

# TREATMENT OF PSYCHOLOGICAL DISORDERS

WHO GOES TO THERAPY AND WHY.

AN ISSUE: A BARRIER, A BLOCK,  
THWARTING ONE'S GROWTH AND  
DEVELOPMENT.

THE THERAPIST.

THE PROCESS:

- A. HONESTY
- B. PRIDE
- C. TRUST AND RESPECT
- D. EMPATHY AND COMPASSION
- E. UNDERSTANDING
- F. BRAIN AND HEART
- G. INTENTIONALITY

INTERVENTION MODALITIES:

- A. PSYCHODYNAMIC THERAPIES
- B. COGNITIVE-BEHAVIORAL
- C. HUMANISTIC THERAPIES
- D. BIOLOGICAL TREATMENTS

# Psychological Disorders

## Chapter 14

Need to read for test **14: 4 (FINAL)**

The entire chapter including personal application section, except for pages 433 through 437 which address somatoform and dissociative disorders.

We will not have time to lecture on this material in class but there will be questions on the test.

So read the chapter carefully and thoroughly if you want the big grade and ultimately the big job and health insurance.

# Psychotherapy

## 1. Insight therapies:

### A. Psychoanalysis

1. recovery of unconscious conflicts
2. free association
3. dream analysis
4. interpretation
5. resistance
6. transference

### B. Modern psychodynamic therapies

1. faster
2. conscious processes
3. interactive (direct)
4. not all sex and aggression
5. not always past
6. current problems and social int.

## 2. Client-Centered Therapy

1. supportive emotional climate
2. incongruent (why)
3. therapeutic climate
  - a. genuineness
  - b. U.P.R.
  - c. empathy
4. clarification of true feelings
5. comfortable with genuine self

#### **D. Cognitive therapy**

- 1. Emphasizes recognizing and changing negative thoughts and maladaptive beliefs (cognitive restructuring)**
- 2. Depression, errors in thinking**
  - a. blame self, not sit.**
  - b. focus neg. events**
  - c. pessimistic about future**
  - d. conclude no worth because of events**
- 3. Directive**

#### **E. Group therapy**

#### **F. Behavior therapy**

- 1. behavior product of learning**
- 2. unlearn**
- 3. systematic desensitization**
  - a. anxiety hierarchy**
  - b. deep muscle relaxation**
  - c. work through hierarchy**
- 4. aversion therapy**
- 5. social skills training**

## **G. Biomedical therapies**

- 1. 1952, Chlorpromazine**
- 2. revolution in psychiatry**
- 3. antianxiety**
- 4 antipsychotic**
- 5. antidepressants**
- 6 electroconvulsive therapy (ECT)**

## **H. Institutional treatment**

- 1. Mental hospitals 1840's**
- 2. Deinstitutionalization 1960's**
- 3. Community mental health**
- 4. Revolving door**
- 5. Homelessness**

Figure 41

1.11 page

827

Trend

Resident patients in inpatient hospitals

1920

1930

1940

1950

1960

1970

1980

1990

2000

2010

2020

2030

Resident patients (thousands)

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1997

2030