“Many sources and types of treatment are available to people who are having difficulty coping with their problems.”

Complete the following:

"Biologically based therapy has traditionally been called somatic therapy, (568) this term refers to treating psychological disorders by treating the …

“Psychotherapy is the treatment of emotional or behavioral problems through … (569)

“Psychotherapy accomplishes its goal of teaching people how to relieve …

Question: What's the meaning of the following statement?

" … different cultures perceive different (therapy) outcomes as optimal.”
Is Psychotherapy Necessary and Effective?

“Some researchers note that many clients could outgrow or otherwise find relief from their symptoms without psychotherapy.”

“Others assert that psychotherapy is more art than science.”

■ PLACEBO EFFECTS

“A placebo effect is a nonspecific improvement that occurs as a result of a person’s expectations of change rather than as a result of any specific therapeutic treatment.”

[ Illustrations ] Placebo effect.
RESEARCH ON PSYCHOTHERAPY

“Is one type of therapy more effective than another?”

[Evidence] Signs of good progress in therapy (Note TABLE 16.1).

Which Therapy, Which Therapist?

Note the following types of psychotherapies.

- Community psychologists
- Eclectic approach
- Psychodynamically based approaches
- Humanistic therapy
- Behavior therapy
Which Therapy, Which Therapist?
(Continued)

“... a new approach, called *psychotherapy integration*, is emerging.”

“The effectiveness of the different kinds of therapies varies with the type of disorder being treated and the goals of client.”
**Which Therapy, Which Therapist?**
(Continued)

“Although there are differences among the various psychotherapies and therapists, there are also some commonalities.”

“No matter which therapy they experience, clients usually expect a positive outcome, which helps them strive for change.”

**Culture and Gender in Therapy**

**Question:** What's the meaning of the following statement?

“At a minimum psychologists respect *multiculturalism* … ”
Question: What is the transculturalism?

“Within a culture, therapists need to recognize that culture, even popular culture, is powerful and can be used as a tool to influence clients and help them explore their values and goals.”

Illustrations] Culture and gender in therapy.
Managed Care and Therapy

“The term managed care is used to describe a variety of different insurance and health care delivery arrangements.”

“A principal aim is to control costs.”

“Is this a problem for psychologists?”

“The answer from most practitioners is yes.”

[Illustrations] Managed care and therapy. (576-578)

Psychoanalysis and Psychodynamic Therapies

Question: What is psychoanalysis? (578)
Psychoanalysis and Psychodynamic Therapies

(Continued)

Question: What's the meaning of the following statement?

“Freud’s therapy is an insight therapy …” (578)

Goals of Psychoanalysis

Question: What is the general goal of psychoanalysis?

Techniques of Psychoanalysis

Question: What is free association?

Question: How is dream analysis carried out in psychoanalysis?
Techniques of Psychoanalysis
(Continued)

Question: How is interpretation carried out in psychoanalysis?

“Two processes are central to psychoanalysis: resistance and transference.”

Complete the following:

“**Resistance** is an unwillingness …

“**Transference** is a psychoanalytic phenomenon in which a therapist becomes the object of a patient’s …
Techniques of Psychoanalysis
(Continued)

Illustration] Transference.

Criticisms of Psychoanalysis

“Freud’s theory has not been universally accepted; even his followers have often disagreed with him.”

“One group of psychoanalysts, referred to as ego analysts, or ego psychologists, have modified some of Freud’s basic ideas.”

Question: What is ego analysis?
Criticisms of Psychoanalysis (Continued)

“Critics of psychoanalysis contend that the approach is unscientific, imprecise and subjective …”

“Research shows that psychoanalysis is more effective for some people than for others.”

“Building Table 16.1 presents a summary of the key components of the psychoanalytic view of therapy.”
“Humanistic therapies, unlike psychoanalytic therapies, emphasize the uniqueness of the human experience, the human ability to reflect on conscious experience, and the idea that human beings have free will to determine their destinies.”

**Question:** What is **client-centered therapy** (or *person-centered therapy*)? (581-582)

**Question:** What are Carl Rogers’s, who first developed client-centered therapy, assumptions about human beings (Note TABLE 16.3)? (582)
Techniques of Client-Centered Therapy

“The goal of client-centered therapy is to help clients discover their ideal selves and reconcile this ideal with their real selves.”

Question: What is unconditional positive regard?  

Question: What is congruence?  

