

Psychological Therapies



Psychotherapy

- An interaction between a trained therapist and someone suffering from psychological difficulties.



Eclectic Approach

- The most popular form of therapy- it is basically a smorgasbord where the therapist combines techniques from different schools of psychology.



Psychoanalysis

- Freud's therapy.
- Freud used free association, hypnosis and dream interpretation to gain insight into the client's unconscious.



Psychoanalytic Methods

- Psychotherapists use their techniques to overcome **resistance** by the client.
- The psychoanalyst wants you to become aware of the resistance and together **interpret (ex. Latent content)** it's underlying meaning.

Transference

- In psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationships.



Humanistic Therapy

- Focuses on people's potential for self-fulfillment (self-actualization).
- Focus on the present and future (not the past).
- Focus on conscious thoughts (not unconscious ones).
 - Take responsibility for your actions- instead of blaming childhood anxieties.

Most widely used Humanistic technique is:

Client (Person) Centered Therapy

- Developed by Carl Rogers
- Therapist should use *genuineness*, *acceptance* and *empathy* to show **unconditional positive regard** towards their clients.



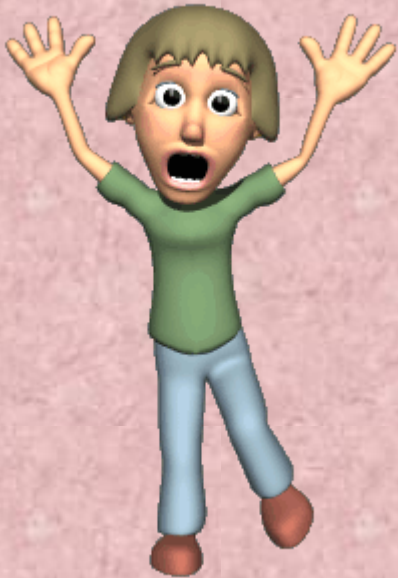
Active Listening

- Central to Roger's client-centered therapy
- Empathetic listening where the listener echoes, restates and clarifies.



Behavior Therapies

- Therapy that applies learning principles to the elimination of unwanted behaviors.



- The behaviors are the problems- so we must change the behaviors.

Classical Conditioning Techniques

Counterconditioning:

- A behavioral therapy that conditions new responses to stimuli that trigger unwanted behaviors.

Two Types:

Systematic Desensitization

- A type of counterconditioning that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli.

How would I use systematic desensitization to reduce my fear of old women?



