

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 makes up the bulk of the unit. The final module discusses the biomedical treatments available both historically and today to treat depressive disorders, anxiety, and schizophrenia. It also compares medications to the use of psychosurgery or brain-stimulation techniques.

Modules

70 Introduction to Therapy, and Psychodynamic and Humanistic Therapies

71 Behavior, Cognitive, and Group Therapies

72 Evaluating Psychotherapies and Prevention Strategies

73 The Biomedical Therapies

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 of 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 an eclectic approach. The psychodynamic and humanistic therapies are compared and contrasted. 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
biomedical therapy
eclectic approach
psychoanalysis
resistance
interpretation

transference
psychodynamic therapy
insight therapies
client-centered therapy
active listening
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, biomedical therapy, and eclectic therapy in how they are used to treat psychological disorders.

70-2

1. Explain the assumption that psychoanalytic theory relies on to explain disorders.
2. What was Freud's goal with psychoanalytic therapy?
3. What is one of the main techniques 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 your resistance offer insight into the cause of your 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.

9. Explain how interpersonal psychotherapy attempts to help clients and what types of illnesses it might be helpful in treating.

70-3

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

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

3. Which three traits do humanist therapists use in therapy? Describe how they are used.

4. Why does Rogers believe that active listening would be helpful in treating clients?

5. Create a hypothetical dialogue between yourself and a close friend based on the following prompt in which you demonstrate Rogers' technique of active listening.

Friend: "I feel worthless and like I'll never amount to anything."

You:

Friend:

You:

Friend:

You:

Friend:

6. How can changing the word "patient" to "client," as Carl Rogers did, impact therapy?
7. Explain how unconditional positive regard is used as a tool in therapy by humanistic psychologists.

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
- 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
- G. empathic listening in which the listener echoes, restates, and clarifies
- H. the blocking from consciousness of anxiety-laden material
- I. feeling emotions for the analyst that are actually linked with other relationships
- J. prescribed medications or procedures that act directly on the person's physiolog

Module 71

Behavior, Cognitive, and Group Therapies

Before You Read

Module Summary

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

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. Explain one key manner in which behavioral therapies differ from insight/Freudian therapies. Use the cartoon on page 716 for help if needed.

2. Correctly label the conditioning components of the bed-wetting scenario on page 617.

US:

UR:

NS:

CS:

CR:

3. Briefly address how a behavioral psychologist would treat bed-wetting.

4. Define *counterconditioning*. Then, explain how a behavior therapist might use counterconditioning to replace a fear response to spiders.

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

6. Reflecting on the story of Little Albert in Module 26, how might Cover Jones' counterconditioning be used to replace Albert's fear of small, white furry objects?

7. Discuss Joseph Wolpe's work with exposure therapies and explain how they are used to treat anxiety or phobias.
8. How does Joseph Wolpe's assumption that you cannot be simultaneously anxious and relaxed explain systematic desensitization?
9. Detail the steps in which systematic desensitization would be used by a behavior therapist to treat a phobia of flying in aircraft?
10. How does progressive relaxation help those going through exposure therapy?
11. Describe how virtual reality exposure therapy is being used to treat anxiety.

12. How does aversive conditioning differ from systematic desensitization? Provide your own example of an illness that might be treated with aversive conditioning.

