

Psychology Study Session Summary - March 30th

Key Topics Reviewed

This session focused primarily on psychological treatments and therapeutic approaches, with particular emphasis on content likely to appear on the upcoming test (which will cover 60% disorders and 40% treatments).

Important Concepts & Theories

Psychoanalysis (Freud)

- **An insight therapy** that emphasizes recovery of unconscious conflicts, motives, and defenses
- Uses techniques like **free association, dream analysis, and transference**
- Psychological disturbances viewed as caused by unconscious conflicts from early childhood
- **Resistance** occurs when clients are reluctant to face problems (important concept)
- **Transference** occurs when clients relate to therapists in ways that mimic relationships with important figures in their lives

Client-Centered Therapy (Carl Rogers)

- Developed in 1940s-50s by Rogers (humanistic approach)
- Views personal distress as result of **incongruence** between self-concept and reality
- **Three critical conditions** for therapeutic atmosphere:
 - **Genuineness**
 - **Unconditional positive regard** (acceptance of client as person, not necessarily all behaviors)
 - **Accurate empathy**
- Therapist provides minimal guidance, focuses on **clarification**
- **Climate of therapy** considered more important than process

Systematic Desensitization

- **Developed by Joseph Wolpe** (noted as important for test)
- Behavior therapy used to reduce phobic responses

- Based on **classical conditioning principles**
- Three steps:
 1. Building an anxiety hierarchy (10-20 situations)
 2. Training client in deep muscle relaxation
 3. Gradually working through hierarchy while maintaining relaxation

Antipsychotic Medications

- Primary use: **treatment of schizophrenia** and severe mood disorders with delusions
- Efficacy rate: **approximately 70% of patients respond** (important statistic)
- First-generation antipsychotics:
 - Dampen activity at **dopamine** synapses
 - Side effects include: drowsiness, motivation loss, tremors, rigidity
 - **Tardive dyskinesia**: serious side effect causing involuntary movements (15-25% of long-term patients)
- Second-generation antipsychotics:
 - Fewer neurological side effects, lower tardive dyskinesia risk
 - Higher risk of diabetes and cardiovascular problems

Other Medications & Biomedical Treatments

- **Electroconvulsive therapy (ECT)**: Now primarily used for depression (not schizophrenia as historically used)
- **Mood stabilizers**: Used for bipolar disorder, primarily lithium and valproate
- **Antidepressants**: Work on serotonin (SSRIs)
- **Deep Brain Stimulation (DBS)**: Involves implanted electrodes delivering electrical currents
- **Transcranial Magnetic Stimulation (TMS)**: Non-invasive treatment using magnetic fields

Quiz Corrections & Difficult Concepts

Therapeutic Alliance

- Identified as a **common factor** across different therapy approaches
- Refers to the positive, trusting relationship between therapist and client
- Other common factors: emotional support, hope, rationale for problems, opportunity to express feelings

Aversive Conditioning

- Based on **classical conditioning principles**
- Pairs unwanted behavior with aversive stimulus to reduce frequency
- Distinguished from operant conditioning procedures

Token Economies

- Behavioral therapy technique using operant conditioning
- Physical tokens/chips awarded for desired behaviors
- Can be exchanged for tangible rewards

Two-Eyed Seeing Approach

- Approach to Indigenous mental health care
- Integrates both Western and Indigenous healing practices
- Developed by Mi'kmaq elders Albert and Murdina Marshall

Donald Meichenbaum

- Notable for contributions to Cognitive-Behavioral Therapy (CBT)
- Developed **self-instructional training** technique
- Helps clients develop verbal statements to cope with difficult situations

Other Important Terms & Concepts

- **Regression toward the mean:** Statistical phenomenon where extreme scores tend to move closer to average on second measurement
- **Evidence-based treatments (EBT):** Endorsed by the American Psychological Association
- **Group therapy:** Therapist serves as facilitator for 4-12 participants

- **De-institutionalization:** Movement to transfer treatment from inpatient to community-based facilities

Test Preparation Notes

- The upcoming test will cover: 60% psychological disorders, 40% treatments
- Pay special attention to:
 - Specific therapists and their contributions (Freud, Rogers, Wolpe, Meichenbaum)
 - Treatment approaches and their theoretical foundations
 - Success rates and effectiveness of different treatments
 - Side effects of medications and biomedical treatments

Quiz Performance

The study group performed well on practice quizzes, correctly identifying:

- Key characteristics of different therapeutic approaches
- Major contributors to psychological treatment theories
- Medication types and their applications
- Side effects of various treatments

Key Misconceptions Clarified

- **Transference:** While noted as a technique in some materials, the textbook considers it a barrier to overcome
- **Unconditional positive regard:** Applies to the person, not necessarily all their behaviors
- **ECT:** Now primarily used for depression, not schizophrenia as historically used