

Treatment of Abnormal Behavior, Myers



- ▶ Modules 70-73
 - ▶ Module 70 Introduction to Therapy, and Psychodynamic and Humanistic Therapies
 - ▶ Module 71 Behavior, Cognitive, and Group Therapies
 - ▶ Module 72 Evaluating Psychotherapies and Prevention Strategies
 - ▶ Module 73 Biomedical Therapies

AP Outline Says:

- ▶ “Treatment of Psychological Disorders”
 - ▶ Treatment Approaches
 - ▶ Insight Therapies
- ▶ Psychodynamic Approaches
- ▶ Behavioral Approaches
- ▶ Cognitive Approaches
- ▶ Eclectic Approach
- ▶ Modes of Therapy – individual, group
- ▶ Community and Preventative Approaches

Main Areas

Three main categories:

1. Psychotherapy

- A. Talk Therapies:
- B. Counselling (not bio)
- C. Psychodynamic
- D. Humanistic
- E. Behavioral
- F. Cognitive

All deal with one on one or
group therapy
Inpatient/outpatient
Therapist

2. Biomedical Therapy

- A. Psycho-Surgery
- B. Medication

3. **Eclectic Approach** is a blend of
psychotherapies.

- ▶ Psychodynamic
Psychotherapy
- ▶ Humanistic Therapy
(Rogers/Maslow)
 - ▶ Client Centered Therapy
 - ▶ Gestalt Therapy
- ▶ Behavior Therapy
 - ▶ Cognitive Behavior Therapy
- ▶ Group Family Couples
- ▶ Biological Treatments
 - ▶ Psycho Surgery
 - ▶ Electro Convulsive Therapy
 - ▶ Psychoactive Drugs

Specifically

▶ Treatment

▶ 8.7 Introduction to Treatment of Psychological Disorders

- ▶ History of Treatment- Charcot, Pinel,

▶ 8.8 Psychological Perspectives and Treatment of Disorders

▶ Cognitive

- ▶ Aaron Beck
- ▶ Albert Ellis
- ▶ Rational Emotive method

▶ Psychodynamic

- ▶ Freud

▶ Humanistic

- ▶ Carl Rogers

▶ Behavioral

- ▶ BF Skinner
- ▶ Mary Cover Jones
- ▶ Joseph Wolpe

▶ 8.9 Treatment of Disorders from the Biological Perspective

▶ Cognitive-Behavioral

▶ Sociocultural

- ▶ Treatment is impacted by culture and ethnic factors

- ▶ Prevention Strategies = resilience

▶ 8.10 Evaluating Strengths Weaknesses

- ▶ Empirical Support for Treatments of Disorders

▶ Individual

▶ Group

- ▶ Psychanalytic/psychodynamic method

- ▶ Client-centered method

- ▶ Cognitive Method

- ▶ Behavioral method

- ▶ Sociocultural method

- ▶ Biopsychosocial method

- ▶ Cognitive-behavioral method

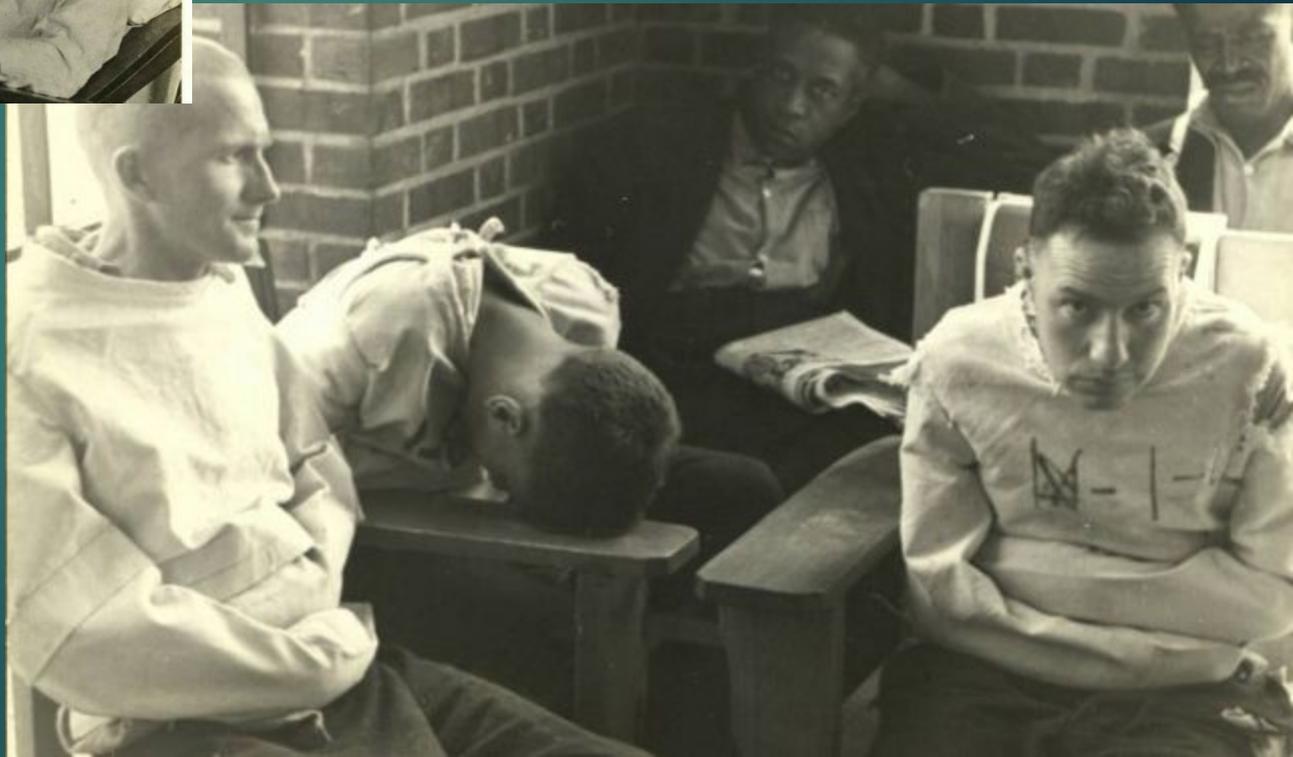
Intro



- ▶ Successful Treatment
- ▶ “Psychotherapy heals, it makes some sense of the confusion, reins in the terrifying thoughts and feelings, returns some control and hope and possibility from it all.”



