

AP PSYCHOLOGY

UNIT PLAN: Treatment of Psychological Disorders (5-7% of the test)

VOCABULARY TERMS

I.) **Psychoanalysis/Psychodynamics** – Therapeutic technique in which theorists believe that unconscious conflicts are the source of a disorder. Therefore, the focus is on identifying the underlying causes.

- 1.) **Free Association** – client (often reclining on a couch) begins to speak about any thoughts that come to mind when asked about a dream, relationship, memory, etc.
- 2.) **Resistance** – an interruption or blocking during the free association session; viewed as a sign of anxiety producing thoughts
- 3.) **Interpretation of the Therapist** – as a trained professional, the therapist offers his or her views on the meanings of the free associations and resistance posed by the client
- 4.) **Transference** – strong positive or negative feelings of the client directed toward the therapist (attraction, hate, etc.). Provides insight into the relationship that the client has with others
- 5.) **Insight Therapy** – designed to give the client an insight into their conflicts, wishes, and behavior

II.) **Humanistic Therapies** – Focus on helping people to understand, accept themselves, and strive toward self-actualization. Focus is on the present, conscious thinking.

- 1.) **Client-centered Therapy** – developed by Carl Rogers – focus on the client's feelings rather than the interpretations of the therapist
- 2.) **Non-directive Therapy** – allowing the client to choose their own course of action or develop their own interpretations rather than steering a client toward the ideas of the therapist
- 3.) **Active Listening** – verbally “mirroring” the feelings of the client – ex. “What I hear you saying...”
- 4.) **Attitude/Qualities of a Therapist** – genuine, accepting and empathetic

III.) Gestalt Therapy – Goal is to have the individual first express their feelings, and then to take responsibility for them.

- 1.) **Ownership/Responsibility for actions** – client is encouraged to express their feelings verbally – ex. “I *won't* confront my boyfriend rather than I *can't* confront my boyfriend”
- 2.) **Role Playing/Acting out suppressed feelings** – simulations of situations to gain an understanding and sense of internalization of situations

IV.) Behavioral Therapy – Goal is to utilize the principles of learning in an effort to eliminate unwanted behaviors.

- 1.) **Counter-conditioning: Systematic Desensitization** - utilizes classical conditioning principles – pairing of a relaxed emotional state with a gradually increasing exposure to an anxiety-producing stimuli
- 2.) **Counter-conditioning: Aversive Conditioning** – association of an unpleasant state with an unwanted behavior
- 3.) **Behavior Modification (Operant Conditioning)** – using positive/negative reinforcement to change behaviors
- 4.) **Token Economy** – used in institutional settings, schools, etc. Clients receive a “token” (secondary reinforcer) for exhibiting desired behavior

V.) Cognitive Therapies – Goal is to teach clients more adaptive ways of thinking

- 1.) **Rational Emotional Behavior Therapy (REBT)** – vigorous challenge to the illogical and self-defeating attitude clients exhibit; idea that mistakes made are not the “end of the world” – utilizes reinforcing “homework”
- 2.) **Cognitive Therapy for Depression** – attempt to get depressed patients to reverse self-defeating attitudes – similar to REBT, but a “softer” version

VI.) Biological (Somatic) Approach – Proponents believe that psychological disorders are caused by biological factors – i.e. neurotransmitter or hormonal imbalance

- 1.) **Psychopharmacology** – therapeutic use of drugs

- Anxiety Disorders – Barbiturates, benzodiazepines – Xanax, Valium
 - Unipolar Depression – MAO inhibitors, serotonin reuptake inhibitors – Prozac, Zoloft
 - Bipolar Disorder – Lithium
 - Schizophrenia – Antipsychotics – Thorazine, Haldol
- 2.) **Electro Convulsive Therapy (ECT)** – electrical current administered to one (uni-lateral), or both hemispheres (bi-lateral). Effectively used to treat depression, but memory loss is a common side effect
 - 3.) **Psychosurgery** – purposeful destruction of part of the brain to change behavior – ex. Prefrontal Lobotomy, “Split-brain” operation

VII.) Group Therapies

- 1.) **Self-Help/Support Groups** – without a therapist, clients gain insight through feedback and shared experiences with others suffering from similar difficulties – ex. Alcoholics Anonymous
- 2.) **Family Therapy** – therapist focuses on the familial environment of clients – entire family is involved in treatment

