

Unit XIII

Treatment of Abnormal Behavior

Overview

Unit XIII introduces, compares, and reviews psychotherapy, biomedical interventions, and treatments of psychological disorders. A detailed comparison of the techniques and methods of psychoanalytic, humanistic, cognitive, behavioral, and group therapies are addressed. Biomedical treatments are also discussed, addressing both historical and modern biomedical treatments for depressive disorders, anxiety, and schizophrenia. Finally, the unit examines methods of potentially preventing psychological disorders.

Modules

- 70** Introduction to Therapy, and Psychodynamic and Humanistic Therapies

- 71** Behavior, Cognitive, and Group Therapies

- 72** Evaluating Psychotherapies

- 73** The Biomedical Therapies and preventing Psychological Disorders

Tip #13 Get to Know the Exam

As you get closer to the AP[®] exam in May, it pays to make a visit to the College Board[®] website where actual previous AP[®] exams are available and come complete with answer keys for you to check yourself. Set aside a quiet time on a weekend a few months before the exam to take a released exam from beginning to end. The current time the College Board[®] allows for the multiple-choice portion of the psychology exam is 70 minutes, so set your clock and give it a try! When you are finished, check your answers and create a short study guide addressing the content of all the questions and concepts you missed. Take some time to review that material and then take another released exam a week or two later to see if you have improved!

Module 70

Introduction to Therapy, and Psychodynamic and Humanistic Therapies

Before You Read

Module Summary

Module 70 is an introduction to three different kinds of therapy: psychotherapy, biomedical therapy, and client-centered therapy. An eclectic (or mixed methods) approach to therapy is also discussed. The goals, techniques, and themes of psychoanalysis and humanistic psychology are compared side-by-side and an explanation of Carl Rogers' client-centered approach closes the module.

Before beginning the module, take a moment to read each of the following terms and names you will encounter. You may wish to make vocabulary cards for each.

Key Terms

psychotherapy	transference
biomedical therapy	psychodynamic therapy
eclectic approach	insight therapies
psychoanalysis	client-centered therapy
resistance	active listening
interpretation	unconditional positive regard

Key Names

Sigmund Freud
Carl Rogers

While You Read

Answer the following questions/prompts.

70-1

1. Compare the methods of psychotherapy and biomedical therapy. Discuss how they are used to treat psychological disorders.
2. How does eclectic therapy attempt to address the challenges with biomedical and/or psychotherapy?

70-2

1. Explain the assumption that psychoanalytic theory relies on to explain disorders.
2. What was Freud's goal with psychoanalytic therapy?
3. Describe how the technique of free association is utilized in psychoanalytic therapy? Describe its process.
4. According to psychoanalytic theory, what role does resistance play in therapy?
5. How does the psychoanalyst's interpretation of a patient's resistance offer insight into the cause of the disorder or conflicts?

6. Explain transference in psychoanalytic therapy.

7. Briefly address why many modern day therapists have moved away from this treatment approach.

8. Describe how psychodynamic therapy differs from traditional psychoanalysis.

70-3

1. In what way are psychodynamic and humanistic therapies similar?

2. List the ways in which humanistic therapy differs from psychoanalytic therapy.

After You Read

Module 70 Review

Complete the Matching Questions below to see if you have mastered the basics.

Terms or Names

1. psychotherapy
2. biomedical therapy
3. eclectic approach
4. psychoanalysis
5. resistance
6. interpretation
7. transference
8. client-centered therapy
9. active listening
10. unconditional positive regard

Definitions or Associations

- A. an approach to psychotherapy that uses techniques from various forms of therapy
- B. the analyst's noting supposed dream meanings, resistances and other significant behaviors to promote insight
- C. Sigmund Freud's therapeutic technique
- D. a humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening and unconditional positive regard
- E. a caring, accepting, nonjudgmental attitude, which Rogers believed, would help clients to develop self-awareness and self-acceptance
- F. treatment involving psychological techniques and interactions between a trained therapist and a patient. This may include biomedical, psychodynamic, and humanistic methods as well as others
- G. empathic listening in which the therapist echoes, restates, and clarifies a client's statements in an effort for the client to gain a greater understanding of their own feelings
- H. the blocking from consciousness of anxiety-laden material which may often be threatening to the individual
- I. feelings or emotions directed at the analyst that are actually linked with other relationships
- J. prescribed medications or procedures that act directly on the person's physiology in an effort to treat an illness

Module 71

Behavior, Cognitive, and Group Therapies

Before You Read

Module Summary

Module 71 explains how the basic assumption of behavioral therapy differs from humanistic and psychodynamic therapies discussed in the last module. The techniques and methods of exposure therapy, aversive conditioning, and operant conditioning (all behavior therapies) are reviewed and compared. In addition, the goals and techniques of cognitive, cognitive-behavioral, group, and family therapies are presented.

