

Chapter 13: Methods of Therapy

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.

Truth or Fiction?

- Some psychotherapists let their clients take the lead in psychotherapy.
- Some psychotherapists tell their clients exactly what to do.

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.

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.

Preview of Chapter Thirteen

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

What is Psychotherapy?

Psychotherapy

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

History of Therapies

- Asylums
- Mental Hospitals
- Community Mental Health Movement

Psychoanalytic Therapies: Digging Deep Within

Traditional Psychoanalysis

- Insight
- Catharsis
- Free Association
- Resistance
- Transference
- Dream Analysis
 - Wish Fulfillment

Short-Term Dynamic Therapies

- Short-term, less intense, directive
- Ego analysis
 - More focus on ego, less on the id
- Interpersonal Psychotherapy

Humanistic Therapies: Strengthening the Self

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

Gestalt Therapy

- Fritz Perls
- Integrate conflicting parts of the personality
- Directive, focused on the here and now



**Behavior Therapy:
Adjustment Is What You Do**

Behavior Modification

- Apply principles of learning to directly promote desired behavioral changes
 - Conditioning and observational learning
 - Discontinue self-defeating behaviors

Fear-Reduction Methods

- Systematic desensitization
 - Confront hierarchy of stimuli
 - Counterconditioning
- Modeling
 - Observational learning

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

Virtual Reality Therapy



PLAY VIDEO

Aversive Conditioning

- Pair an aversive stimuli with the unwanted impulse
 - Used to eliminate unwanted habits and antisocial behaviors

Operant Conditioning

- Token economy
- Successive approximation
- Biofeedback training

Social Skills Training

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

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

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

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

Group Therapies

Group Therapies

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

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

Biological Therapies

Drug Therapy

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

Other Biological Therapies

- Electroconvulsive Therapy
- Psychosurgery
 - Prefrontal lobotomy