Historical Treatment



[link](#)

St. Mary of Bethlehem
“Bedlam” [video](#)

REASONS FOR ADMISSION

1864 TO 1889

INTEMPERANCE & BUSINESS TROUBLE	DISSOLUTE HABITS
KICKED IN THE HEAD BY A HORSE	DOMESTIC AFFLICTION
HEREDITARY PREDISPOSITION	DOMESTIC TROUBLE
ILL TREATMENT BY HUSBAND	DROPSY
IMAGINARY FEMALE TROUBLE	EGOTISM
HYSTERIA	EPILEPTIC FITS
IMMORAL LIFE	EXCESSIVE SEXUAL ABUSE
IMPRISONMENT	EXCITEMENT AS OFFICER
JEALOUSY AND RELIGION	EXPOSURE AND HEREDITARY
LAZINESS	EXPOSURE AND QUACKERY
MARRIAGE OF SON	EXPOSURE IN ARMY
MASTURBATION & SYPHILIS	FEVER AND JEALOUSY
MASTURBATION FOR 30 YEARS	FIGHTING FIRE
MEDICINE TO PREVENT CONCEPTION	SUPPRESSED MASTURBATION
MENSTRUAL DERANGED	SUPPRESSION OF MENSES
MENTAL EXCITEMENT	THE WAR
NOVEL READING	TIME OF LIFE
NYMPHOMANIA	UTERINE DERANGEMENT
OPIUM HABIT	VENEREAL EXCESSES
OVER ACTION OF THE MIND	VICIOUS VICES
OVER STUDY OF RELIGION	WOMEN TROUBLE
OVER TAXING MENTAL POWERS	SUPERSTITION
PARENTS WERE COUSINS	SHOOTING OF DAUGHTER
PERIODICAL FITS.	SMALL POX
TOBACCO & MASTURBATION	SNUFF EATING FOR 2 YEARS
POLITICAL EXCITEMENT	SPINAL IRRITATION
POLITICS	GATHERING IN THE HEAD
RELIGIOUS ENTHUSIASM	GREEDINESS
FEVER AND LOSS OF LAW SUIT	GRIEF
FITS AND DESERTION OF HUSBAND	GUNSHOT WOUND
ASTHMA	HARD STUDY
BAD COMPANY	RUMOR OF HUSBAND MURDER
BAD HABITS & POLITICAL EXCITEMENT	SALVATION ARMY
BAD WHISKEY	SCARLATINA
BLOODY FLUX	SEDUCTION & DISAPPOINTMENT
BRAIN FEVER	SELF ABUSE
BUSINESS NERVES	SEXUAL ABUSE & STIMULANTS
CARBONIC ACID GAS	SEXUAL DERANGEMENT
CONGESTION OF BRAIN	FALSE CONFINEMENT
DEATH OF SONS IN WAR	FEEBLENESS OF INTELLECT
DECOYED INTO THE ARMY	FELL FROM HORSE IN WAR
DERANGED MASTURBATION	FEMALE DISEASE
DESERTION BY HUSBAND	DISSIPATION OF NERVES

The most common targets of treatment are :

- Anxiety
- Mood disorders
- Impulse control
- Substance abuse
- And combinations of those

Other not diagnosed problems
Relationship conflicts
Grief
Divorce
Retirement etc.

Goals of Treatment-



- ▶ Help troubled people change their thinking, feelings, and behavior in ways that relieve discomfort,
- ▶ Promote happiness
- ▶ Improve overall functioning
- ▶ (improve/reduce maladaptive behavior)

Basic Features of Treatment

- Client/Patient
- **Therapist**= Psychologists/Psychiatrists
 - Clinical Social Workers
 - Marriage and Family Therapists
 - Licensed Professional Counselors
- **Inpatient**- could be days, weeks in a hospital/clinical setting- usually with drug therapy
 - Usually pose a danger to themselves and others
- **Outpatient**- psycho therapy and or drugs could be used
- Less severe symptoms

Psychoanalysis

(Psychodynamic Treatment)

- ▶ Client Therapist Relationship
- ▶ Unlock hidden subconscious conflicts/fixations
- ▶ Childhood
- ▶ Freud
- ▶ Conflicts Ego, ID, Superego
- ▶ Unconscious
- ▶ Personality
- ▶ Hypnosis
- ▶ Free Association
- ▶ Transference video
- ▶ Resistance
- ▶ Dream analysis
- ▶ Duration of analysis

A child's BEHAVIOR can be misleading.



Take time to determine what you cannot see that may be causing the behavior.

2. Free Association

- Clients must say whatever that comes to mind, regardless of how painful, silly or irrelevant it may seem
- Client must try to flow any feelings and thought freely
- This is the basic tool used to open the door to unconscious wishes, conflicts and motivation
- Unconscious material will enter the conscious and the therapist will interpret it

fppt.com

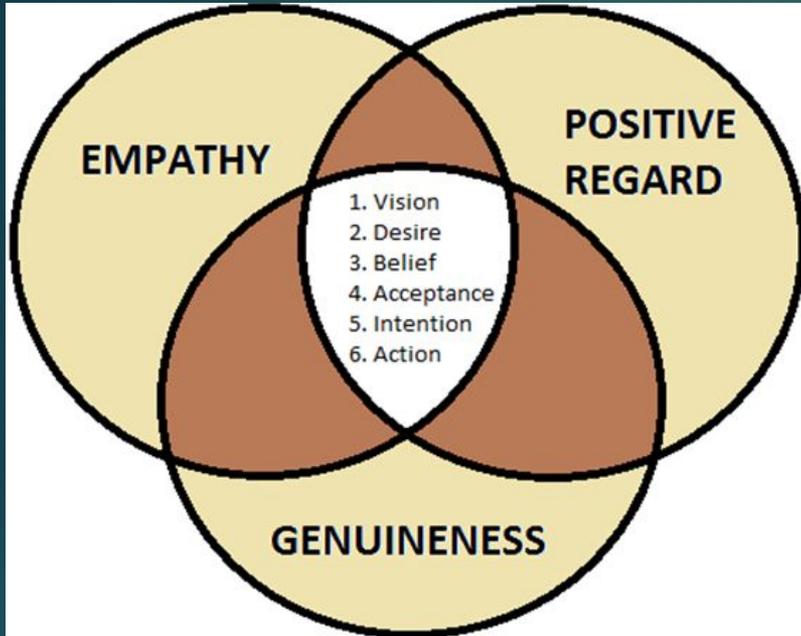


Today



- ▶ Humanistic Approach
- ▶ Innate drive toward personal growth
- ▶ Self Awareness
- ▶ Client Centered Therapy
- ▶ Unconditional Positive Regard
- ▶ Empathy
- ▶ Congruence
- ▶ Gestalt Theory = Humanistic Therapy
- ▶ Behavioral Therapy
- ▶ Types of Behavioral Therapy
- ▶ Mary Cover Jones
- ▶ Joseph Wolpe
- ▶ Flooding
- ▶ Gradual Exposure
- ▶ Modeling

