SEE BRAIN CHANGE. PAGE 505**

**Eclectic Therapy**

**Group Therapy. All types above except Psychoanalysis**

1. **Professional Leader**
2. **Self-help, e.g.’s: 12 step programs, sexual assault, veterans**
3. **Family. E.g., SAY**

**Advantages of groups:**

1. **All in the same boat**
2. **Exchange solutions**

**BEHAVIOR THERAPY. Goal: change problem behavior. 498-502**

1. **Aversion therapy. P. 499**
2. **Deconditioning a Phobia (in Little Albert)**

**Note: Desensitization, p. 499 and Gradual Exposure, P. 500 are the same VS Flooding**

1. **Behavior Modification p. 189**

**Evaluating Therapy**

**For majority of clients, some therapy is better than none.**

**SEE GRAPH, p. 512**

**Personality of therapist**

**WHY DOES THERAPY WORK ASIDE FROM DIFFERENCES IN THEORY AND PRACTICE?**

**Possible that having full attention and validation by neutral party reduces tension and enhances problem solving.**

**BIOMEDICAL THERAPY**

1. **Psychosurgery – see Unit 5**
2. **Electroconvulsive/electroshock therapy.**

**Controversial. Why used. Page 519**

**3.Transcranial Magnetic Stimulation. See Unit 2. P. 69**

1. **DRUGS**
2. **Antipsychotics.**
3. **Antidepressants. SEE Figure 5, p. 505**
4. **Mood Stabilizers**

**Lithium.**

1. **Anti Anxiety drugs**
2. **Ritalin**

**Controversial: Use of psychiatric drugs with children and teens**

**PREVENTION**

1. **Primary**
2. **Secondary. Services for those at risk. (HOW DETERMINED?)**
3. **Tertiary**

**WHEN DOES A PERSON NEED HELP? P. 488**

**CHOOSING THE RIGHT THERAPIST. 522-523**

**UNIT 10 EXERCISES**