



Chapter 14 – Therapies for Mental Disorder

- I. Psychotherapy
 - a. Goals of Therapy
 - i. Identify Problem
 - ii. Identify Cause
 - iii. Prognosis
 - iv. Decide to carry out some form of treatment.
 - b. Types of Psychotherapy
 - i. Behavioral
 1. Pavlovian
 - a. Reciprocal Inhibition (can't have opposing reactions at the same time) >> Train relaxation instead of fear.
 - b. Systematic Desensitization
 - c. Exposure Therapy (Actual physical interaction with feared item)
 - d. Aversion Therapy
 - i. Ex: Shock Generator
 - ii. Create association between feared item and something negative.
 2. Operant
 - a. Contingency Management
 - i. If, Then.
 - ii. Common for childhood problems (easy to manipulate children's environment)
 - iii. Incentives for good behavior
 - b. Social Learning Theory
 - i. Bobo doll experiment
 - ii. Participant modeling
 - c. Token Economies (Loss of television deemed unethical in court)
 - ii. Insight Therapies
 1. Psychodynamic
 2. Humanistic
 - a. Awareness = First step
 - b. Person-Centered Therapy (Carl Rogers)
 - i. Non-directive style.
 - ii. Just there for feedback ("I can see why that would be.")
 - iii. Unconditional Positive Regard
 - c. Group Therapy
 - d. Couples / Family Therapy
 - iii. Cognitive Therapy
 1. Beck (Negative self talk)
 2. Combat Negative Conditions
 3. – Evaluate Evidence
 4. – Focus on Situation
 5. – Discuss alternative solutions
 - iv. Rational-Emotion Theory
 1. Albert Ellis
 2. Irrational Thinking = Cause of Disorders
 3. Focus on underlying assumptions.
 4. "Should"
 5. "Are you saying everyone should always get perfect grades?"
 - c. Commonalities >> Caring, hopeful, new way of looking at world.
 - d. Empirically Validated Theories >> Measure effectiveness of treatments before using widely.
 - II. Pharmacotherapy

- a. Antipsychotics
 - i. Tranquillizers, Dopamine blockers
 - ii. Chlorpromazine
 - iii. Halperidol
 - iv. Side Effects
 - 1. Tardive Dyskinesia (induce Parkinson's-like symptoms)
 - 2. Agranulocytosis (problem with bone marrow – death)
 - b. Antidepressants
 - i. Tricyclics
 - ii. MAO Inhibitors
 - iii. SSRI (Serotonin Systematic Reuptake Inhibitor)
 - iv. Bi-Polar
 - 1. Lithium Carbonate
 - 2. Divalproex Sodium
 - c. Anxiolytics (Anti-Anxiety)
 - i. Barbiturates
 - ii. Benzodiazapines
 - d. Stimulants
 - i. ADHD – Ritalin
 - ii. Narcolepsy
- III. Psycho Surgery >> Lobotomy
- IV. ECT (Electroconvulsive Shock Therapy) >> Memory loss (lessened now)
- V. Deinstitutionalization >> Pulled out of crowded mental hospitals and allowed back into society.