

1 **Chapter 13: Methods of Therapy**

2 **Truth or Fiction?**

Residents of London used to visit the insane asylum for a fun night out on the town.

Some psychotherapists interpret clients' dreams.

3 **Truth or Fiction?**

Some psychotherapists let their clients take the lead in psychotherapy.

Some psychotherapists tell their clients exactly what to do.

4 **Truth or Fiction?**

Lying in a reclining chair and fantasizing can be an effective way of confronting fears.

Smoking cigarettes can be an effective method for helping people stop smoking cigarettes.

5 **Truth or Fiction?**

There is no scientific evidence that psychotherapy helps people with psychological disorders.

The originator of a surgical technique to reduce violence learned that it was not always successful when one of his patients shot him.

6 **Preview of Chapter Thirteen**

- What is Psychotherapy?
- Psychoanalytic Therapies
- Humanistic Therapies
- Behavior Therapy
- Cognitive Therapies
- Group Therapies
- Does Psychotherapy Work?
- Biological Therapies

7 **What is Psychotherapy?**

8 **Psychotherapy**

- Systematic interaction
- Psychological principles
- Thoughts, feelings, and behavior
- Psychological disorders, adjustment problems, and personal growth

9 **History of Therapies**

- Asylums
- Mental Hospitals
- Community Mental Health Movement

10 **Psychoanalytic Therapies: Digging Deep Within**

- 11 **Traditional Psychoanalysis**
- Insight
 - Catharsis
 - Free Association
 - Resistance
 - Transference
 - Dream Analysis
 - Wish Fulfillment
- 12 **Short-Term Dynamic Therapies**
- Short-term, less intense, directive
 - Ego analysis
 - More focus on ego, less on the id
 - Interpersonal Psychotherapy
- 13 **Humanistic Therapies:
Strengthening the Self**
- 14 **Client-Centered Therapy**
- Carl Rogers
 - Provide insight into parts of us we have disowned so we may feel whole
 - Non-directive, warm, therapeutic atmosphere
 - Unconditional positive regard
 - Empathy
 - Genuineness
- 15 **Gestalt Therapy**
- Fritz Perls
 - Integrate conflicting parts of the personality
 - Directive, focused on the here and now
- 16 **Behavior Therapy:
Adjustment Is What You Do**
- 17 **Behavior Modification**
- Apply principles of learning to directly promote desired behavioral changes
 - Conditioning and observational learning
 - Discontinue self-defeating behaviors
- 18 **Fear-Reduction Methods**
- Systematic desensitization
 - Confront hierarchy of stimuli
 - Counterconditioning
 - Modeling
 - Observational learning
- 19 **Video Connections: Virtual Reality Therapy**
- How does virtual reality therapy compare with other modes of therapy in helping people with a fear of flying?
 - Explain how virtual therapy is both similar and dissimilar to other cognitive behavioral methods
 - Agree or disagree: Virtual therapy is basically a variation of systematic desensitization
- 20
- 21 **Aversive Conditioning**
- Pair an aversive stimuli with the unwanted impulse
 - Used to eliminate unwanted habits and antisocial behaviors
- 22 **Operant Conditioning**
- Token economy

- Successive approximation
- Biofeedback training

23 **Social Skills Training**

- Decrease social anxiety and build social skills through operant conditioning techniques
 - Self-monitoring, behavior rehearsal, and feedback
- Assertiveness training

24 **Cognitive Therapies:
Adjustment Is What You Think (And Do)**

25 **Cognitive Therapy**

- Changing beliefs, attitudes, and automatic types of thinking that create and compound problems
 - Awareness of current cognitions
- Aaron Beck
 - Confront feelings and beliefs that make no sense

26 **Rational Emotive Behavior Therapy**

- Albert Ellis
- Challenge irrational beliefs
 - Need for love and approval of others
 - Need to prove oneself to be competent, adequate, achieving

27 **Group Therapies**

28 **Group Therapies**

- Advantages
 - Economical
 - Social support of the group
- Disadvantages
 - Unable to express feelings to group
- Couple therapy
- Family therapy

29 **Effectiveness of Psychotherapy**

- Meta-analysis
 - People who obtain psychotherapy fare better than those who do not
- Psychoanalytic and client-centered approaches
 - Most helpful with highly verbal and motivated individuals
- Cognitive and behavior therapies
 - Probably most effective

30 **Biological Therapies**

31 **Drug Therapy**

- Antianxiety Drugs
 - Rebound anxiety
- Antipsychotic Drugs
- Antidepressants
 - Selective serotonin-reuptake inhibitors
- Lithium

32 **Other Biological Therapies**

- Electroconvulsive Therapy
- Psychosurgery
 - Prefrontal lobotomy