Therapy

Chapter 15

Movies and therapy

- Ordinary People
  - Cognitive therapy for depression
- I Never Promised You A Rose Garden
  - Psychotherapy for schizophrenia
- The Prince of Tides
  - Transference in psychotherapy and ethics
- Good Will Hunting
  - Post-Freudian psychotherapy
- Bliss
  - Humanistic therapy for sexual issues
- Sopranos
  - Freudian psychotherapy

Therapy

- Therapy is a general term for any treatment process
  - 91% of population believes therapeutic option today
- Refers to a variety of techniques
  - Body
  - Mind
  - Environment
- Types of therapists
  - Clinical psychologist (Ph.D., Psy.D.)
  - Counseling psychologist (Ph.D., Psy.D., M.A.)
  - Psychiatrist (M.D.)
  - Social workers or nurses: (MSW, RN)

Case study: Fear of public speaking

- Imagine a student so anxious about giving class presentations that she usually does not even sign up for classes that require presentations. If she absolutely cannot avoid giving a presentation, she gets so nervous the night before that she vomits and sleeps poorly, often calling in sick the day of the presentation so she can avoid the stress. At times she has refused to give a presentation, claiming she forgot her materials, or that she had a sore throat and couldn’t talk. While she is a very good student, this problem has caused her to get less than satisfactory grades in those classes that require presentations. The student realizes she has a problem and is thinking about getting professional help.
- What is the cause of the problem? How would you treat it?

Therapies

- Insight therapies
  - Psychoanalysis
  - Cognitive
  - Humanistic
  - Behavioral
- Biological therapies
  - Medications
  - Electroconvulsive therapy
  - Psychosurgery

Psychoanalysis

- Freud’s psychodynamic theory
  - Emphasis on unconscious mind’s desires
  - Uncover hidden memories, urges, conflicts
- Psychoanalysis
  - Uncover to relieve conflicts
  - Free association and dream analysis
    - Manifest vs latent content
    - http://www.dreammoods.com/dreamdictionary/
  - Resistance and transference
- Current Post-Freudian
  - Focus on social environment, life experiences, role of relationships, significance of self-concept

Freud’s bday:
- May 6, 1856
Cognitive therapies
- Cognitive therapy
  - Faulty interpretation of events
  - Remove irrational beliefs
- Rational-Emotive Behavior Therapy (REBT)
  - Directly challenge irrational beliefs
    - Assess: nature of irrational thinking
    - Insight: how patient contributes to thoughts
    - Work through: challenge thoughts
    - Re-educate: help use new and rational thoughts
- Beck’s Cognitive therapy
  - Help client identify negative thoughts on own
  - Keep journal of irrational (or rational) thoughts

Humanistic therapies
- Carl Rogers’ humanistic therapy
  - Rediscover and gain insight into self-worth, unique potential, value as a human
  - Discrepancy between self-concept and reality
  - Need unconditional positive regard
- Client-centered therapy
  - Non-judgmental, totally supportive, accepted unconditionally
  - Client is responsible for health and happiness
  - Therapist provides: genuineness, positive regard, empathy
- Gestalt therapy
  - Encouraged to express feelings
  - Techniques to get client to open up and talk

Behavioral treatment
- Conditioning techniques
  - Treat behavior (rather than thoughts)
- Systematic desensitization
  - Phobias: classically conditioned
  - Counterconditioning: work through anxiety hierarchy through relaxation
- Aversion therapy
  - Condition unpleasant reaction to harmful stimulus
  - Alcohol: Antabuse
- Rewards and punishments
  - Token economies
  - Punishment

Group therapy
- Group Therapy
  - People with similar problems
- Advantages
  - Cost effective
  - Listen to others is educational
  - Knowledge that not alone – empathy
- Family and marriage therapy
  - Improve communication

Art therapy
- Free associate through drawings
  - Similar to interpretation of dreams
- Psychoanalysis and humanistic approaches
- Serial art therapy: draw same picture each session
  - What’s going on in picture?
  - What happens next?
  - Does picture have a title?
  - Most successful for children – Why?

Therapy for fear of public speaking
- What would the therapist say is the cause of the problem?
- How would the therapist treat the problem?
  (What methods and techniques would be used?)
  - Psychodynamic therapist
  - Cognitive therapist
  - Humanistic therapist
  - Behavioral therapist
  - Other type of therapy?
Cause and therapy for...

