

History of Treatment



History of Treatment



Therapy- Psychoanalysis

- Psychoanalysis
 - Developed by Sigmund Freud
 - One of the first “talk therapy”
 - Relies of the uncovering of repressed information.
 - Free association
 - Dream Interpretation
 - Not very popular anymore.
 - Most commonly depicted therapy in popular media.



Therapy- Psychoanalysis

- Free Association
 - “Tell me whatever comes to your mind – WITHOUT CENSORING ANYTHING”
 - Difficult to do!
 - We tend to omit things that are trivial, embarrassing, or shameful.
 - Analysts job is to interpret what you say.
 - Might provide insight into your problems.

Therapy- Psychoanalysis

- Dream interpretation
 - Freud believed that your dreams contain both manifest and latent content.
 - Manifest: what you actually dream.
 - Latent: the content that actually underlies the manifest content.
 - YOU'RE UNWARE OF LATENT DREAM CONTENT!
 - Your psychoanalyst helps you uncover it.



Therapy- Psychoanalysis

- 2 major criticisms of Freud.
 - Ideas are largely not testable
 - Freud resisted attempts to empirically test them.
 - Too much focus on sex
 - Carl Jung broke away from Freud in part because of this.



Humanistic Therapy

- Client-Centered Therapy (humanistic)
 - developed by Carl Rogers
 - Let the client tell us what is wrong (Freud thought that the therapist needs to tell the client what is wrong)
 - Focuses on present and future rather than past.
 - Focuses on conscious thoughts rather than unconscious.
 - Focuses on making client grow rather than curing illness.
 - Therapist attempts to make client feel as accepted as possible (unconditional acceptance).
 - No judgment – just empathy.
 - Accept clients so that they can accept themselves – so that they can learn about themselves and grow.



Humanistic Therapy

- Active Listening-empathic listening in which the listener echoes, restates, and clarifies.
- Active listening is also good for non-therapeutic relationships.
 - Three components to active listening:
 - Paraphrase: summarize the speaker's words into your own.
 - Invite clarification: if your summary is not accurate, ask speaker to clarify for you.
 - Reflect feelings: Recognize and interpret the feelings you suspect in the speaker. Make them aware of your suspicions and invite them to clarify if you are wrong.

Behavior Therapy

- Behavior Therapy
 - therapy that applies learning principles to the elimination of unwanted behaviors
- Counterconditioning
 - procedure that conditions new responses to stimuli that trigger unwanted behaviors
 - based on classical conditioning
 - includes systematic desensitization and aversive conditioning

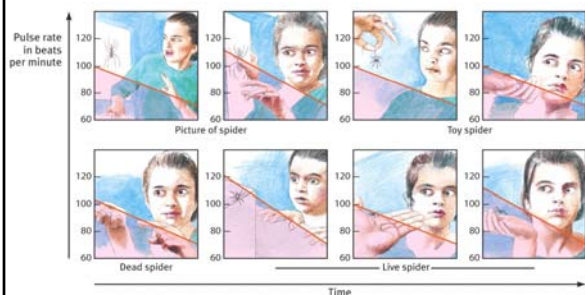
Behavior Therapy

- Exposure Therapy
 - treat anxieties by exposing people (in imagination or reality) to the things they fear and avoid

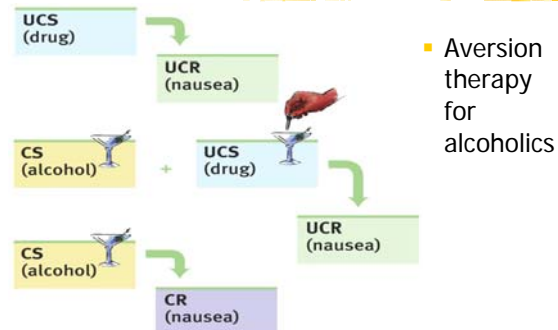


Behavior Therapy

- Systematic Desensitization



Behavior Therapy



Behavior Therapy

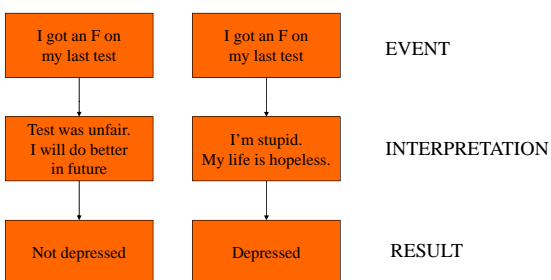
- **Token Economy**
 - an operant conditioning procedure that rewards desired behavior
 - patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats

Cognitive Therapy

- **Cognitive Therapy**
 - Developed by Aaron T. Beck (l) & Albert Ellis (r)
 - teaches people new, more adaptive ways of thinking and acting
 - based on the assumption that thoughts intervene between events and our emotional reactions



Cognitive Therapy



Cognitive Therapy

- **Cognitive-Behavioral Therapy**
 - a popular integrated therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)
 - Therapist tries to get patient to both think differently and behave differently.

