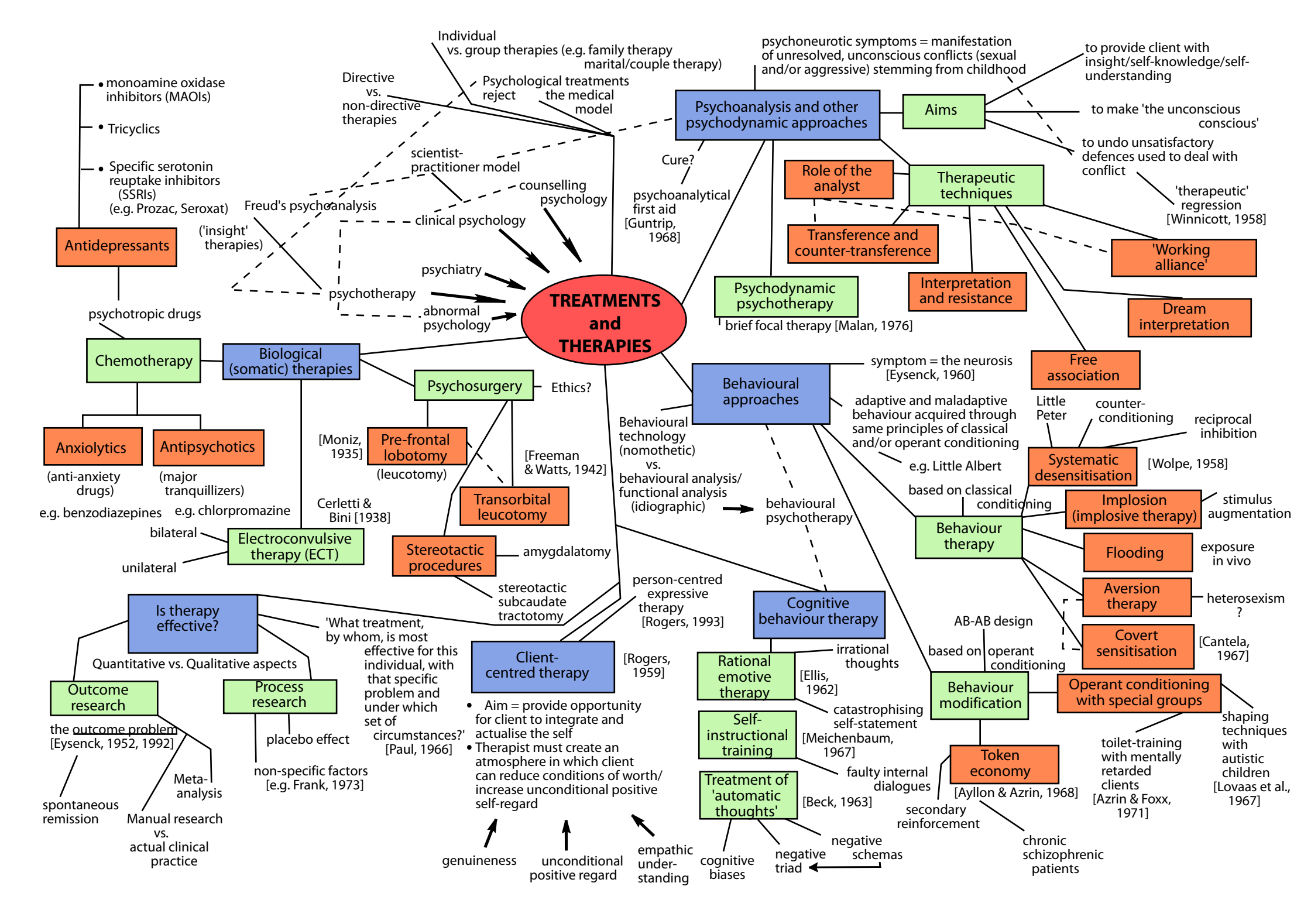
TREATMENTS and THERAPIES
Psychoanalysis and other psychodynamic approaches
psychoneurotic symptoms = manifestation of unresolved, unconscious conflicts (sexual and/or aggressive) stemming from childhood
Aims
to provide client with insight/self-knowledge/self-understanding
to make 'the unconscious conscious'
to undo unsatisfactory defences used to deal with conflict
'therapeutic' regression [Winnicott, 1958]
Role of the analyst
Therapeutic techniques
Transference and counter-transference
Interpretation and resistance
'Working alliance'
Dream interpretation
Free association
Psychodynamic psychotherapy
brief focal therapy [Malan, 1976]
Cure?