Humanistic



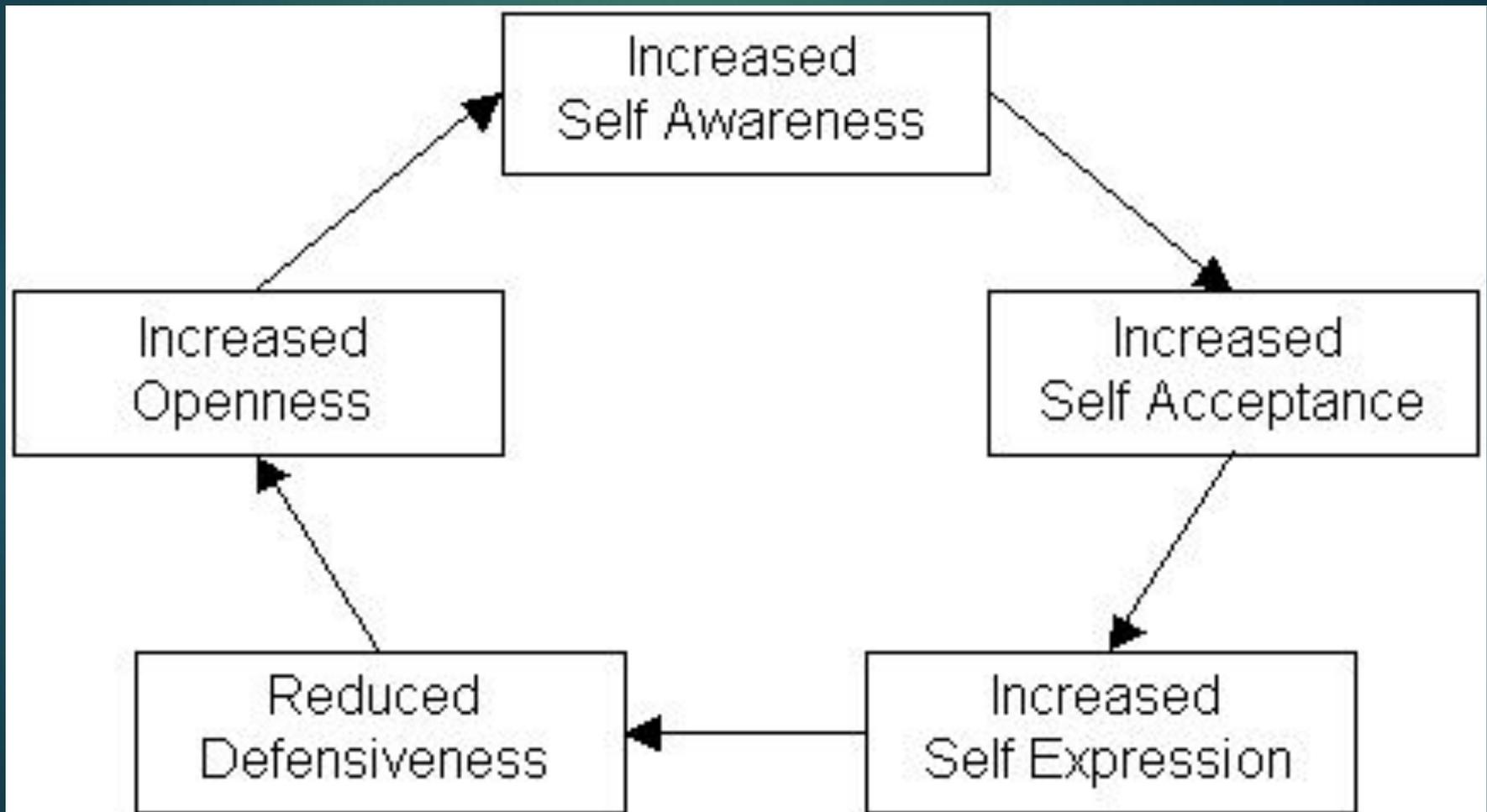
- ▶ Promote growth through more genuine self-expression
- ▶ Talk Therapy
- ▶ Personal Growth
- ▶ Accurate Perceptions
- ▶ Self Concept
- ▶ Unconditional Positive regard
- ▶ Conditions of self worth

- ▶ **Carl Rogers**
- ▶ Reaching human potential
- ▶ **Client Centered Therapy**
- ▶ Lots of listening
- ▶ Self acceptance
- ▶ Creating Positive Relationship
- ▶ Gestalt Therapy
- ▶ Self Awareness (of feelings)
- ▶ Show the client they can solve problems and

Humanistic Psychotherapy

- ▶ See people as **consciously controlling** their own actions and **taking responsibility** for their own decisions.
- ▶ Say people are motivated by an **innate drive toward personal growth and improvement...**
- ▶ Motivations are guided by **perception** of our world.
- ▶ Distorted behavior reflects a blockage of natural growth and distorted perception or lack of awareness of feelings.
- ▶ **Basic Assumptions:**
 - ▶ 1. Treatment is an encounter between equals. Treatment is a way to **restart the natural growth**.
 - ▶ 2. Clients find insight during therapy. Improve awareness, acceptance, and emotional expression.
 - ▶ 3. Relationship with client feeling acceptance and support

Humanistic



Carl Rogers- Client Centered Therapy:

- ▶ Less formal
- ▶ **Client decides** what to talk about, without direction, without judgement.
- ▶ Relies on the creation of a **relationship** that reflects three intertwined attitudes of the therapist UPR/Empathy/Congruence
 1. **Unconditional Positive Regard** - treating the client as valued person, no matter what
- ▶ Improves the clients Conditions of Self-Worth-
- ▶ Listening without interruption, without judgment, or expressing opinions
- ▶ The Therapist accepts the clients view of the world
- ▶ They avoid giving advice, they trust the client to solve their own problems
- ▶ The therapist wants to empower the client

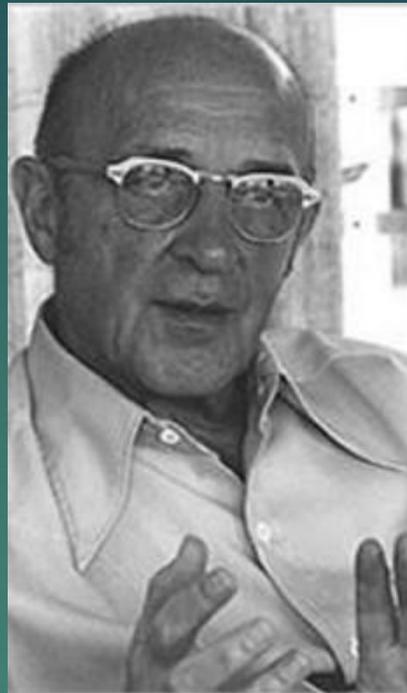
Video

Benefit Of Empathy #1

When someone really hears you
without passing judgment on you,
without trying
to take
responsibility
for you,
without trying
to mold you,
it feels

damn good!
Carl Rogers

Join Empathic Listening Movement
CultureOfEmpathy.com



"When the other person is hurting, confused, troubled, anxious, alienated, terrified; or when he or she is doubtful of self-worth, uncertain as to identity, then understanding is called for.

The gentle and sensitive companionship of an empathic stance... provides illumination and healing. In such situations deep understanding is, I believe, the most precious gift one can give to another". Carl Rogers

CultureOfEmpathy.com

Client Centered

- ▶ 2. **Empathy**- emotional understanding of what the client might be thinking or feeling
- ▶ Therapist tries to appreciate the clients point of view
- ▶ Therapist makes an effort to see the world as the client sees it
- ▶ Includes actively listening
- ▶ Reflective- paraphrasing summary of the client's words that accompany feelings and meanings
- ▶ 3. **Congruence** (genuineness) openness and honesty in therapy

Gestalt Theory:



- ▶ **Humanistic** Treatment
- ▶ “Gestalt psychologist emphasized the idea that people actively organize their perceptions of the world.”
- ▶ 1. People create their own versions of reality
- ▶ 2. People’s natural psychological growth continues as long as they perceive, remain aware of their true feelings
- ▶ 3. Growth stops and symptoms appear when people are not accurately aware of themselves
- ▶ Gestalt Therapy seeks to create conditions in which clients become more self-aware, self-accepting, and ready to grow.