Evidence-Based Therapies (EBTs)

- ⌘ Designation for therapies that are supported by research findings showing their effectiveness.
- ⌘ To qualify, therapy must be shown effective in at least 2 peer-reviewed studies that utilize proper experimental control.
- ⌘ The "science" in scientist-practitioner model.
- ⌘ Most therapies are not EBTs.
 - ☒ About 15 EBTs / About 4,000 non-EBTs

Example

Cognitive-Behavioral Therapy is clearly an EBT

- ⌘ Each cognitive-behavioral approach has specific techniques that can be tested for effectiveness;
- ⌘ CBT encourages the development of specific goals that are measurable, and, therefore, can be researched;
- ⌘ Cognitive-behavioral therapists (to varying degrees) are interested in the research and research process;
- ⌘ Cognitive-behavioral therapists are not interested in techniques that "feel right" or "seem correct", but techniques that are effective.

Evaluating Psychotherapies

COMPARISON OF PSYCHOLOGY CITATIONS AND WEB SITES

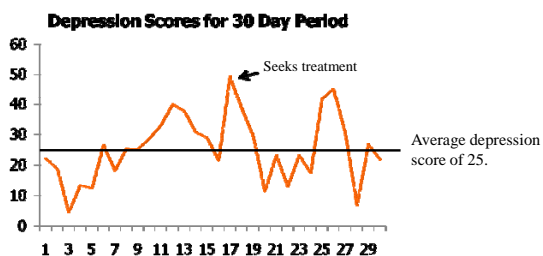
Topic	Psychology Journal Citations*	Web Sites**	Ratio
Systematic desensitization	2,253	6,340	1 to 3
Thought field therapy	24	6,340	1 to 264
Therapeutic touch	84	35,200	1 to 419
St. John's wort (herbal remedy)	145	190,000	1 to 1,310
Enneagram (personality typing)	22	107,000	1 to 4,864

*Using PsycInfo, February 2003
 **Using Google

Evaluating Psychotherapies

- Regression toward the mean – See slide
- Placebo effect - See slide
 - This is supposed to make be better, so it does.*
- Demand characteristics
 - I know my doctor wants be to get better, so I tell her I'm feeling better.*
- Experimenter bias
 - I think my patients will get better, so I see them getting better.*
- Double-blind placebo control (gold standard)
- Independent replication

Regression toward mean

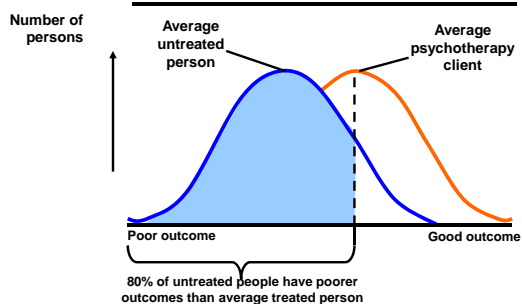


Placebo Effect

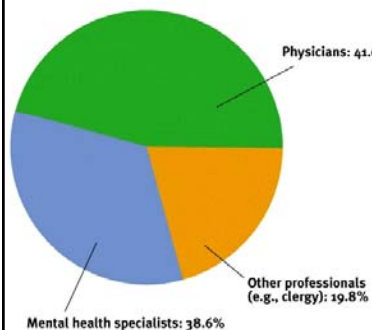
Therapeutic Touch – "...the therapist moves his or her hands just above the body and smoothes the body's natural energy, allowing it to flow and become balanced."



Evaluating Psychotherapies



Evaluating Psychotherapies



To whom do people turn for help for psychological difficulties?

Therapists and their Training

- **Clinical psychologists**
 - Most are psychologists with a Ph.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship
 - About half work in agencies and institutions, half in private practice

Therapists and their Training

- **Clinical or Psychiatric Social Worker**
 - A two-year Master of Social Work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems
 - About half have earned the National Association of Social Workers' designation of clinical social worker

Therapists and their Training

- **Psychiatrists**
 - Physicians who specialize in the treatment of psychological disorders
 - Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s they can prescribe medications. Thus, they tend to see those with the most serious problems (that respond the best to medication)
 - Many have a private practice