

Module 15 Faculty Resources

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Background Information

Visit the [Psychology course homepage](#) and click through the module to see the content introduced to students within Waymaker. Click [here to see the full list of learning outcomes covered in this module](#). Click [here to access the accompanying PowerPoints](#).

This module covers treatment methods and types of therapies. It begins with a discussion of the history of mental health treatment, then discusses types of treatments, including cognitive-behavioral therapy, humanistic therapy, biomedical therapies, and various treatment modalities. The first special feature page, [Psych in Real Life: Behavior Therapy](#), has students walk through a case study, helping a student named Miriam to overcome her fear of public speaking through behavior therapy.

The second special page, [Psych in Real Life: Reconsolidation](#), explains research on reconsolidation and steps students through the types of studies set up to test for reconsolidation. This example could be used for class discussion.

Summary of Waymaker Assignments and Discussions

Below are the assignments and discussions that come imported into your LMS with the Waymaker course. Note that all assignments are optional and can be modified, deleted, or replaced.

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Assignment

- Students are asked to do the following:
 - Review your previous discussion assignment about the fictional character who could be diagnosed with a psychological disorder.
 - Considering the diagnosis and disorder, describe THREE different treatment methods from your readings that could be used to treat the disorder. Give details about each method, then conclude with your recommendation for the best treatment or therapy method, and why. Essay should be between 200-400 words.

Discussion

- Students are asked to do the following:
 - Choose ONE of the following questions and respond to it in a post of at least 200 words
 - Psychoanalytic theory is no longer the dominant therapeutic approach, because it lacks empirical support. Yet many consumers continue to seek psychoanalytic or psychodynamic treatments. Do you think psychoanalysis still has a place in mental health treatment? If so, why?
 - What might be some advantages and disadvantages of technological advances in psychological treatment? What will psychotherapy look like 100 years from now?
 - Some people have argued that all therapies are about equally effective, and that they all affect change through common factors such as the involvement of a supportive therapist. Does this claim sound reasonable to you? Why or why not?
 - When choosing a psychological treatment for a specific patient, what factors besides the treatment's demonstrated efficacy should be taken into account?

In-Class Activities

“What If” Scenarios

A what if scenario is where you take a real-life event and write about how the outcome might be different if one crucial element was changed. While often employed in history or other date-based events, the activity below utilizes the basic concept using therapies and treatments. Below you find several scenarios of clients with a mental illness. A “what if” question will be presented about what might happen if the client receives a certain type of treatment. Students should work in groups to determine what might happen in the scenario. They will need to have background knowledge about the type of treatment plan stated in order to answer the questions correctly.

Scenario #1

Aba was diagnosed with bipolar disorder two years ago. Since that time, she's been seeing her psychotherapist, Dr. Robin, regularly. Dr. Robin now believes Aba should consider biomedical therapy.

- a) What would we expect therapy to look like, in general, if Aba continues only with Dr. Robin?

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- b) What would we expect therapy to look like, in general, if Aba begins biomedical therapy?

Scenario #2

Michael has been diagnosed with major depression, and is seeing a psychoanalyst.

- a) What behavior might you see if Michael is asked to do free association?
- b) What behavior might you see if Michael shows transference?

Scenario #3

After several years of experiencing anxiety, Georgia has decided to see a psychologist. She is debating between a cognitive-behavioral psychologist and a behavioral psychologist.

- a) What would her treatment be like if she chose the cognitive-behavioral psychologist?
- b) How would her treatment differ if she chose the behavioral psychologist?

Scenario #4

Gabriel has had difficulties with low-self esteem and confidence, so is considering visiting a humanistic psychologist. What should he expect if he decides to do so?

Scenario #5

In this scenario, Kichaya has been diagnosed with an unknown (to you) disorder. What disorder would she likely be diagnosed with if she was prescribed each of the following medication or biologically based treatment:

- a) Lithium?
- b) Adderall?
- c) Ativan?
- d) Haldol?
- e) Prozac?
- f) Electroconvulsive therapy (ECT)?