Behavioral



- ▶ Operant Conditioning
- ▶ Classical Conditioning
- ▶ Observational Learning
- ▶ Rewards
- ▶ Punishments
- ▶ **Maladaptive** thoughts and actions are learned (example Phobias)

Behavioral Treatment needs

1. Relationship between client and Therapist is key
2. Careful listing of behaviors and thoughts to be changed
 - ▶ Establish treatment goals
 - ▶ Work to change specific thoughts, behaviors, and emotional actions
3. Therapist
 - ▶ Provides learning based treatments
 - ▶ Provides specific plans for dealing with problems
4. Continuous monitoring and adjustments

Types of Behavior Therapy



- ▶ Behavior Therapy
 - ▶ Includes Classical Conditioning
- ▶ Behavior Modification
 - ▶ Operant Conditioning
- ▶ Cognitive Behavior Therapy
 - ▶ Changing thoughts
- ▶ Desensitization therapy
- ▶ Progressive Relaxation Therapy

Mary Cover Jones

“Mother of Behavioral Therapy”

- ▶ Little Peter Experiment
- ▶ De conditioning of irrational fears/phobias
- ▶ 4 year old kid afraid of rabbits
- ▶ Desensitization therapy evidence

Joseph Wolpe

Systematic Desensitization

- ▶ **Joseph Wolpe** 1958
- ▶ Designed to overcome Phobias
- ▶ Process-
- ▶ Client visualizes a series of anxiety provoking stimuli while remaining relaxed
- ▶ Process gradually weakens the learned associations between the fear/anxiety producing object

Systematic Desensitization 2

- ▶ Used **Progressive Relaxation Training**
- ▶ 1st patient imagines
- ▶ **Desensitization Hierarchy**
 - ▶ A sequence of increasingly fear provoking situations
 - ▶ Then tolerating the situation then another high fear provoking situation is introduced
- ▶ New application includes live stimuli instead of imagination

Behavioral Therapy3

- ▶ **Flooding-** Extinction technique
 - ▶ Continuous exposure to feared stimuli
- ▶ **Gradual Exposure**
- ▶ **Modeling**
 - ▶ Therapist demonstrates behavior
 - ▶ Client learns skills
 - ▶ Shaping process
 - ▶ Vicarious learning
 - ▶ Example Assertiveness Training

Behavioral Therapy also4



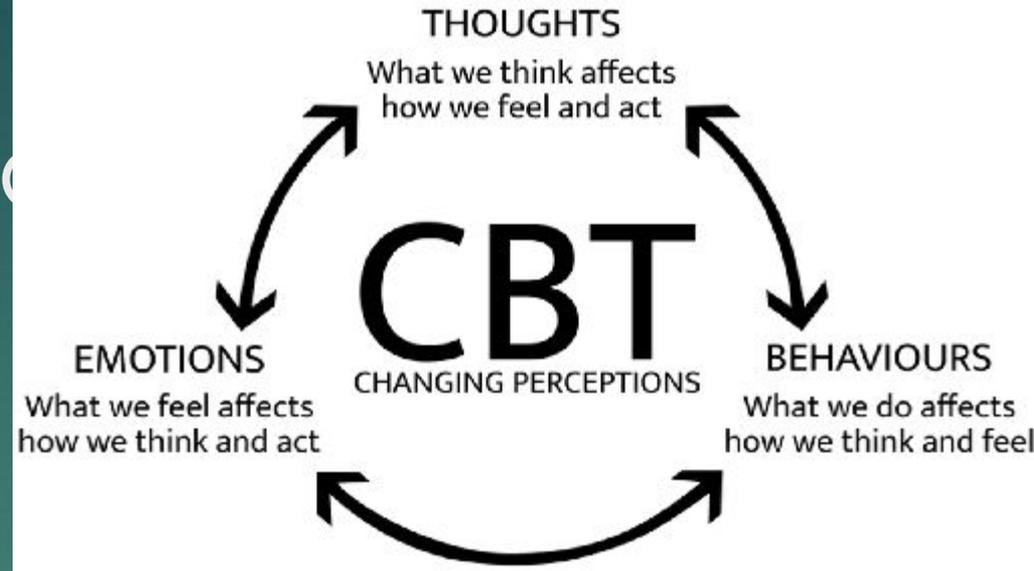
- ▶ Positive Reinforcement
- ▶ Token economy
- ▶ Punishment – unpleasant stimulus
- ▶ Extinction- taking away reinforcement
- ▶ Aversion Conditioning
 - ▶ Associate unpleasant stimulus with other unwanted stimuli

Next



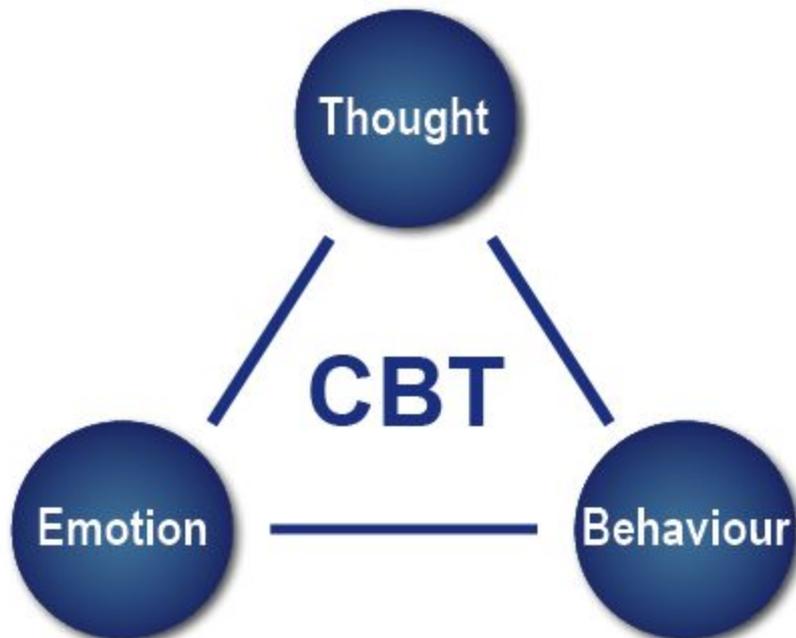
- ▶ Cognitive Behavioral Therapy
- ▶ Rational Emotive Therapy
- ▶ Albert Ellis
- ▶ Aaron Beck
- ▶ Group Therapy
- ▶ Self Help Organizations
- ▶ Hypnotherapy
- ▶ Family and Couples Therapy
- ▶ Rules for talking
- ▶ Biological Therapy
- ▶ Psycho-Surgery
- ▶ Lobotomy
- ▶ Trepanning
- ▶ Electro-Convulsive Shock Therapy
- ▶ Psychoactive Drugs
- ▶ Anti-Depressants
- ▶ Lithium
- ▶ Tranquilizers
- ▶ Social Elements to Treatment

Cognitive Behaviour Therapy



- ▶ Problems exist □ because people have problems thinking about themselves
- ▶ Goal is to change troubled thoughts
- ▶ Method:
 - ▶ Use learning principles to help clients change the way they think
 - ▶ Try to identify recurring thoughts
 - ▶ Then help them learn new more adaptive ways of thinking

What we *think* affects
how we act and feel.



What we *feel* affects
how we think and do.

What we *do* affects
how we think and feel.