Before beginning the module, take a moment to read each of the following terms and names you will encounter. You may wish to make vocabulary cards for each.

Key Terms

behavior therapy	token economy
counterconditioning	cognitive therapy
exposure therapies	rational-emotive behavior therapy (REBT)
systematic desensitization	cognitive-behavioral therapy (CBT)
virtual reality exposure therapy	group therapy
aversive conditioning	family therapy

Key Names

Mary Cover Jones
Joseph Wolpe
B. F. Skinner
Albert Ellis
Aaron Beck

While You Read

Answer the following questions/prompts.

71-1

1. Based on your prior knowledge regarding the behavioral and psychoanalytic approaches to psychology, how do you believe that a behavioral psychologist would approach the origins and recovery of someone dealing with a psychological illness?

2. Correctly label the conditioning components of the bed-wetting scenario described in the text and explain how this would be helpful in training the child.

US:

UR:

NS:

CS:

CR:

3. Define *counterconditioning*, and explain how a behavioral therapist might use counterconditioning to replace a fear response to spiders.

4. Briefly summarize Mary Cover Jones' 1924 work with counterconditioning.

5. Reflecting on the story of "Little Albert" in the learning unit, how might Cover Jones' counterconditioning be used to replace Albert's fear of small, white furry objects?

6. Discuss Joseph Wolpe's work with exposure therapies and explain how they are used to treat anxiety or phobias.

71-2

1. Explain the way in which therapy based on operant conditioning principles works.
2. Explain how operant conditioning could be used by a behavior therapist to treat ADHD.
3. Explain how a token economy can be utilized to impact and change behavior. What are the concerns with using this method?

71-3

1. Discuss the assumptions that cognitive theory relies on to explain disorders.
2. How does Albert Ellis' rational-emotive behavior therapy (REBT) address illogical thinking?

After You Read

Module 71 Review

1. Complete the chart below to see if you have mastered the basics. Some have been filled in for you to get started.

Samantha is a high school senior who is struggling in her courses. This is a shock to her, because she has always been a strong student. Samantha has been overeating, sleeping longer hours than usual, and has been having troubling thoughts of suicide. She is overcome with negativity and feels that maybe she just isn't smart enough to do well in school. Samantha is beginning to think she cannot keep up with her peers academically and is starting to withdraw from interacting with them socially as a result of this belief. Her mother, Andrea, suffers from depression and wants to take Samantha to a therapist but doesn't understand how therapists differ and what to expect. Use the chart below to explain the differences between the treatment options, methods and techniques available to Samantha.

	How They Would View Cause	How They Would Treat	Techniques Unique to Method
Psychoanalysis			<i>free association interpretation, dream analysis</i>
Client-centered therapy			
Behavior therapy			
Cognitive therapy	<i>Samantha's self-blaming and overgeneralizing bad events, ruminating and thoughts</i>		

	How They Would View Cause	How They Would Treat	Techniques Unique to Method
Cognitive-behavioral therapy			
Group therapy	<i>would not focus on cause— support and feedback from others facing similar issues</i>		
Family therapy			

Module 72

Evaluating Psychotherapies and Prevention Strategies

Before You Read

Module Summary

Module 72 evaluates the various psychotherapies and describes the elements shared by all forms of psychotherapy. The impact of culture, gender, and values on the therapist-client relationship is explored. Finally, the author offers guidelines for selecting a therapist.

Before beginning the module, take a moment to read each of the following terms you will encounter. You may wish to make vocabulary cards for each.

Key Terms

meta-analysis

evidence-based practice

therapeutic alliance

While You Read

Answer the following questions/prompts.

72-1

1. Explain the three reasons the client's perception of the success of therapy may not be valid.
 - a.
 - b.
 - c.

7. What are the dangers to not seeking treatment?

72-2

1. Are some psychotherapies more effective than others for specific disorders? Explain.

2. Explain what is meant by *evidence-based practice*.

72-3

1. Why should clients seeking treatment be especially careful when considering alternative treatments?

2. Discuss the supporting arguments and evidence in favor of EMDR therapy.

4. Present the case against EMDR therapy.

4. Discuss the supporting arguments and evidence in favor of light exposure therapy.

72-4

1. Regardless of the type of treatment one receives, explain the benefits treatment can provide to the client in addition to relief from their symptoms.

2. Explain how the therapeutic alliance is a key aspect of effective therapy.

72-5

1. Discuss the impact of culture, gender, and values on the success of therapy.

72-6

1. What are some signs that indicate a person should seek the help of a mental health professional?
2. Discuss the responsibilities of clinical psychologists, psychiatrists, clinical social workers and counselors.