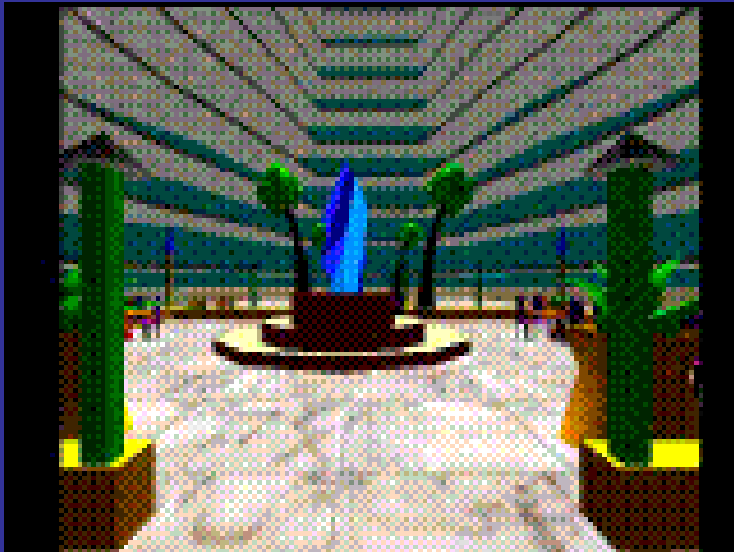
Systematic Desensitization

Progressive Relaxation

Exposure Therapy

Flooding

Virtual Technology Exposure Therapy



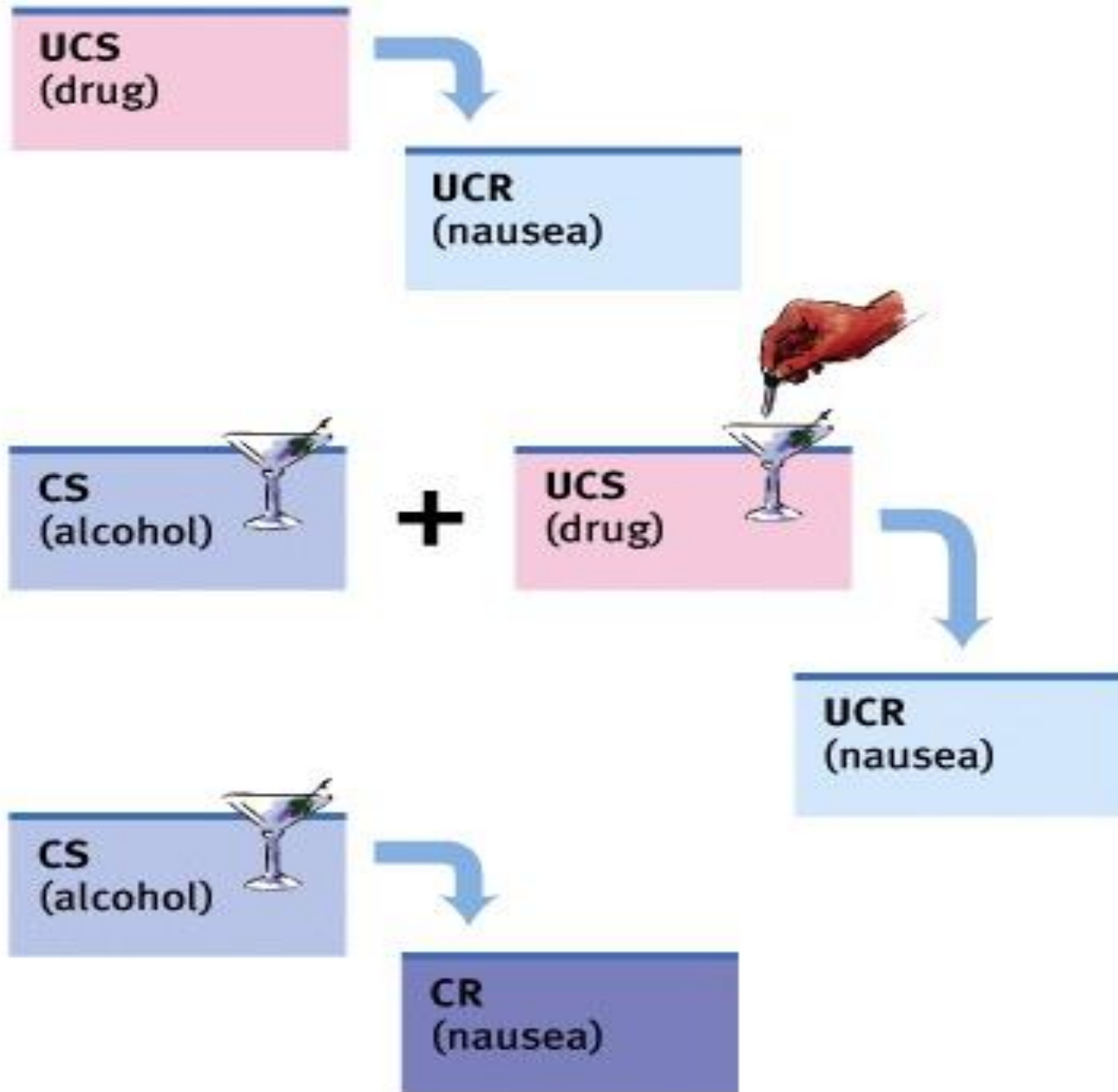
Aversive Conditioning

- A type of counterconditioning that associates an unpleasant state with an unwanted behavior.



How would putting poop on the fingernails of a nail biter effect their behavior?

Aversive Conditioning



Aversive Conditioning

What are some ways you can change the behaviors of your friends with aversive conditioning?