Rational Emotive Therapy

- ▶ [Albert Ellis link](#)
- ▶ Believed psych problems are caused by how people think about events
 1. Identify the **Self Defeating** beliefs
“I should be loved... “I must be perfect...”
 2. Show these are problematic thoughts
 3. **Use logic** to show the patient to replace thoughts that are realistic
 - 4 Homework to practice

REBT

- Modify the underlying core belief
- Focus on evaluating the irrational beliefs
- REBT is often highly directive, persuasive and confrontive

CBT

- Modify client's current behavior
 - Focus on changing the client's behavior
 - Beck places more emphasis on the client discovering misconceptions for themselves.
- 

RET

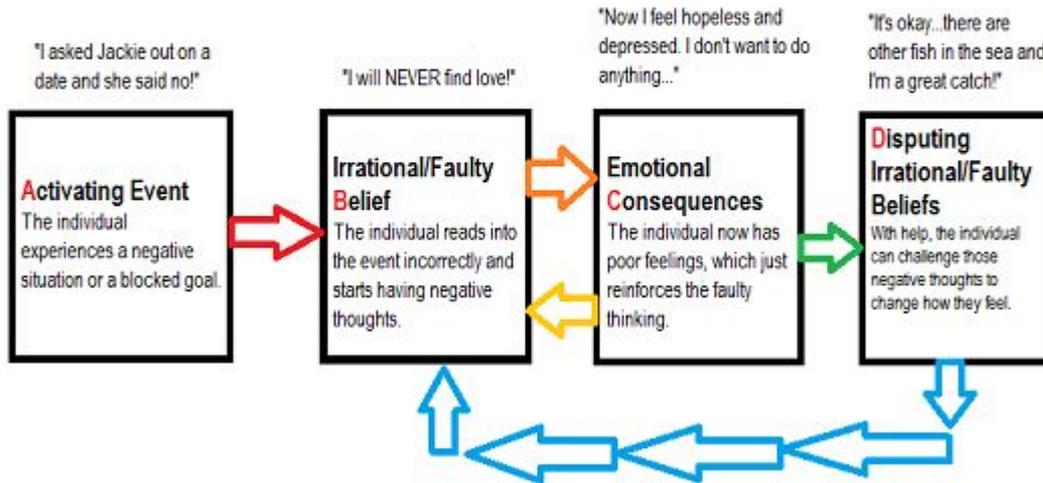


- ▶ According to **Ellis**, "people are not disturbed by things but rather by their view of things." The fundamental assertion of **Rational Emotive Therapy** is that the way people feel is largely influenced by how they think. When people hold irrational beliefs about themselves or the world, problems result. Because of this, the goal of REBT is to help people alter illogical beliefs and negative thinking patterns in order to overcome psychological problems and mental distress.

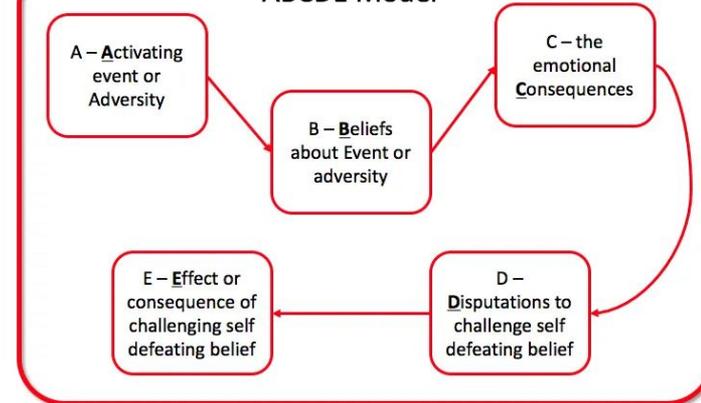
Cognitive Therapy

- ▶ Aaron Beck
- ▶ Said disorders can be traced to faulty logic = Cognitive Distortions (learned)
- ▶ Cognitive Distortions
 - ▶ Basically the client never considers that their judgments are not true or might be faulty
- ▶ Catastrophizing
- ▶ All or Nothing Thinking
- ▶ Personalization