Therapies and Treatments “What if” Answer Key

Scenario #1

Aba was diagnosed with bipolar disorder two years ago. Since that time, she’s been seeing her psychotherapist, Dr. Robin, regularly. Dr. Robin now believes Aba should consider biomedical therapy.

- a) What would we expect therapy to look like, in general, if Aba continues only with Dr. Robin? *While treatment will vary based on the type of psychotherapist, Aba will use mainly talk therapy to discuss the issues she is facing and to find techniques to help her deal with those issues.*
- b) What would we expect therapy to look like, in general, if Aba begins biomedical therapy? *Aba would like to see a psychiatrist who would prescribe medication. Since she has bipolar disorder, she’d likely be prescribed a type of mood stabilizer – perhaps lithium.*

Scenario #2

Michael has been diagnosed with major depression and is seeing a psychoanalyst.

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- a) What behavior might you see if Michael is asked to do free association? *Michael would likely sit on a couch or chair and just start talking about whatever comes to mind. If certain topics become difficult to discuss, it would be thought that those issues may be underlying his depressive symptoms.*
- b) What behavior might you see if Michael shows transference? *Michael would develop strong feelings for the therapist—maybe positive feelings, maybe negative feelings. He would transfer all the positive or negative emotions associated with his other relationships to the psychoanalyst.*

Scenario #3

After several years of experiencing anxiety, Georgia has decided to see a psychologist. She is debating between a cognitive-behavioral psychologist and a behavioral psychologist.

- a) What would her treatment be like if she chose the cognitive-behavioral psychologist? *Georgia and her therapist would work on changing both cognitive distortions and self-defeating behaviors using specific techniques.*
- b) How would her treatment differ if she chose the behavioral psychologist? *Georgia and her therapist would focus on changing the behaviors themselves – not the cognitive components.*

Scenario #4

Gabriel has had difficulties with low self-esteem and confidence, so is considering visiting a humanistic psychologist. What should he expect if he decides to do so? *In humanistic therapy Gabriel would be expected to take the lead on what to talk about and how to approach the counseling sessions. He would experience unconditional positive regard from the counselor, who would spend time restating, and possibly reframing, what Gabriel says.*

Scenario #5

In this scenario, Kichaya has been diagnosed with an unknown (to you) disorder. What disorder would she likely be diagnosed with if she was prescribed each of the following medication or biologically based treatment:

- a) Lithium? *Bipolar Disorder*
- b) Adderall? *ADHD*
- c) Ativan? *Anxiety*
- d) Haldol? *Schizophrenia*
- e) Prozac? *Depression*
- f) Electroconvulsive therapy (ECT)? *Severe Depression*

Pic of the Day

A pic of the day allows you to introduce a new concept – it can either be the jump start for a lecture or help to frame a class discussion. This guide includes an openly licensed picture you can use during your lecture or as a discussion prompt.

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Image of therapy from Pixabay: <https://pixabay.com/photos/counseling-stress-angry-99740/>, Pixabay License

Image of pills from Pixabay: <https://pixabay.com/photos/pharmaceuticals-medicine-medical-385950/>, Pixabay License

Teaching about Psychotherapy and Biomedical Therapy using ‘pic of the day’

When introducing the topic of therapy and treatment, it is important to first distinguish between the two main types: psychotherapy (talk therapy) and biomedical therapy (drugs). Display this photo when you introduce this topic. You can ask question prompts like how many of you know someone who sees a counselor or psychologist? How many of you know someone who takes medication for a mental health issue? Be careful to not ask students to give up personal information – some students will quickly self-disclose while others will not. Making the distinction between these two types of treatment will help students as you move into details in the module.

Anticipation Guide

Anticipation Guides can be used in a variety of ways—they may be assigned to students before reading the text outside of class, at the beginning of class to kick off the lecture, or as in-class discussion questions for reflection.

Statements	Agree or Disagree?	Were you right?	Why/why not?
Dream analysis is a common type of therapy used today.			

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Person-centered therapy takes a highly individualized approach to therapy.			
Unlike psychoanalysis, which focuses on past life events, Cognitive Behavioral Therapy focuses on the “now”.			
Advances in technology are not generally relevant to psychotherapy.			

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