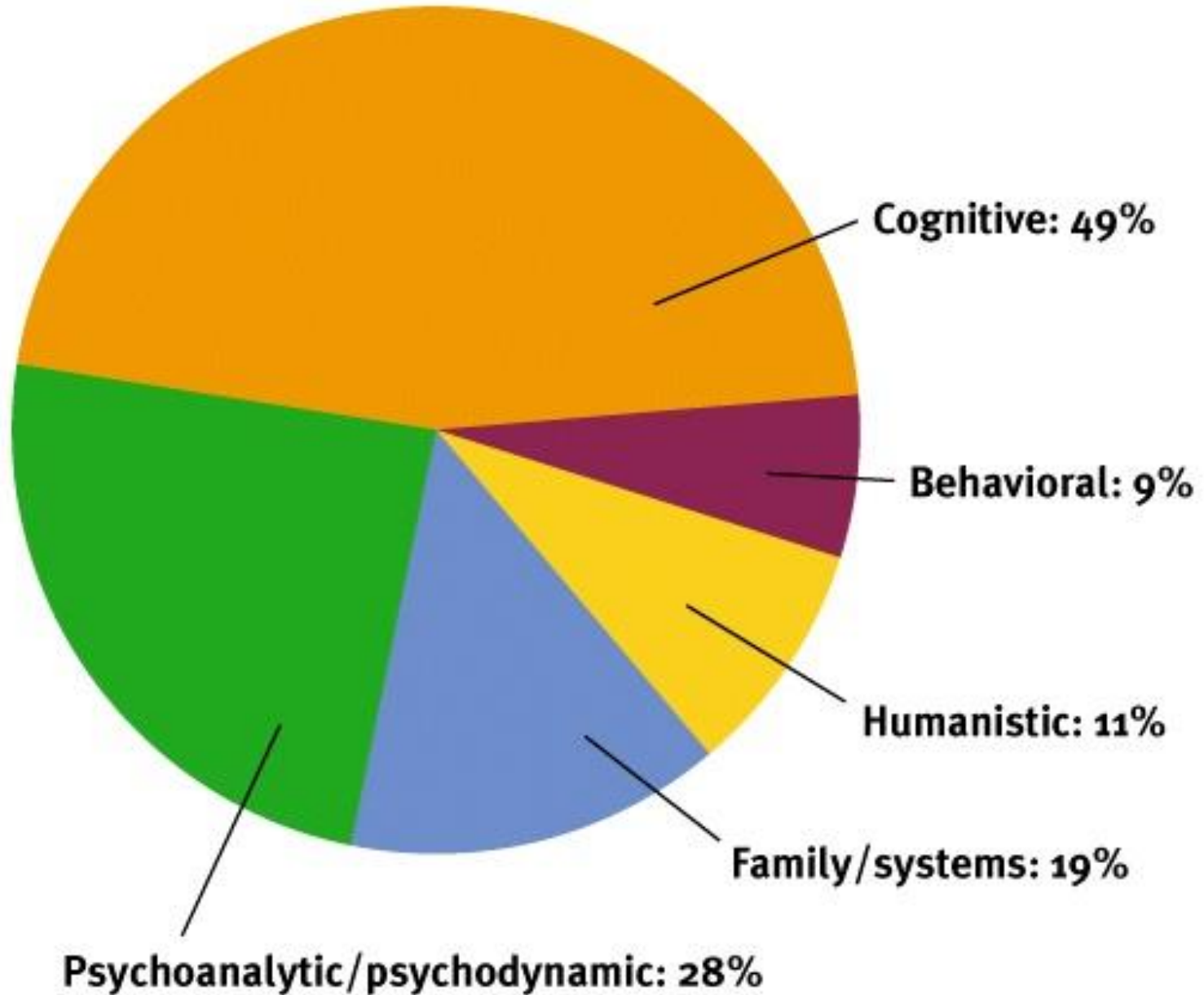
Operant Conditioning

Token Economy: an operant conditioning procedure that rewards a desired behavior.



A patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.

Cognitive Therapy



Cognitive Therapies

- A therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumptions that thoughts intervene between events and our emotional reactions.