Rational-Emotive Behavioral Therapy

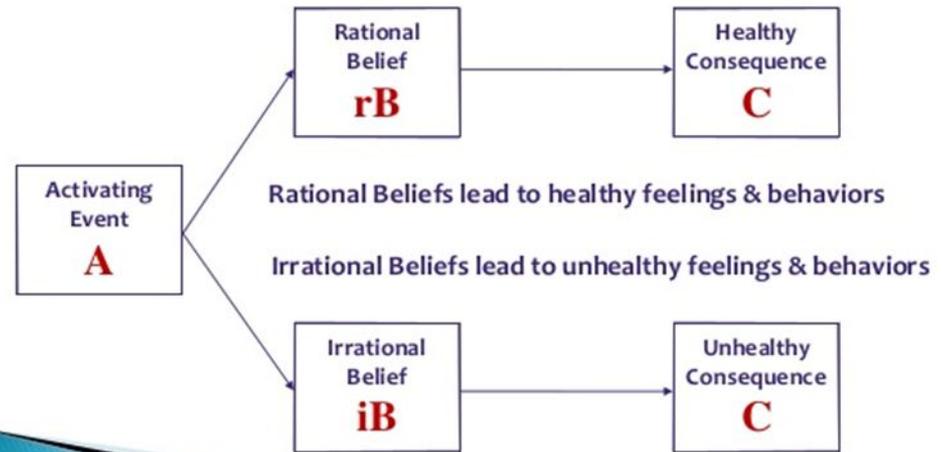


ABCDE Model



Cognitive Therapy

Irrational vs. Rational Diagram

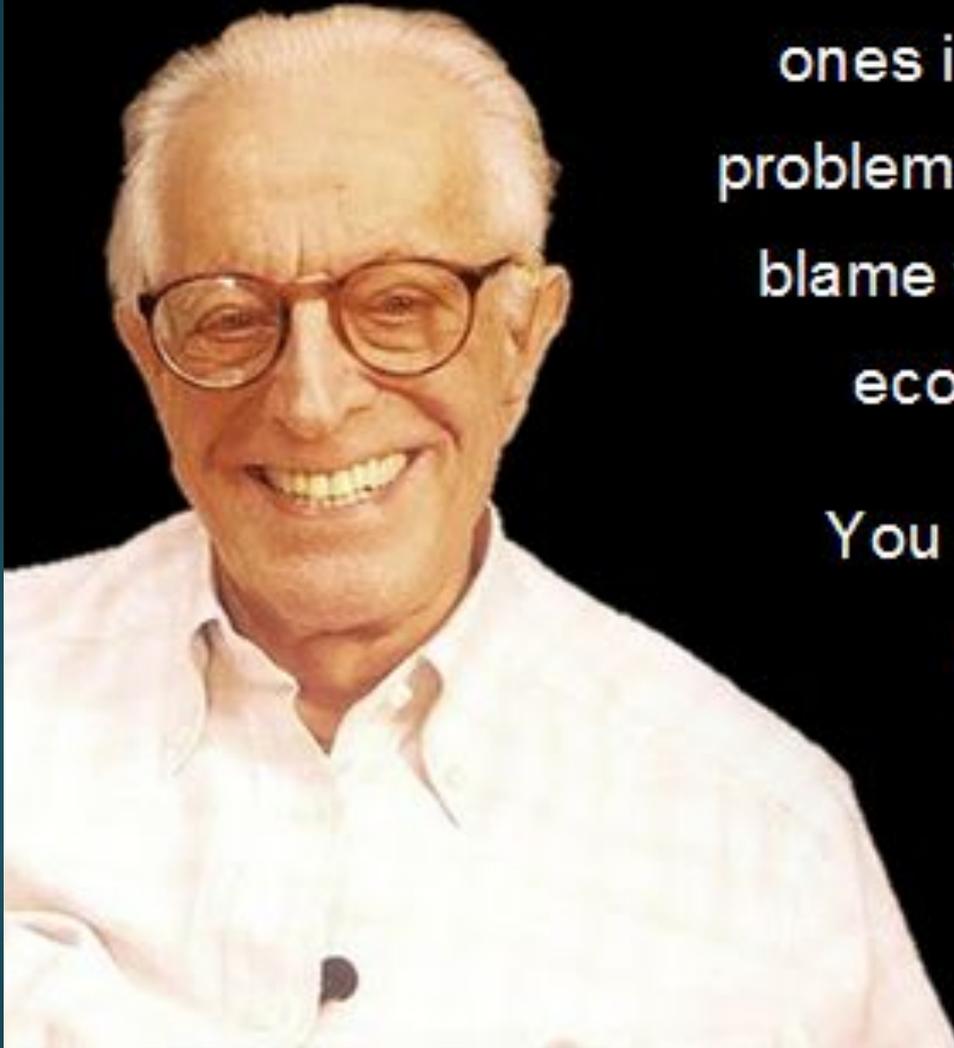


- ▶ Active problem solving approach
- ▶ Therapist helps the client to identify the distorted thoughts
- ▶ Shows the client that these distorted hypotheses need to be tested
- ▶ Show them that the false beliefs are false
- ▶ (Page 660)

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president.

You realize that you control your own destiny.

Albert Ellis



Group Therapy

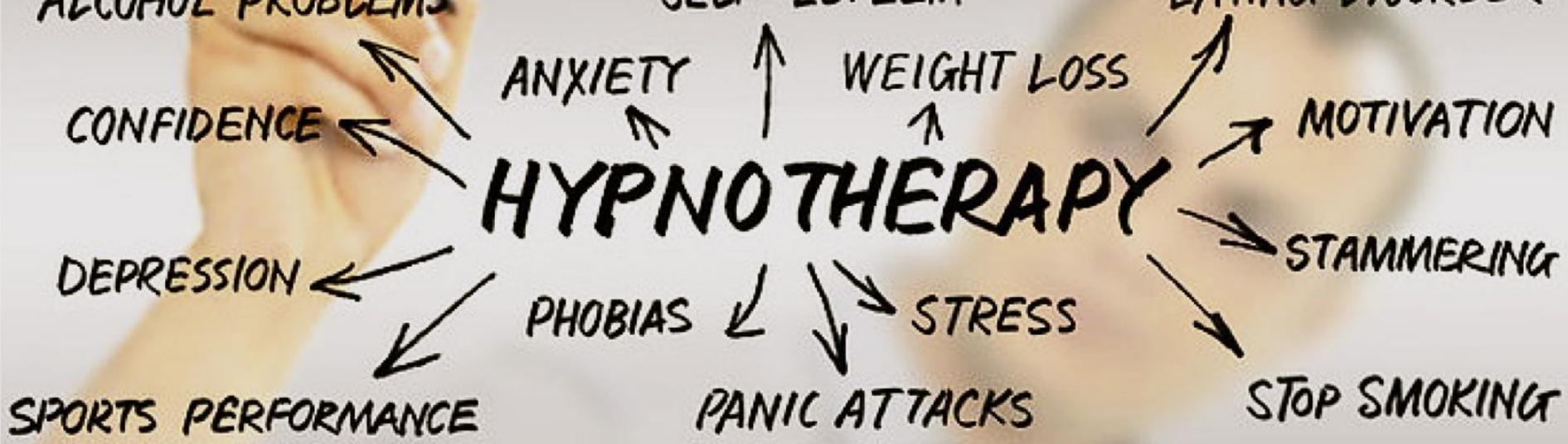


- ▶ Group Therapy- refers to the treatment of several unrelated clients under the guidance of a therapist who encourages helpful interactions among group members
- ▶ Many groups are organized around a particular problem or a particular type of client
- ▶ Allows therapist to see clients interacting w/ one another
 - ▶ Which can help identify clients' interpersonal styles
- ▶ Clients discover they're not alone
- ▶ Group members can help boost one another's self-confidence and self-acceptance
- ▶ Clients learn from one another

Self- Help Organizations



- ▶ Self-help groups like **Alcoholics Anonymous** are made up of people that share some problematic experience and meet to help one another
- ▶ Professional therapists see these organizations as a stepping stone towards real treatment



Hypnotherapy

- ▶ Form of psychotherapy utilized to create **unconscious** change in the patient in the form of new responses, thoughts, attitudes, behaviors, and/or feelings
- ▶ Hypnotic Suggestion

Conscious mind 10%

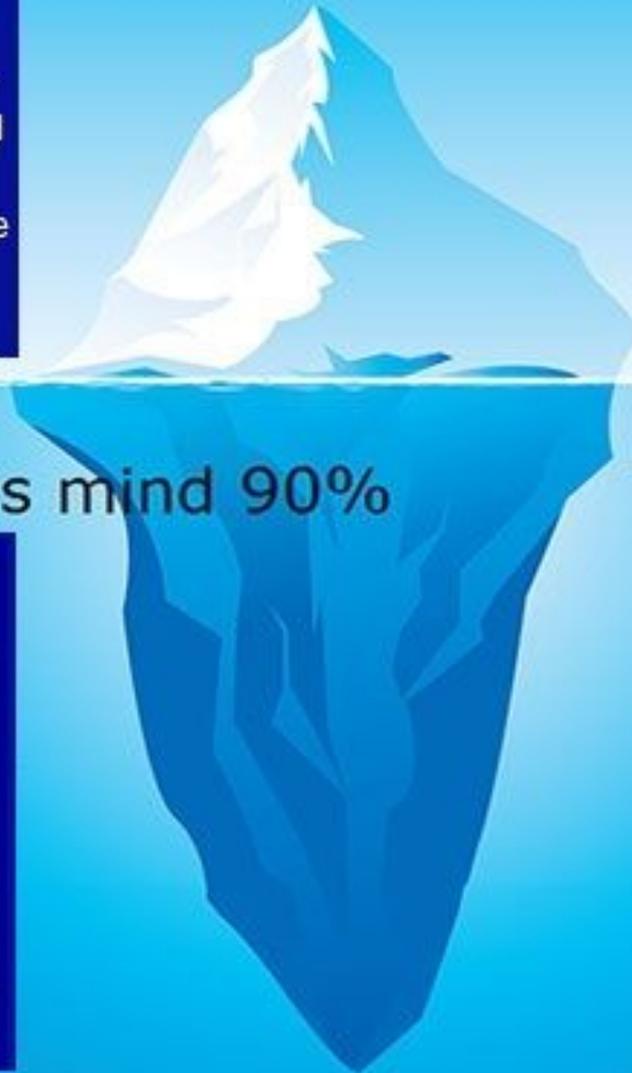
- Critical thinking
- Logical thinking
- Short term memory
- Willpower

The conscious mind tries to use willpower to control behaviours, habits & beliefs but loses out to the subconscious minds greater influence.

Subconscious mind 90%

- Beliefs
- Creativity
- Developmental stages
- Emotions & feelings
- Habits & addictions
- Imagination
- Intuition
- Long term memory
- Protective reactions
- Values

Hypnosis uses this part of the mind for change.