Question: What is empathic listening?
Techniques of Client-Centered Therapy
(Continued)

Criticisms of Client-Centered Therapy

**Question**: What are some criticisms of client-centered therapy?

**Behavior Therapy**

“Behavior therapy has assumptions and goals that differ from those of psychodynamic and humanistic therapies.”
Goals of Behavior Therapy

“Behavior therapy is a therapy based on the application of learning principles to human behavior.”

“Also called behavior modification, it focuses on changing overt behaviors rather than on understanding subjective feelings, unconscious processes, or motivations.”

“Behaviorists are dissatisfied with psychodynamic and humanistic therapies for three basic reasons …”

Illustrations] Behavior therapy.

Illustrations] Behaviorists dissatisfaction with psychodynamic and humanistic therapies.
Goals of Behavior Therapy
(Continued)

“… behavior therapy is not without its critics.”

[Illustrations] Criticisms of behavior therapy (Note the comment regarding symptom substitution).

“Behavior therapists use an array of techniques, often in combination, to help people change their behavior … ”

[Illustrations] Techniques of behavior therapy.
Goals of Behavior Therapy
(Continued)

“Behavior therapy usually involves three general procedures … ” (586)

Operant Conditioning

“Operant conditioning procedures are used with various people in different settings to achieve a wide range of desirable behaviors, including increased reading speed, improved classroom behavior, and the maintenance of personal hygiene.”
Operant Conditioning
(Continued)

- TOKEN ECONOMIES

“One way or rewarding adaptive behavior is with a token economy … ”

(Illustrations] Token economy. (586-587)

- EXTINCTION

[Illustration] Extinction. (587)
Operant Conditioning

(Continued)

■ PUNISHMENT

“Another way to decrease the frequency of an undesired behavior is to punish it.”

[Illustrations] Punishment. (587-588)

■ TIME-OUT

“… time-out (is) the physical removal of a person from sources of reinforcement in order to decrease the occurrence of undesired behaviors.”

[Illustration] Time-out. (588-589)
Operant Conditioning

“A second major technique of behavior therapy is counterconditioning, a process of reconditioning in which a person is taught a new, more adaptive response to a familiar stimulus.”

[Example] Counterconditioning.

“Joseph Wolpe was one of the initial proponents of counterconditioning.”

[Illustration] Therapeutic goals of Joseph Wolpe.

SYSTEMATIC DESENSITIZATION

“Systematic desensitization is a three-stage counterconditioning procedure in which people are taught to relax when confronting stimuli that formerly elicited anxiety.”
Complete the following:

“Systematic desensitization is most successful for people who have problems such as …

“It is not especially effective for people who exhibit …

■ AVERSIVE COUNTERCONDITIONING

“Clients often have problems because they do not avoid a stimulus that prompts inappropriate behavior.”

This is where aversive counterconditioning is used.”
Aversive counterconditioning is a counterconditioning technique in which an aversive or noxious stimulus is paired with a stimulus that elicits an undesirable behavior so that the person will cease responding to the familiar stimulus with the undesirable behavior.

Modeling

“Both children and adults learn behaviors by watching and imitating other people— in other words, by observing models.”
Modeling
(Continued)

Complete the following:

“According to Albert Bandura, modeling is a behavior therapy technique that is most effective for …

(1) teaching … (590)

(2) helping to eliminate …

(3) enhancing already … (590-591)


Question: What is a problem with modeling?
According to cognitive therapists, wrong, distorted, or underdeveloped ideas and thoughts often prevent a person from establishing effective coping strategies.

**Question:** What is the focus of *cognitive therapy*? (593)

Complete the following:

“Cognitive therapy is derived from three basic propositions:

(1) cognitive activity affects …

(2) cognitive activity can be …

(3) behavior changes can be effected through …

“Therapists who use *cognitive restructuring* (cognitive therapy) are interested in modifying the …

“This type of therapy is effective for people who have attached overly narrow or otherwise inappropriate labels to certain …

Complete the following:

“Cognitive therapy typically focuses on current behavior and current thoughts.”

“It is not especially concerned with uncovering …”

“It has been used effectively to assist in …”

Three Therapies

“Cognitive therapy has gone through three decades of development, and its future looks promising.”

** RATIONAL-EMOTIVED THERAPY

“The best-known cognitive therapy is rational-emotive therapy, a cognitive behavior therapy that emphasizes the importance of logical, rational thought processes.”

“Researcher Albert Ellis developed this therapy more than 30 years ago.”

“Ellis and his colleagues … assume that (abnormal behavior) is caused by faulty and irrational thinking patterns.”