After You Read

Module 72 Review

Answer the questions below to see if you have mastered the basics.

1. Your friend is having difficulties in school and seems to be showing signs of depression. Since you are taking psychology, you suggest that she seek out a therapist and try to find help. She replies to your suggestion with hesitancy because she is not certain that anything can help her situation. Use your understanding of client's perspectives, therapists' perspectives, and outcome research to convince your friend that she is incorrect in her assumption.

Module 73

The Biomedical Therapies

Before You Read

Module Summary

Module 73 reviews the various biomedical therapies and identifies the use and outcomes of drugs, brain stimulation, and psychosurgery techniques but also addresses how lifestyle changes can produce similar results for some disorders. Completing the module, is a discussion of self-care through a healthy lifestyle and the importance of recognizing our biosocial systems, and ways in which resilience can help overcome challenging situations.

Before beginning the module, take a moment to read each of the following terms you will encounter. You may wish to make vocabulary cards for each.

Key Terms

psychopharmacology	psychosurgery
antipsychotic drugs	lobotomy
antianxiety drugs	resilience
antidepressant drugs	posttraumatic growth
electroconvulsive therapy (ECT)	
repetitive transcranial magnetic stimulation (rTMS)	

While You Read

Answer the following questions/prompts.

73-1

1. How can lifestyle changes impact the chemistry of the brain?

2. Presented in the Thinking Critically About Therapeutic Lifestyle Change box, describe the training sessions that were implemented with individuals suffering from depression and the impact the training had on their mental health.

73-2

1. How has psychopharmacology revolutionized the field of psychological treatment?
2. Describe how double-blind procedures are used in experimentation (think back to the unit on research).
3. Discuss why double-blind studies have been used to determine the effectiveness of drug therapies in treating psychological disorders.

4. Complete the following chart regarding the method of operation, drawbacks, and successes of the following drug treatments.

	Drug Names	Method of Operation— Neurotransmitter Activity	Side Effects and Drawbacks	How Successful Are These Drugs?
Antipsychotic drugs				
Antianxiety drugs				
Antidepressant drugs				
Mood stabilizers				

73-3

1. Complete the following chart.

Technique	Procedures	Outcomes
Electroconvulsive therapy (ECT)		
Repetitive transcranial magnetic stimulation (rTMS)		
Deep-brain stimulation		

2. Describe the controversial lobotomy surgery and compare the outcomes to today's modern psychosurgery. How prevalent is psychosurgery as a treatment today?

73-4

1. Discuss the role resilience plays in preventing psychological disorders.
2. In what way can psychologists, therapists, and society in general use the concept of resilience to decrease the number of cases of disorders?
3. Explain how posttraumatic growth can actually serve as an advantage to some who have gone through a difficult experience.

After You Read

Module 73 Review

Answer the following questions to see if you have mastered the basics.

1. A patient suffering from schizophrenia would likely be prescribed
 - a. an antidepressant drug.
 - b. an antianxiety drug.
 - c. an antipsychotic drug.
 - d. lithium.
 - e. an SSRI.
2. An antianxiety drug such as Xanax
 - a. is not addicting.
 - b. produces no withdrawal symptoms upon ceasing the medication.
 - c. works more efficiently when combined with alcohol.
 - d. should be used alone without additional therapy.
 - e. depresses the central nervous system.

3. Which of the following is not typically treated with the use of an antidepressant?
- depression
 - somatoform disorders
 - obsessive-compulsive disorder
 - posttraumatic stress disorder
 - anxiety
4. Which of the following accurately describes how Prozac works in the nervous system to relieve depression?
- It prevents the release of dopamine into the synapse.
 - It allows for the increased reuptake of dopamine from the synapse.
 - Prozac partially blocks the reuptake of serotonin from the synapse.
 - Prozac increased the speed of reuptake of serotonin and norepinephrine from the synapse.
 - It blocks acetylcholine from entering the synapse.
5. A patient undergoing _____ would experience a brief electrical current sent through their brain.
- ECT
 - rTMS
 - deep-brain stimulation
 - psychosurgery
 - a lobotomy

✓ Check Yourself

Now that you have mastered the basics, work through the problems below to see if you can *synthesize*, *evaluate*, and *analyze* what you have learned.

Frank has been diagnosed with depression and an anxiety disorder and is considering the best treatment options. Explain the goals and specific techniques of each of the following so Frank can evaluate his options.

- Psychoanalytic therapy:
- Behavioral therapy:
- Humanistic therapy
- Cognitive therapy