psychoanalytical first aid [Guntrip, 1968]
Psychological treatments reject the medical model
Individual vs. group therapies (e.g. family therapy marital/couple therapy)
Directive vs. non-directive therapies
scientist-practitioner model
counselling psychology
clinical psychology
Freud's psychoanalysis
('insight' therapies)
psychiatry
psychotherapy
abnormal psychology
Antidepressants
monoamine oxidase inhibitors (MAOIs)
Tricyclics
Specific serotonin reuptake inhibitors (SSRIs) (e.g. Prozac, Seroxat)
psychotropic drugs
Chemotherapy
Biological (somatic) therapies
Anxiolytics
(anti-anxiety drugs)
e.g. benzodiazepines
Antipsychotics
(major tranquillizers)
e.g. chlorpromazine
Psychosurgery
Ethics?
[Moniz, 1935]
Pre-frontal lobotomy
(leucotomy)
[Freeman & Watts, 1942]
Transorbital leucotomy
Cerletti & Bini [1938]
Electroconvulsive therapy (ECT)
bilateral
unilateral
Stereotactic procedures
amygdalatomy
stereotactic subcaudate tractotomy
Behavioural approaches
symptom = the neurosis [Eysenck, 1960]
adaptive and maladaptive behaviour acquired through same principles of classical and/or operant conditioning
e.g. Little Albert
Little Peter
counter-conditioning
reciprocal inhibition
Systematic desensitisation
[Wolpe, 1958]
based on classical conditioning
Behaviour therapy
Implosion (implosive therapy)
stimulus augmentation
Flooding
exposure in vivo
Aversion therapy
heterosexism ?
Covert sensitisation
[Cantela, 1967]
Behavioural technology (nomothetic) vs. behavioural analysis/ functional analysis (idiographic)
behavioural psychotherapy
Cognitive behaviour therapy
Rational emotive therapy
[Ellis, 1962]
irrational thoughts
catastrophising self-statement
Self-instructional training
[Meichenbaum, 1967]
faulty internal dialogues
Treatment of 'automatic thoughts'
[Beck, 1963]
cognitive biases
negative triad
negative schemas
AB-AB design
based on operant conditioning
Behaviour modification
Operant conditioning with special groups
shaping techniques with autistic children [Lovaas et al., 1967]
toilet-training with mentally retarded clients [Azrin & Foxx, 1971]
Token economy
[Ayllon & Azrin, 1968]
secondary reinforcement
chronic schizophrenic patients
person-centred expressive therapy [Rogers, 1993]
Client-centred therapy
[Rogers, 1959]
Aim = provide opportunity for client to integrate and actualise the self
Therapist must create an atmosphere in which client can reduce conditions of worth/ increase unconditional positive self-regard
genuineness
unconditional positive regard
empathic under-standing
Is therapy effective?
'What treatment, by whom, is most effective for this individual, with that specific problem and under which set of circumstances?' [Paul, 1966]
Quantitative vs. Qualitative aspects
Outcome research
the outcome problem [Eysenck, 1952, 1992]
spontaneous remission
Meta-analysis
Manual research vs. actual clinical practice
Process research
placebo effect
non-specific factors [e.g. Frank, 1973]