Family and Couples Therapy

- ▶ Involves treatment of two or more individuals from the same family system
- ▶ Can be based on psychodynamic, humanistic, or cognitive behavioral approaches
- ▶ Structural family therapy- concentrates on family communication patterns
- ▶ Couples therapy- communication between partners is the main focus of treatment
 - ▶ Discussion aimed at identifying and improving problematic interactions

“Rules for Talking” in Couples Therapy

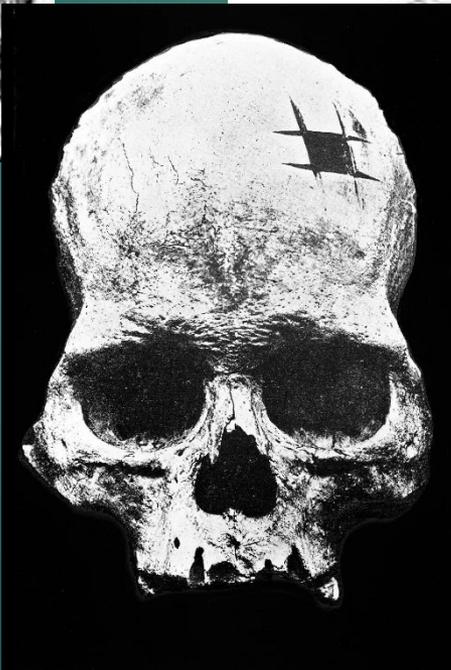
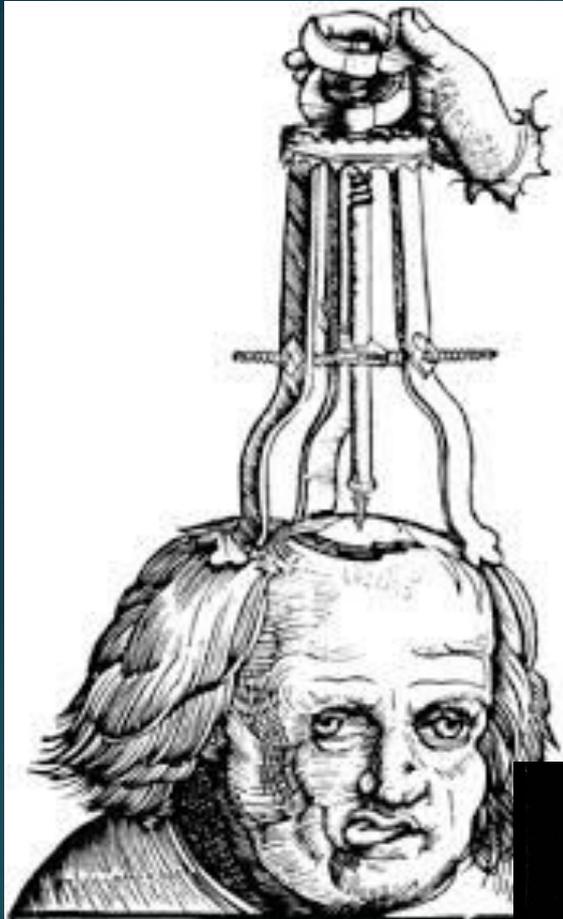
- ▶ Always begin w/ something positive
- ▶ Use specific behaviors rather than overgeneralizations to describe what is bothersome about the other person
- ▶ Admit your own role in the development of the problem
- ▶ Be brief; don't lecture
- ▶ Maintain focus of present or future
- ▶ Talk about observable events

Biological Treatments



- ▶ Psych disorders have physical causes
- ▶ **Psycho Surgery-**
 - ▶ Brain Tissue is destroyed
 - ▶ **Antonio Egas Moniz** 1935
 - ▶ Created the **Prefrontal Lobotomy** [link](#)
 - ▶ Holes in forehead
 - ▶ Cut connections
 - ▶ Severed the connections between the Thalamus and Prefrontal Cortex

Watch this
“The
Lobotomist”
[Video](#)



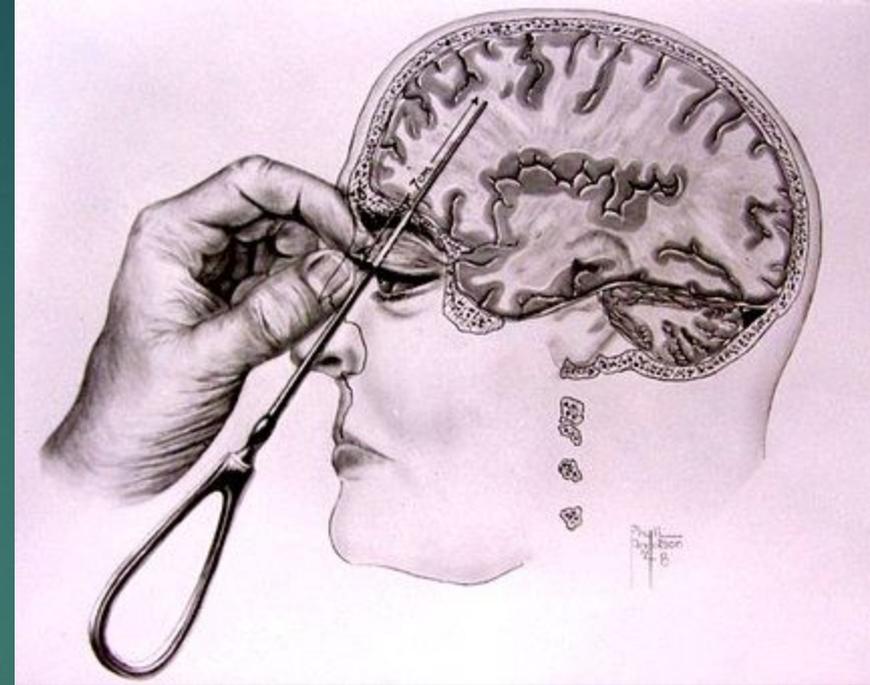
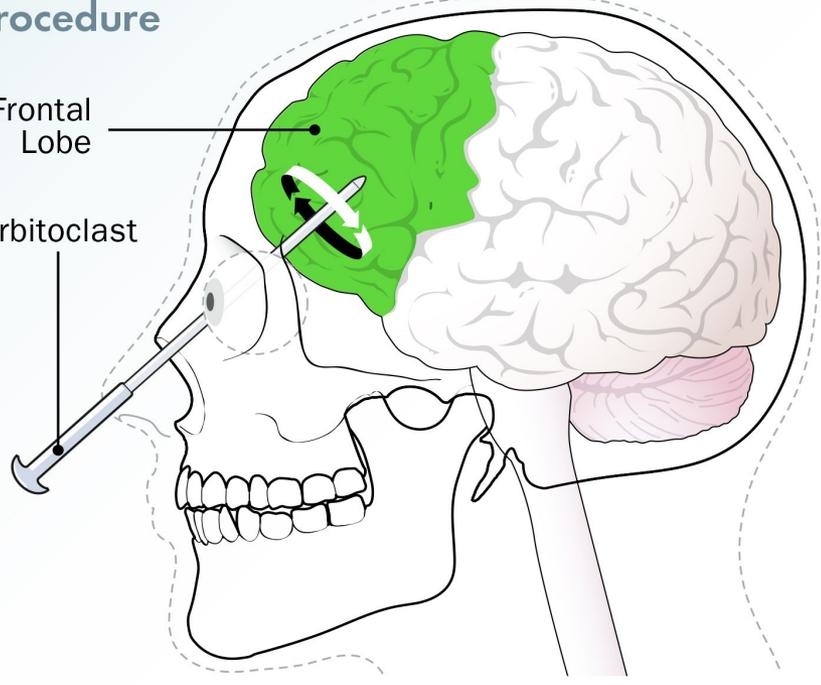
Trepanning