- **Psychoanalysis**
  - Cause: unconscious conflict
  - Therapy: uncover unconscious conflict to resolve

- **Cognitive**
  - Cause: irrational beliefs
  - Therapy: identify irrational beliefs and create rational ones

- **Humanistic**
  - Cause: discrepancy between self-concept and reality
  - Therapy: empathetic discourse to gain insight to true self

- **Behavioral**
  - Cause: learned
  - Therapy: condition appropriate behavior

**Drug therapies**

- **Regulate neurotransmitters**
  - Anti-psychotic drugs: Dopamine
  - Anti-depression drugs: Norepinephrine and Serotonin
    - Tricyclics (NE)
    - SSRIs (SE)
    - Lithium (bipolar)

- **Anti-anxiety drugs: GABA**

- **Pros and cons**
  - Reduce symptoms
  - Side effects
  - Drowsiness
  - Concentration

**Other Biomedical Therapies**

- **Psychosurgery**
  - Change brain tissue

- **Prefrontal lobotomy**
  - 1930s
  - Treat psychotic symptoms
  - Serious cognitive deficits

- **Physiological shock**
  - Treat psychosis

- **Electroconvulsive Shock Therapy (ECT)**
  - Major depression
  - 50-70% reduce symptoms
  - Side effects/long-term effects

- **Light therapy**
  - Seasonal affective disorder

**Effectiveness of therapy**

- **Sloan, et al. (1975)**
  - Anxiety disorders
  - Random assignment
    - Psychodynamic
    - Behavioral
    - Control
  - Results
    - Any therapy helps
  - 8 mo follow-up
    - Control = Exptl grps
    - Spontaneous remission

- **Not useful:**
  - Eysenck (1952)
    - No therapy (72% improvement)

- **Useful:**
  - Smith, et al. (1980) meta-analysis:
    - 75-80% of patients in therapy better than no therapy
    - 58 sessions: 78% "recovered"
    - Individual differences and disease differences
    - Self-report surveys of patients
    - 80% felt therapy helped at least somewhat

- **www.msnbc.msn.com/id/26044935/**
Effectiveness of therapy

- **Nonspecific factors** shared by all therapies
  - Experience of therapist does not influence effectiveness
- Support
  - Empathy
  - Warmth
  - Genuineness
- Learning
  - Reflect beliefs and actions to provide insight
  - Understand reason for problem
- Action
  - Suggestions and strategies for new behaviors

Thought paper

- What are some personal problems or challenges that are NOT mental disorders but that would be good reasons to seek professional counseling or therapy?
- Is there a stigma associated with seeking professional help for problems?
- Would you consider seeing a therapist for any of the problems you listed?

Christmas Songs for the Psychiatrically Challenged

- Schizophrenia --- Do You Hear What I Hear?
- Multiple Personality Disorder --- We Three Kings Disoriented Are
- Amnesia --- I Don't Know If I'll Be Home For Christmas
- Narcissistic --- Hark The Herald Angels Sing About Me
- Manic --- Deck The Halls And Walls And House And Lawn And Streets and Stores And Office And Town And Cars And Buses And Trucks And Trees And Fire Hydrants And .
- Paranoid --- Santa Claus Is Coming To Get Me
- Borderline Personality Disorder --- Thoughts Of Roasting On An Open Fire
- Personality Disorder --- You Better Watch Out, I'm Gonna Cry, I'm Gonna Pout, Maybe I'll Tell You Why
- Obsessive Compulsive Disorder --- Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells ...
- Agoraphobia --- I Heard The Bells On Christmas Day But Wouldn't Leave My House
- Autistic --- Jingle Bell Rock And Rock And Rock And Rock .
- Oppositional Defiant Disorder --- I Saw Mommy Kissing Santa Claus So I Burned Down The House
- Social Anxiety Disorder --- Have Yourself A Merry Little Christmas While I Sit Here And Hyperventilate

Cognitive therapy

- Do you ever have any of the following thoughts?
  - I feel like I'm up against the world
  - I'm so disappointed in myself
  - What's the matter with me
  - Something has to change
  - There must be something wrong with me
  - I can't get things together
- What topic do they relate to? What is the source of these thoughts?
- What effect do they have on your life?
- How can you reinterpret your thoughts and experiences in a more constructive way?

Behavior modification program

- Choose a target behavior you wish to change.
- Identify an aspect you want to monitor: frequency (how often it occurs) or duration (how long it occurs)
- Keep track of this info for 1 week
- Set goals for gradual improvement
- Personal satisfaction of reaching a goal can be reinforcing, but you can add additional reinforcements. Choose a reinforcement schedule and reinforcer.
- Monitor your behavior on a daily basis for 2 weeks
- Alter program where necessary over the weeks if goal is too high or too low.
Neurofeedback

- [http://www.youtube.com/watch?v=elbarHFHVRM](http://www.youtube.com/watch?v=elbarHFHVRM)

Virtual world as therapy

- Wounded soldier plays video game to ease pain
  - [http://www.msnbc.msn.com/id/21134540/vp/49849152#49849152](http://www.msnbc.msn.com/id/21134540/vp/49849152#49849152)