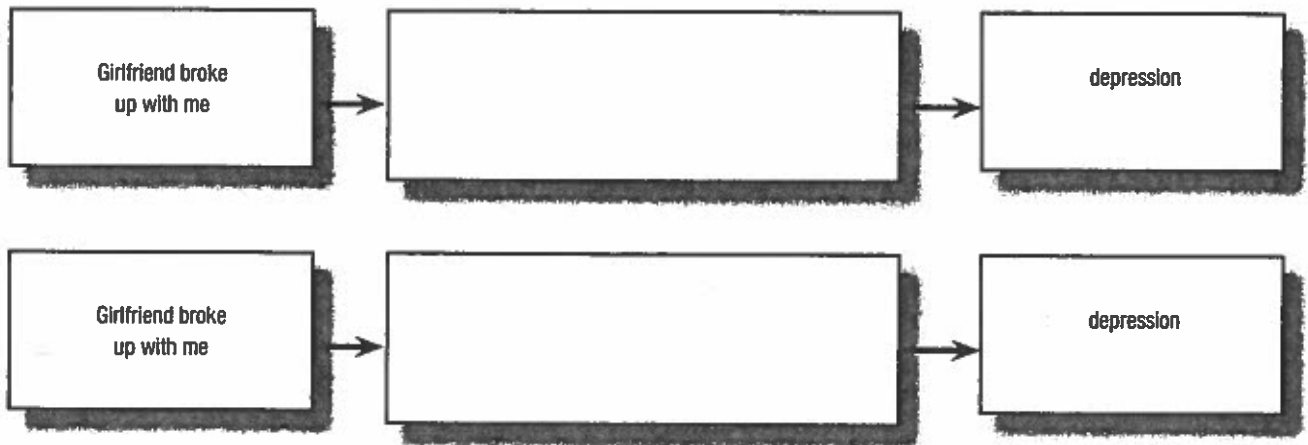
71-2

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. Using Figure 71.2 as a guide, fill in the thoughts a person might have as a result of the event in the first box that would produce the emotional reaction in the third box. Use specific original thoughts that would apply in a breakup situation.



3. How does Albert Ellis' rational-emotive behavior therapy (REBT) address illogical thinking?

4. Explain how Aaron Beck's therapy differs from Albert Ellis'.

5. Explain the goals and methods of cognitive-behavioral therapy (CBT).

71-4

1. What are the benefits to group therapy?

2. Why is group therapy often more accessible for those seeking treatment?

3. Discuss the reasons a therapist would suggest family therapy for someone suffering from a disorder.

4. Discuss the benefits of joining a self-help group.

After You Read

Module 71 Review

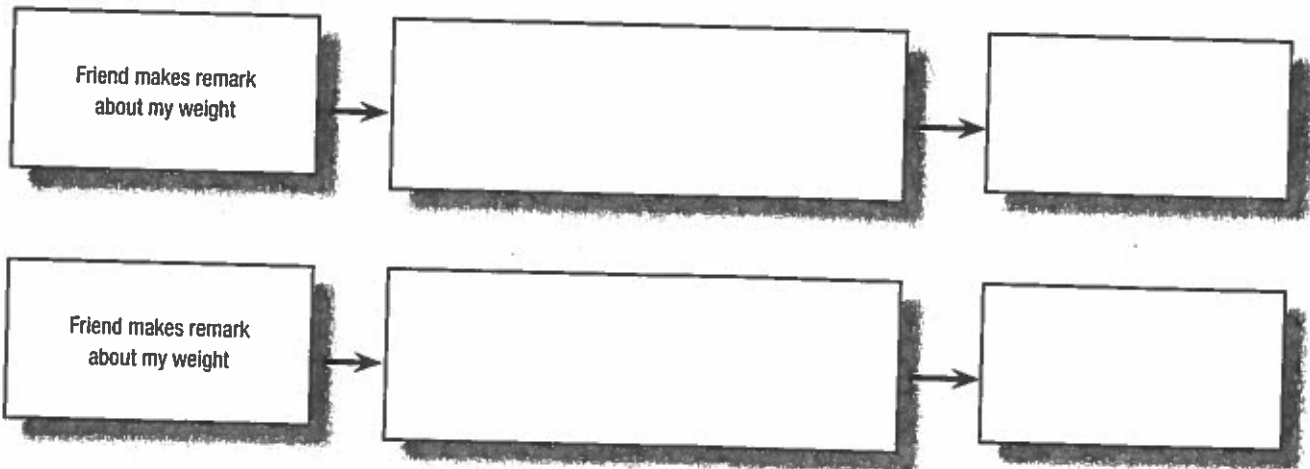
1. Complete the chart below to see if you have mastered the basics. Some have been filled in for you to get started.