Transorbital Lobotomy Procedure

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Frontal Lobe

Orbitoclast



Electro-Convulsive Therapy

link

ECT is administered to an estimated 100,000 people a year,



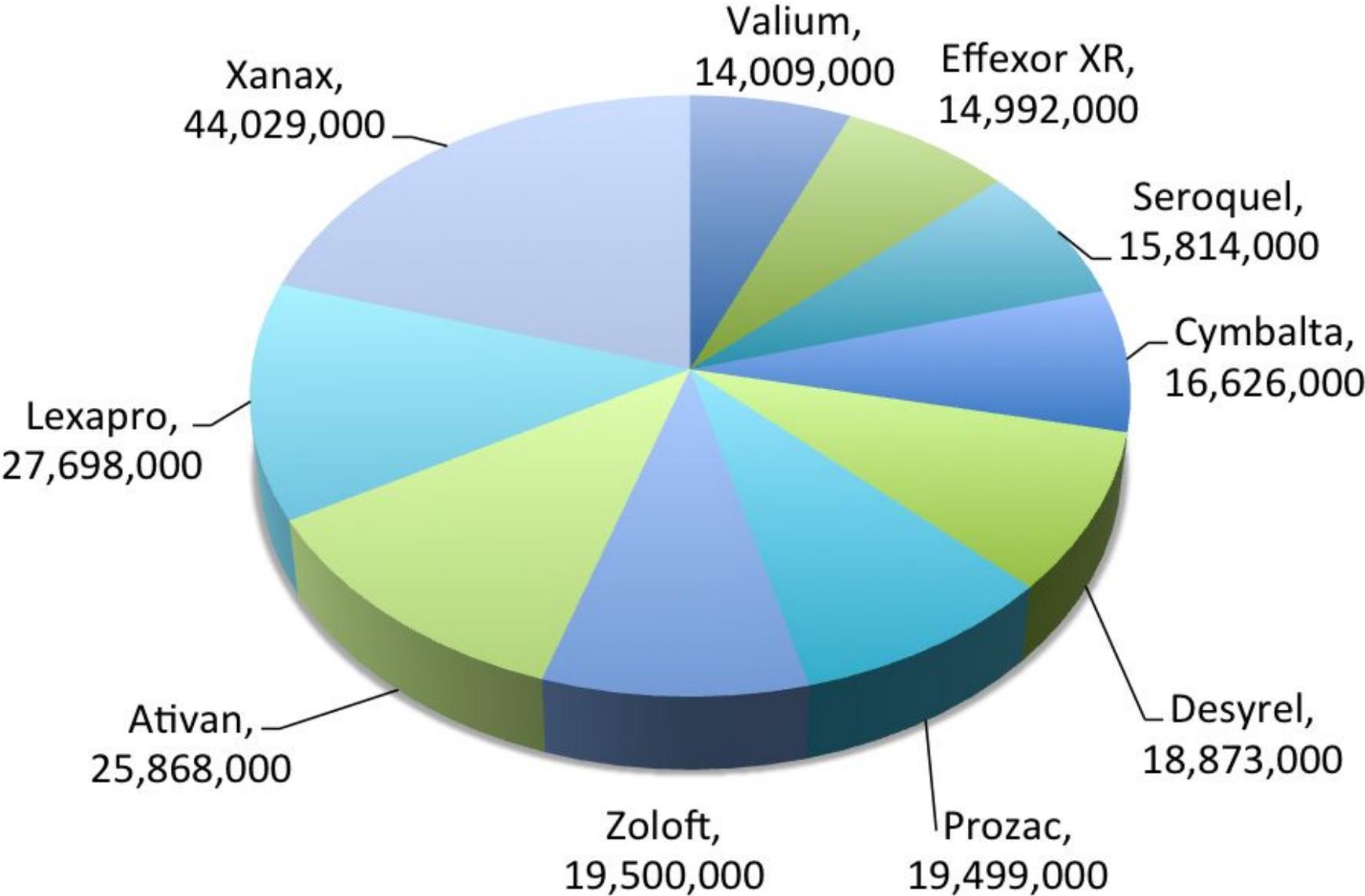
- ▶ 1930s Ladislaus Von Meduna
- ▶ Used **ECT** to induce schizophrenics + depression and sometimes mania
- ▶ Induced epileptic like seizures
- ▶ Side effects memory loss, confusion, speech disorders
- ▶ Fun Fact- ECT is performed more frequently in US than coronary bypass, appendectomies, tonsillectomies

Psychoactive Drugs

- ▶ Work on Neurotransmitters (page 680 chart)
- ▶ Consciousness
- ▶ Used to treat:
 - ▶ Schizophrenia
 - ▶ Depression
 - ▶ Mania
 - ▶ Anxiety



10 most prescribed psychiatric drugs in the U.S.



Psychoactive Drugs2



- ▶ Neuroleptics- aka Anti-Psychotics
- ▶ Thorazine
- ▶ Haldol
- ▶ Long-term use causes Tardive Dyskinesia
- ▶ Block Dopamine

Anti-Depressants



- ▶ Usually Increase Serotonin and Norepinephrine
- ▶ Takes week or two to take effect
- ▶ Monomine Oxidase Inhibitors (MAOIs)
 - ▶ Treats also panic and anxiety
- ▶ Most common is Prozac (affects serotonin)

Popular types of antidepressants



- ▶ are called selective serotonin reuptake inhibitors (SSRIs). These include:
- ▶ Fluoxetine (Prozac)
- ▶ Citalopram (Celexa)
- ▶ Sertraline (Zoloft)
- ▶ Paroxetine (Paxil)
- ▶ Escitalopram (Lexapro).

Lithium



- ▶ Mood stabilizer
- ▶ For Bipolar
- ▶ Tranquilizers

Tranquilizers

- ▶ The principal minor tranquilizers are the benzodiazepines. The principal minor tranquilizers are the benzodiazepines, among which are diazepam. The principal minor tranquilizers are the benzodiazepines, among which are diazepam (Valium), chlordiazepoxide. The principal minor tranquilizers are the benzodiazepines, among which are diazepam (Valium), chlordiazepoxide (Librium), and alprazolam (Xanax). These drugs have a calming effect and eliminate both the physical and psychological effects of anxiety or fear. Besides the treatment of anxiety disorders, they are widely used to relieve the strain and worry arising from stressful circumstances in daily life. Because of this, benzodiazepines are among the most widely prescribed drugs in the world. Benzodiazepines work by enhancing the action of the neurotransmitter gamma-aminobutyric acid (GABA), which inhibits anxiety by reducing certain nerve-impulse transmissions within the brain. Benzodiazepines resemble barbiturates in their side effects: sleepiness, drowsiness, reduced alertness, and unsteadiness of gait. Though less dangerous than barbiturates, they can produce physical dependency even in moderate dosages, and the body

Social Elements to Abnormal Psych



- ▶ Thomas Szasz
- ▶ <http://www.choopersguide.com/article/mental-health-videos-mental-health-advocacy-thomas-szasz-myth-of-mental-illness.html>
- ▶ Firing Line Thomas Szasz
https://www.youtube.com/watch?v=Uzx2UWKvrM4&feature=emb_rel_end