“They believe that if faulty thought processes can be replaced with rational ones, maladjustment and abnormal behavior will disappear.”

“According to Ellis, psychological disturbance is a result of events in a person’s life that give rise to irrational beliefs leading to negative emotions and behaviors.”

“Moreover, these beliefs are a breeding ground for further irrational ideas.”
Three Therapies

RATIONAL-EMOTIVED THERAPY
(Continued)

[Illustrations] Rational emotive therapy (Note FIGURE 16.5 and TABLE 16.4).

BECK’S APPROACH

“Another cognitive therapy that focuses on irrational ideas is that of Aaron Beck.”

“Beck’s theory assumes that depression is caused by people’s distorted thoughts about reality, which lead to negative views about the world, themselves, and the future, and often to gross over-generalizations.”
Three Therapies

■ BECK’S APPROACH
(Continued)

[Illustrations] Aaron Beck’s therapy.

■ MEICHENBAUM’S APPROACH

“… Donald Meichenbaum … believed that what people say to themselves determines what they will do.”

“Therefore, a key goal of therapy is to change the things people say to themselves.”

“According to Meichenbaum, the therapist has to change the client’s appraisal of successful events and the client’s use of self-instructions, thus normalizing her or his reactions.”

Question: What is a strength of Meichenbaum’s theory?
Three Therapies

MEICHENBAUM’S APPROACH
(Continued)

[Illustrations] Meichenbaum’s approach. (595)

Group Therapy

“When several people meet as a group to receive psychological help from a therapist, the treatment is referred to as group therapy.”

Question: Why is group therapy popular and effective? (596-597)

Techniques and Formats

“The techniques used group therapy are determined largely by the nature of the group and the orientation of its therapist … ”
Techniques and Formats
(Continued)

Family Therapy

“Family therapy is a special form of group therapy in which two or more people who are committed to each other’s well-being are treated together in an effort to change the ways they interact.”
**Family Therapy**

(Continued)

**Question:** Why is it that family therapy is sometimes called *relationship therapy*?

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**Question:** What's the meaning of the following statement?

“Family therapists often attempt to change *family systems*.”

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[Illustrations] Changing family systems.
Family Therapy
(Continued)

Question: Why is it the problem of *codependence* in family therapy?  

![Illustrations] Codependence in family therapy.

Question: What's the meaning of the following statement?

“Family therapy is eclectic … ”
Biologically Based Therapies

“... biologically based therapies ... often involve medication, hospitalization, and physicians.”

“They are generally used in combination with traditional forms of psychotherapy.”

Drug Therapy

“Drug therapy is an important form of treatment, especially for anxiety, depression, and schizophrenia.”

ANTIANXIETY DRUGS

“Widely used in the United States, these drugs reduce feelings of stress, calm patients, and lower excitability.”
ANTIDEPRESSANT DRUGS

“… antidepressants are sometimes considered mood elevators.”

Question: What's the meaning of the following statement?

“Research on the effectiveness of antidepressant drugs is contradictory.”
Drug Therapy
(Continued)

**ANTIMANIA DRUGS**

“Lithium carbonate has long been used as an effective antimania drug and has come into wide use for patients with bipolar (manic-depressive) disorder because it relieves the manic symptoms.”

[Description] Antimania drugs. (602)

**ANTIPSYCHOTIC DRUGS**

“Antipsychotic drugs are used mainly for people who suffer from the disabling disorder schizophrenia.”

[Description] Antipsychotic drugs. (602-603)
Psychosurgery and Electroconvulsive Therapy

“Psychosurgery is brain surgery; it was used in the past to alleviate symptoms of serious mental disorders.”

“A particular type of psychosurgery commonly performed in the 1040s and 1950s was the prefrontal lobotomy, in which the surgeon would sever parts of the brain’s frontal lobes from the rest of the brain.”

“Electroconvulsive therapy (ECT), once widely employed to treat depressed individuals, is a therapy for severe mental illness in which an electric current is briefly applied to the head in order to produce a generalized seizure (convulsion).”
Psychosurgery and Electroconvulsive Therapy
(Continued)

Question: Is electroconvulsive therapy effective? (603-604)

Complete the following:

“The risk of death during the administration of Electroconvulsive therapy (ECT) is …

“But there are side effects including …

“In addition, ECT frightens some patients.”

“If practitioners determine that ECT is warranted, the law requires (and medical ethics demand) that the patient be given the option to …

END