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. 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</i>		
Family therapy			
Self-help groups		<i>bond with others who suffer similar disorders provides emotional support</i>	

2. Fill in the blanks in the diagram below to reflect two alternative thoughts that will result in two very different reactions to the same event.



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

regression toward the mean

therapeutic alliance

meta-analysis

resilience

evidence-based practice

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.

2. Describe the findings of the Massachusetts experiment that support the unreliability of a client's perceptions of treatment.

3. In what way are the clinician's perspectives on the success of treatment equally unreliable?

4. How are studies being conducted today to attempt to address the question "Is psychotherapy effective?" What statistical procedure is used in the studies?

5. Explain how regression toward the mean can describe two friends who have a fight then later go to the movies together.

6. Summarize the answer to the question "Is psychotherapy effective?" taking into account client perceptions, clinician perceptions, and outcome research.

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

2. Present the case against EMDR therapy.

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

72-4

1. In your own words, summarize the benefits of therapy.

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.

72-7

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?

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 "Therapy? HA! That mumbo-jumbo doesn't work!" Use your understanding of client's perspectives, therapists' perspectives, and outcome research to convince your friend that she is incorrect in her assertion.
2. After convincing your friend that therapy is not a bunch of junk, she asks you about alternative therapies such as EMDR and light exposure therapy. How do you address her question about the effectiveness of these two therapies?
3. If your friend does agree to see a therapist, explain her options when selecting between different types of mental health professionals.

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. A discussion of self-care through a healthy lifestyle and the importance of recognizing our biopsychosocial systems completes the module.

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

antipsychotic drugs

antianxiety drugs

antidepressant drugs

electroconvulsive therapy (ECT)

repetitive transcranial magnetic stimulation (rTMS)

psychosurgery

lobotomy

While You Read

Answer the following questions/prompts.

73-1

1. How has psychopharmacology revolutionized the field of psychological treatment?
2. Describe how double-blind procedures are used in experimentation (you learned this in Unit II).

3. Discuss the findings of double-blind studies on the effectiveness of drug therapies in treating psychological disorders.

4. Complete the following chart.

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

73-2

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?

73-3

1. Explain how changing lifestyle habits can have an impact on depression.
2. List the lifestyle factors that seem to promote healthy, well-adjusted minds and bodies. Which of these lifestyle factors do you embrace? Which can you improve upon?

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 treated with the use of an antidepressant?
 - a. depression
 - b. somatoform disorders
 - c. obsessive-compulsive disorder
 - d. posttraumatic stress disorder
 - e. anxiety

4. Which of the following accurately describes how Prozac works in the nervous system to relieve depression?
- a. It prevents the release of dopamine into the synapse.
 - b. It allows for the increased reuptake of dopamine from the synapse.
 - c. Prozac partially blocks the reuptake of serotonin from the synapse.
 - d. Prozac increased the speed of reuptake of serotonin and norepinephrine from the synapse.
 - e. It blocks acetylcholine from entering the synapse.
5. A patient undergoing _____ would experience a brief electrical current sent through their brain.
- a. ECT
 - b. rTMS
 - c. deep-brain stimulation
 - d. psychosurgery
 - e. 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

- Group therapy

- Use of drugs

- ECT



Before You Move On

Use the checklist below to verify your understanding of the unit's main points.

Can I describe the central characteristics of psychotherapeutic intervention?

Can I describe the major following treatment orientations used in therapy and how those orientations influence therapeutic planning?

Behavior

Cognitive

Humanistic

Can I compare and contrast the different treatment formats (e.g., individual, group)

Can I summarize the effectiveness of specific treatments used to address specific problems?

Can I discuss how cultural and ethnic context influence choice and success of treatment (factors that lead to premature termination of treatment)

Can I describe prevention strategies that build resilience and promote competence?

Can I identify major figures in psychological treatment?

Aaron Beck

Albert Ellis

Sigmund Freud

Mary Cover Jones

Carl Rogers

B. F. Skinner

Joseph Wolpe