

Study Session Summary: Psychology Therapy Approaches & Treatments

Key Theories & Concepts

Psychoanalysis (Insight Therapy)

- **Important concepts:** Recovery from unconscious conflicts, motives, and defenses
- Techniques include **free associations**, **dream analysis**, and **transference**
- Disturbances viewed as unconscious conflicts
- **Resistance** is an important concept (when clients resist revealing certain thoughts/memories)
- **Transference:** When clients relate to therapist as if they were someone else from their past
- **Counter-transference:** When therapist treats clients like people from their own past

Client-Centered Therapy (Humanistic Approach)

- Developed by **Carl Rogers**
- **Three critical conditions for effective therapy:**
 - **Genuineness** (congruence)
 - **Unconditional positive regard** (acceptance without judgment)
 - **Accurate empathy** (genuine understanding)
- Focus on the **person, not the behavior**
- Creates a safe environment where clients can confront shortcomings without feeling threatened
- Lack of threat reduces defensive tendencies
- 60-40 split: **60% person-centered** focus vs. 40% on other approaches

Behavioral Therapy

- Based on learning principles to change maladaptive behaviors
- Core idea: "What's learned can be unlearned"
- **Systematic desensitization:** 3-step process

1. Create anxiety hierarchy
 2. Learn relaxation techniques
 3. Gradually work through hierarchy while maintaining relaxation
- **Token economies:** Using tokens to represent success/rewards for desired behaviors
 - **Social skills training:** Improving interpersonal interactions
 - **Behavioral rehearsal:** Practicing skills in a safe environment

Cognitive-Behavioral Therapy (CBT)

- Focuses on changing negative thoughts and beliefs
- "Baby steps" approach to changing thinking patterns
- **Adverse effects:** Deliberately making pleasurable behaviors painful

Biomedical Approaches

- **Anti-psychotic medications:** Target dopamine for treating schizophrenia (hallucinations, delusions)
- **Anti-depressants:**
 - **SSRIs:** Selective Serotonin Reuptake Inhibitors
 - **SNRIs:** Serotonin and Norepinephrine Reuptake Inhibitors (act on both neurotransmitters)
 - **Tricyclics:** Associated with cardiovascular risks (heart attacks, strokes)
- **Mood stabilizers:** Used for bipolar disorder, lithium is toxic and requires monitoring
- **MAO Inhibitors:** Clean up neurotransmitters but can destroy good chemicals with food/common meds
- **Benzodiazepines** ("benzos"): Act on GABA system to reduce anxiety
- **ECT** (Electroconvulsive Therapy): 75% remission rate for major depression
- **TMS** (Transcranial Magnetic Stimulation): Less invasive than ECT
- **Limitations of biomedical approaches:**
 - Don't teach adaptive coping or change behavior

- Don't address maladaptive thinking
- Not holistic
- Often require therapy alongside medication

Therapeutic Alliance

- Common factor across therapeutic approaches
- Key elements: **Emotional support, hope, rationality**, opportunity to express feelings
- Being understood and not feeling alone
- Hope as a significant element contributing to therapy effectiveness

Cultural Considerations

- **Cultural competence:** Understanding and respecting diverse cultures
- **Cultural humility:** Recognizing one's limitations and biases
- **Two-Eyed Seeing:** Integrating Western and Indigenous approaches
- Indigenous populations have higher rates of mental health issues, especially suicide

Community Mental Health Movement

- Emphasized reduced dependence on hospitals
- **Deinstitutionalization:** Moving away from psychiatric hospitals
- **Revolving door phenomenon:** Frequent rehospitalization (40-50% readmitted within a year)
- Led to problems with homelessness among those with mental illness
- People with mental illness have difficulty finding and keeping employment

Notable Studies & Researchers

- **Joseph Breuer:** Freud's colleague who initially treated "Anna O." and inspired psychoanalysis, though he didn't pursue it
- **Sigmund Freud:** Developed psychoanalysis after Breuer's initial work
- **Carl Rogers:** Developed client-centered therapy

- **Dorothea Dix:** Key figure in moral treatment movement (1840s), advocate for humane care in mental hospitals

Quiz Corrections

- **Spontaneous remission vs. placebo effect:**
 - Spontaneous remission is natural improvement without treatment
 - Placebo effect requires treatment that appears real but has no active ingredients
- **Classical conditioning in phobias:**
 - In the example of a dog phobia: Dog (CS) → Fear (CR); Pain (UCS) → Anxiety (UCR)
 - The unconditioned response is anxiety, not fear of dogs
- **Community mental health approach:**
 - The primary emphasis is on prevention of disorders, not reduced dependence on hospitals
- **Anti-anxiety drugs:**
 - They temporarily alleviate symptoms without addressing underlying causes, not permanently cure
- **Transference in therapy:**
 - Occurs when client relates to therapist as if they were another person from their past

Common Misconceptions

- **Regression toward the mean:** A statistical phenomenon where extreme measurements tend to move closer to the average in subsequent testing
 - Example: If someone is extremely sad and feels better after therapy, we can't tell if it's the therapy or just regression toward the mean
 - Important consideration in research to avoid attributing natural fluctuations to treatment effects
- **Medication effectiveness:** Long-term studies show some medications may have limited efficacy

- Some anxiety/depression medications may show worse symptoms after 9 years compared to no medication
- **Drug research bias:** Research conducted by pharmaceutical companies may have conflicts of interest
 - May stop studies early or design them to show favorable outcomes

Glossary of Important Terms

- **Free association:** Technique where client says whatever comes to mind without censorship
- **Transference:** When client projects feelings about others onto therapist
- **Counter-transference:** When therapist projects feelings onto client
- **Systematic desensitization:** Gradual exposure therapy combined with relaxation
- **Token economy:** Behavioral system using tokens as rewards for desired behaviors
- **MAO inhibitors:** Medications that clean up neurotransmitter receptors
- **Tardive dyskinesia:** Potential side effect of anti-psychotic medications causing involuntary movements
- **Revolving door phenomenon:** Cycle of hospitalization, release, and rehospitalization
- **Two-Eyed Seeing:** Therapeutic approach combining Western and Indigenous knowledge
- **Cultural humility:** Ongoing self-reflection about power imbalances and limitations in cross-cultural therapy