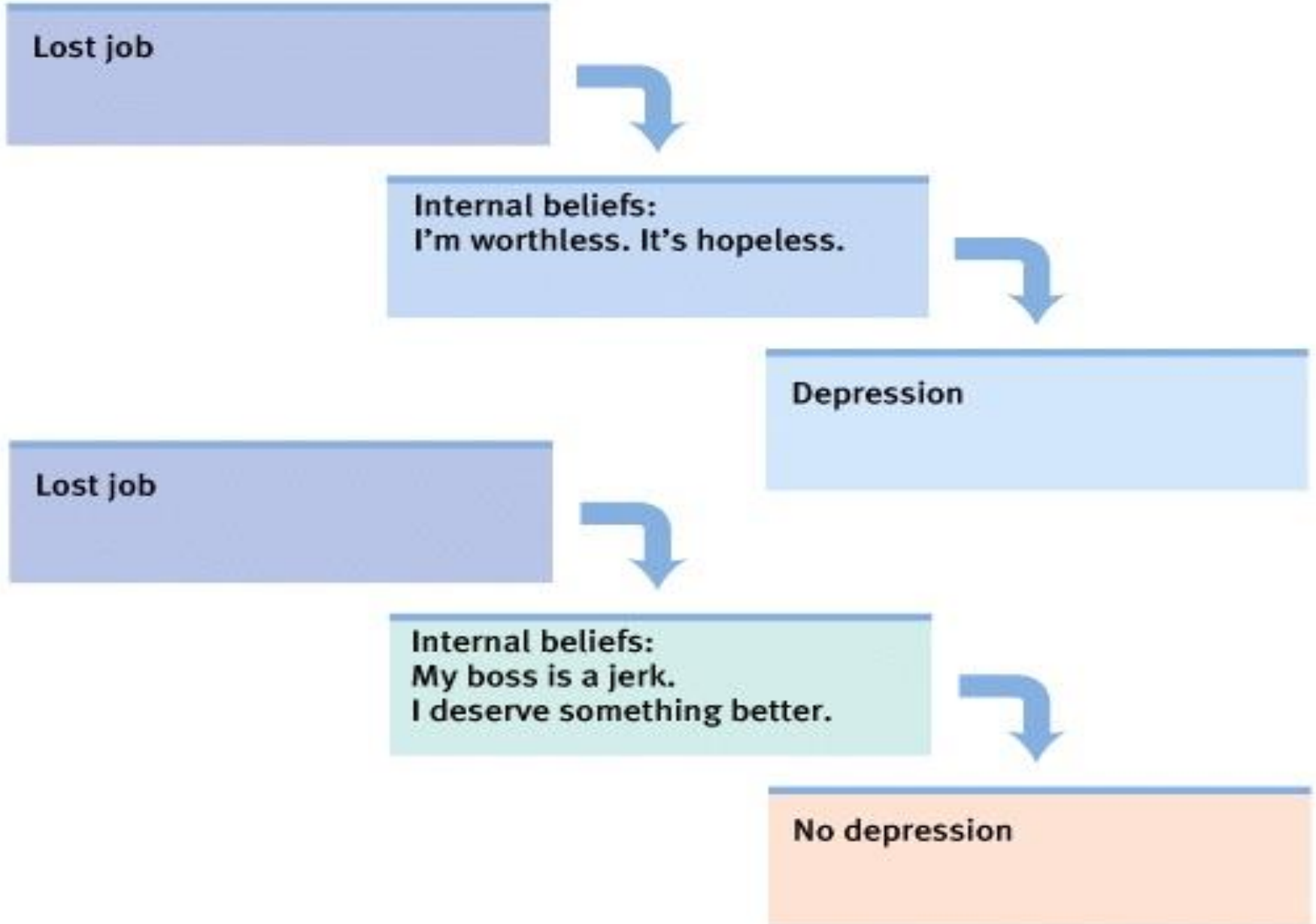
Cognitive Therapy

- Cognitive Therapists try to teach people new, more constructive ways of thinking.



Is .300 a good or bad batting average?

