

# **11. Treatment of Psychological Disorders**

**We will now study the  
different types of treatments  
and approaches for  
psychological disorders.**

**The sections in this unit are:**

**11.1 Insight therapies:  
psychodynamic and humanistic  
approaches**

**11.2 Biological and drug  
therapies**

**11.3 Behavioral therapies**

**11.4 Cognitive therapies**

**11.5 Community and preventative  
approaches**

# **11.1 Insight Therapies: Psychodynamic and Humanistic Approaches**

# Psychodynamic

- **First practiced by Freud**
- **Free- association**
  - reveal repressed and unconscious thoughts
  - insight and awareness
- **Resolution of past conflicts**
- **Dream analysis**

# Psychodynamic

- **Insight and Catharsis**
- **Resistance**
- **Transference**
- **Defense Mechanisms**
  - **Repression & Denial**

# Humanistic

- **Client-centered therapy**
  - **Carl Rogers**
  - **active listening**
  - **non-directive**
  - **client makes interpretations, not therapist**
- **Self-awareness and self acceptance**
  - **results in personal growth**
- **Unconditional positive regard**

## **11.2 Biological and Drug Therapies**



- **Drugs or surgery to alter brain functioning**
- **Psychotropic medications**
  - **antidepressants- SSRI's**
    - **prevent reuptake of serotonin**
  - **anti-anxiety**
    - **reduce arousal of central nervous system**
  - **antipsychotics**
    - **block dopamine**

- **ECT - Electroconvulsive Therapy**
- **Deep Brain Stimulation**
- **Psychosurgery - prefrontal lobotomy (no longer used)**

## **11.3 Behavioral Therapies**

- **Behavior modification- change undesirable behavior**
- **Counterconditioning**
  - **exposure therapy**
    - **systematic desensitization**
    - **flooding**
  - **aversive conditioning**
- **Token Economy**
  - **reward based**

## **11.4 Cognitive Therapies**

- **How you think determines how you feel and act**
- **Change dysfunctional thoughts to relieve distress**
- **Cognitive distortion**
  - **misinterpretation of a situation**
- **Find a more positive, realistic outlook**

## **11.5 Community and Preventative Approaches**

- **Behavior as an adaptation of resources and circumstances**
- **Individuals context in community and larger society**
- **Person-environment fit**
  - **political, cultural and environmental influences-cultural diversity**
- **Emphasis on strengths and competencies**