

## THERAPIES

While Freud's \_\_\_\_\_ psychoanalysis, he is certainly best known for that form of psychotherapy. Freud demonstrated to the world that the knowledge being gained in psychology could be used in the \_\_\_\_\_ — psychoanalysis became psychotherapy. Prior to Freud's work, the treatment of mental illness took on a variety of often crude, dangerous, and unkind forms of \_\_\_\_\_.

Since the inception of psychoanalysis, psychotherapy has grown and progressed steadily. Today, one can find hundreds of references for different types of therapy for everything from *schizophrenia* to *seasonal affective disorder*. Fortunately, psychotherapy has become a much more \_\_\_\_\_ since the early days of exorcisms, mesmerism, and even psychoanalysis. New theoretical approaches and the discovery of effective therapeutic drugs have revolutionized the treatment of the mentally and emotionally ill. Yet, to this day, psychotherapy is a \_\_\_\_\_. Eysenck denounced the effectiveness of psychotherapy by suggesting that talking to a friend would better help people with emotional problems than would seeking professional psychotherapy. The mass media often reminds us of the dangers of \_\_\_\_\_ therapies, as former patients share their stories of \_\_\_\_\_. This often leads to the belief that psychotherapy can be a dangerous alternative to real medicine. Given this, many who could benefit from scientifically supported forms of psychotherapy refuse to \_\_\_\_\_.

Psychotherapies may be classified as individual, group, insight, action, directive, non-directive, or supportive, and combinations of these. Primitive and \_\_\_\_\_ approaches to mental illness have included trepanning and demonology. More humane treatment began in 1793 with the work of Philippe Pinel in Paris.

## Approaches to Psychological Treatment

<b>Dimension</b>	<b>Classical Psychoanalytic</b>	<b>Contemporary Psychodynamic</b>	<b>Phenomenological</b>	<b>Behavioral / Cognitive-Behavioral</b>
<b>Nature of the human being</b>	Driven by	Driven by the need for	Has	Is a product of  behaves on the basis of
<b>Therapist's role</b>	Neutral; helps client explore the meaning of  and other material from	Active; develops relationship with client as a model for	Facilitates  some therapists are  some are	Teacher / trainer who helps client   active, action-oriented
<b>Focus</b>	Emphasizes  from the distant past	Understanding the past, but focusing on	Here and now; focus on	Current behavior and thoughts; may not need to know
<b>Goals</b>	Psychosexual maturity through strengthening of	Correction of effects of failures of  developing of satisfying	Expanded fulfillment of  self-acceptance	Changes in thinking and behaving in  better
<b>Typical methods</b>	Free association; dream analysis; analysis of	Analysis of interpersonal relationships, including the	Reflection-oriented interviews designed to convey  empathy, and congruence; exercises to promote	Systematic desensitization, modeling;  positive reinforcement; extinction, aversive conditioning, punishment,

Freudian psychoanalysis seeks to release \_\_\_\_\_  
from the unconscious. Short-term psychodynamic therapy has largely replaced traditional psychoanalysis.

Client-centered (or person-centered) therapy is a \_\_\_\_\_  
dedicated to creating an atmosphere of growth. \_\_\_\_\_ focus on the meaning of life choices. \_\_\_\_\_ attempts to rebuild thinking, feeling, and acting into connected wholes.

Behavior therapists use \_\_\_\_\_ such as aversion therapy, systematic desensitization, operant shaping, extinction, and token economies.

Cognitive therapists attempt to change \_\_\_\_\_. In rational-emotive behavior therapy, clients learn to \_\_\_\_\_ their own irrational beliefs.

Group therapies, such as psychodrama and family therapy, may be based on individual therapy methods or special \_\_\_\_\_. Sensitivity groups, encounter groups, and large- group awareness trainings also try to promote constructive changes.

All psychotherapies offer a caring relationship, \_\_\_\_\_, a protected setting, catharsis, explanations for one's problems, a new perspective, and a chance to practice new behaviors.

Cognitive and behavioral techniques such as covert sensitization, thought stopping, covert reinforcement, and desensitization can \_\_\_\_\_.

In most communities, competent therapists can be located through public sources or by referrals.

### Some Empirically Supported Therapies

<b>Problem</b>	<b>Efficacious and Specific</b>	<b>Efficacious</b>	<b>Possibly Efficacious</b>
Major depressive disorder	Cognitive therapy	Behavior therapy; interpersonal therapy	Problem solving therapy for depression
Generalized anxiety disorder	Cognitive therapy	Applied relaxation (a form of desensitization)	
Social phobia	Exposure therapy, exposure plus cognitive restructuring		
Obsessive compulsive disorder	Exposure and response prevention		Cognitive therapy
Agoraphobia	Exposure therapy		
Panic disorder	Panic control therapy; cognitive therapy	Exposure therapy, applied relaxation	
Posttraumatic stress disorder	Exposure therapy		Stress inoculation training; eye movement desensitization and reprocessing
Schizophrenia			Social skills training
Alcohol abuse and dependence			Social skills training; exposure to drinking cues; cue exposure plus coping skills training
Substance dependence			Supportive-expressive therapy; cognitive therapy; behavior therapy (reinforcement)

It's amazing that some people will get to the point of \_\_\_\_\_ before they will ask for help. If you're moving toward the breaking point, don't be too proud or too cool to admit it. Seek the help you need to get past your \_\_\_\_\_. After all, counseling is only temporary — but your hair may not grow back in.

### QUIZ

1. Psychotherapy is any psychological technique used to facilitate ... changes in a person's personality, behavior, or adjustment.
2. More humane treatment of mental illnesses began in 1793 with the work of ... who created the first mental hospital in Paris.
3. Cognitive therapy emphasizes changing ... patterns that underlie emotional or behavioral problems.
4. The goals of cognitive therapy are to correct distorted thinking and / or to teach improved coping ... .
5. To alleviate personal problems, all psychotherapies offer a caring relationship and emotional ... in a protected environment.
6. Freud developed ... , the first formal psychotherapy.
  - a) behaviorism
  - b) client-centered therapy
  - c) psychoanalysis
  - d) interpersonal therapy
7. All of the following are basic techniques of psychoanalysis **except**:
  - a) desensitization
  - b) analysis of transference
  - c) dream analysis
  - d) free association
8. Helen begins to behave towards the analyst in the same way she used to towards a significant person from the past, The analyst would say that ... is taking place.
  - a) insight
  - b) transference
  - c) resistance
  - d) free association
9. What is meant by non-directive therapy?
  - a) The therapy is without any real focus.
  - b) The therapist receives as much from the therapy as the client.
  - c) The client determines the direction and focus of the therapy.**
  - d) The therapy is based on behaviors, not internal factors.

10. Check your spelling (a point for a letter omitted):

R.INFOR.EMENT  
DE.ENS.TI.ATION  
EFFI.A.IOUS

S..IZOP.R.NIA  
EXPO.URE  
C.UN.ELING

AG.RA..OBIA  
ENDE.VOR  
ANX..TY