Cognitive Therapy

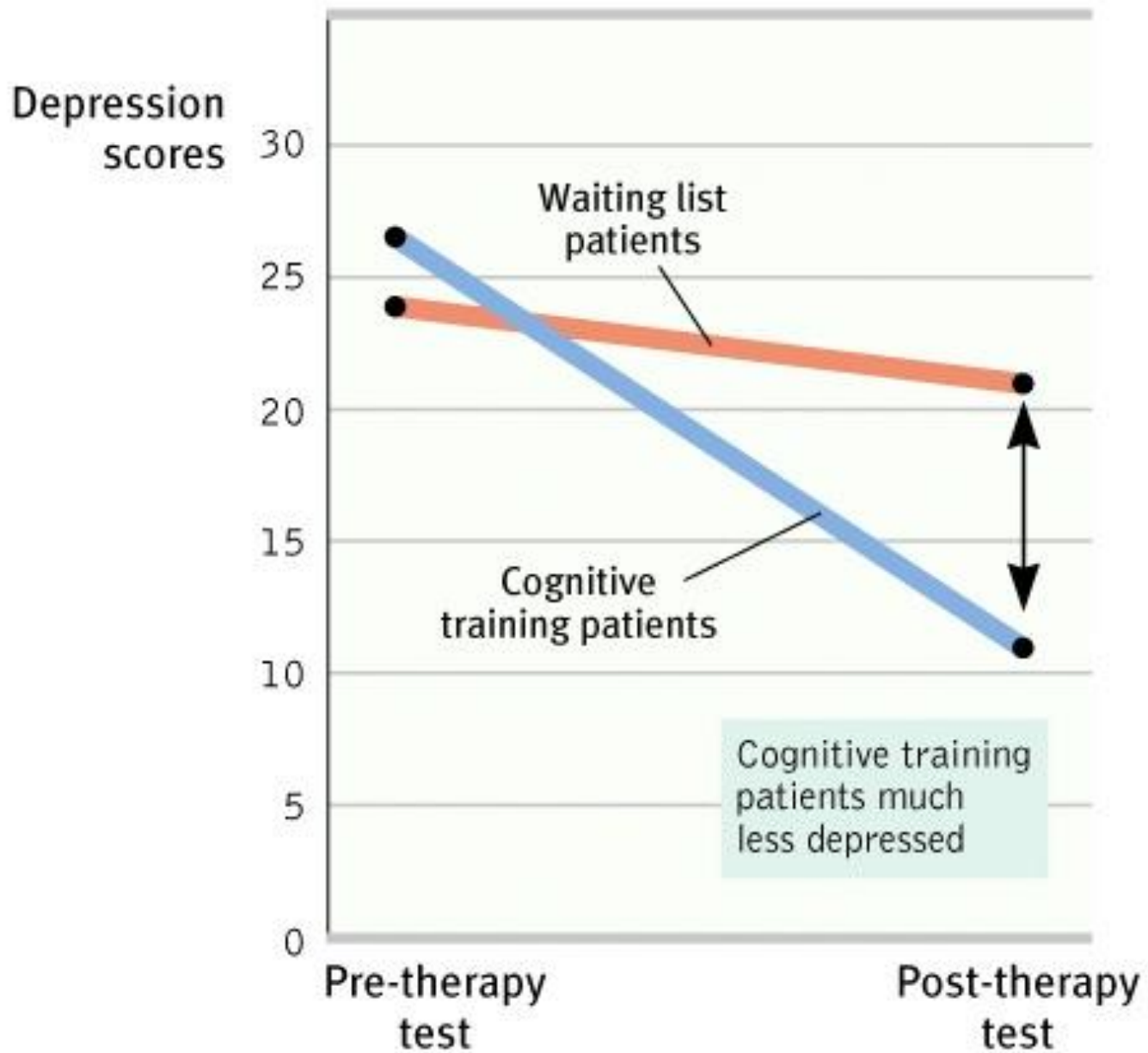


Aaron Beck and his view of Depression



- Noticed that depressed people were similar in the way they viewed the world.
- Used cognitive therapy get people to take off the "dark sunglasses" in which they view their surroundings

Cognitive Therapy- Does It Work?



Group Therapies

