

1. Read page 539. Describe the story of **Philippe Pinel**. How did this man change people's attitudes toward mental illness?

- Phillippe Pinel was in charge of a hospital for the mentally insane in the 1700s
- he came in and "freed" all of the patients – during those times, patients were often chained to the wall and treated like prisoners
- after he released them, many of the mental patients actually began to improve
- however, the townspeople blamed Pinel for the outbreak of cholera (they claimed he somehow poisoned the water supply) and an angry, vigilante mob tried to kill him
- in a twist of fate (or maybe it's Karma?), Pinel was rescued by some of the people he had freed
- Pinel tried to shed light on mental illness – it is not evil or bad, the people are simply "ill"

2. Differentiate between the following mental health workers.

Counseling psychologists –

- deal with people who don't necessarily have formal classifications of a mental illness
- often deal with family, marital issues

Clinical psychologists –

- must have a Master's degree to call yourself a "psychologist" in Alberta
- deal with people who have some mental disorder classification – but can't prescribe meds
- for example: anxiety, phobias, OCD, stress, social issues

Psychiatrists –

- have a medical degree (M.D.)
- typically work in a hospital setting
- can and often do prescribe meds
- for example: schizophrenia, bipolar, depression, etc.

Psychiatric social workers –

- have advanced degrees in social work
- they help patients find jobs/housing – help make transition into society

Psychiatric nurses –

- registered nurses (R.N) with special training in psychiatric medicine
- mainly work in hospitals

3. What are the top 3 reasons why people consult a therapist? (your thoughts on this)

1. _____

2. _____

3. _____

4. What does “therapy” mean? What does it involve?

- an attempt to relieve problems of the mind (“psyche”)
- looking at troubles from the past, talking through problems, getting past “self-blame”, moving forward with a new outlook
- one of the major goals of therapy is to allow the person to have control over his/her life back

Types of treatment

Generally, the type of treatment is centered around the type of psychology used to explain or understand the disorder. For example, if a phobia to spiders is explained using a behaviourist model (ie – a negative experience with spiders leading to an association of negative feelings towards spiders), then a behaviourist therapy is generally sought out. In this case, positive reinforcement would be used to try to extinguish the negative emotions and anxiety when around spiders. Eventually, the client would associate positive experiences and emotions with spiders and would no longer have the extreme and irrational fear.

Psychoanalytic Therapy

Review – what is **psychoanalysis**? Analysis of the “psych” or mind.

- looking at the unconscious through free association, hypnosis – trying to bring unconscious conflict to the surface so that it can be analyzed and dealt with.

Which famous psychologist is most often associated with psychoanalysis? Freud

What does this type of treatment primarily focus on? guilt and anxiety – main issue

How do psychoanalytic psychologists explain mental disorders in general?

- we all have strong inner conflicts (sexual and aggressive desires we are constantly suppressing)
- we feel guilty if these desires “break loose” – the guilt leads to anxiety

What are some of the techniques that Psychoanalytic therapy uses? Describe 2 and provide examples.

1. Free association – patient says whatever comes into their head
 - the idea is, the longer a patient talks, the more info from the unconscious and therefore inner conflicts can be explored/dealt with safely and effectively.
2. Transference – the patient transfers their anger onto the psychologist who is emotionally neutral

Read “A Case of Transference” (page 543)

The person being analyzed (the patient) transfers their anger to the therapist. How does the analyst respond to the anger?

- the therapist ignores the anger at first and then draws attention to it – asks if the anger reminds the patient of anything
- then the therapist encourages transference – which, usually once the patient realizes the anger does not do any good, it diffuses.

What will probably happen to the anger as a result?

- the anger will most likely diffuse or subside

Humanistic Therapy

Think back to the Humanistic Theory of personality. How is the Humanistic Theory different from Psychoanalysis?

- humanistic focuses on the power within the individual and the ability to set their own course in life and determine their own fate

What is the primary focus of the Humanistic Theory?

- people are inherently good and the focus is on the patient being good and getting back on track

Another term for Humanistic Therapy is “person-centered therapy”. What does this new term imply?

- the patient and therapist are on the same level – the therapist is not “above” the patient – they are equals – just having a conversation

Carl Rogers (the founder of Humanistic Psychology) is known for an approach called “nondirective therapy”. Describe this term.

- the therapist does not prod or push people but instead, let them decide for themselves how the direction/therapy is taking
- the session is generally patient-led

Describe one advantage and one disadvantage of Humanistic Therapy.

Advantage – the patient is really helping themselves – they are more likely to get better and stay better – less likely to regress

Disadvantage – humanism is quite vague – sometimes it is hard to see how the therapist is really “helping”

What does “**unconditional positive regard**” mean? Why is this important in therapy?

- a patient’s thoughts, feelings, hopes and desires are accepted for what they are – they are not judged

- everyone is inherently good – the patient must feel safe, free to talk, open.

ACTIVITY: Describe a fictional (based on a true story?) personal problem. Write out your “problem” in detail. Next, using your story/problem as a reference, choose a partner to be your “therapist”. Converse with your therapist about your problem. The therapy can be Psychoanalytical (use transference) or Humanistic (unconditional positive regard). The goal of the therapist is to get the deep issue or concern out into the open in a safe, caring and non-threatening environment. Anger diffusion is also important, as an upset and angry patient may become irrational and may not listen to either themselves or their therapist as well.

Behavioural Therapy

What do behavioural psychologists believe about the nature of abnormal behaviour?

- abnormal behaviour is the result of unacceptable behaviours that are generally learned over a period of years
- behaviour psychologists believe the environment plays a large role in shaping and determining behaviours

Types of Behavioural Therapy

Describe, in detail and give an example for the following types of behavioural therapy:

- **Systematic desensitization –**

- the therapist starts at a low anxiety level and then step-by-step exposes the patient to increasing anxiety-triggering events – but each time, the steps are associated with relaxation and safety.

- **EXAMPLE: Treating phobias**

1. Talk about snakes
2. Show a picture of snakes
3. Show a movie (snakes moving) of snakes
4. Expose to a snake in a cage (can't get out)
5. Open the cage
6. Reach in and touch the snake if possible

- **Aversive conditioning –**

- the therapist makes certain that the act becomes so unpleasant that it will be avoided in the future

- **EXAMPLE: Treating alcoholics**

- take a medication while drinking alcohol – the medication makes the patient sick and then the patient associates the alcohol with nausea – and therefore are less likely to drink again
- using electroconvulsive shock therapy – ie used for the malnourished boy to redirect food in small intestine

- **Token Economy** – a buying system where people get awarded tokens (poker chips, paper, tokens, etc – can be used for extra treats, day passes, etc – very effective for admitted patients (ie – patients in eating disorder clinic etc)
- **EXAMPLE:**
 - patients in mental wards of hospitals can get extra privileges – very effective for treating anorexia/bulimia

What is a major drawback of straight **behavioural therapy**?

- behavioural therapy ignores the complex mental processing and treats the behaviour in a very simplistic way – ie just a response from the environment – but it is important to also acknowledge the complex cognitive processing as well

Cognitive Behavioural Therapy

The leading psychologist in this area was Albert Ellis.

The principle behind cognitive behavioural therapy is:

- actively working on a patient's thought processes and having him/her change actions and emotional responses – ie turning negative thoughts into positive and more productive ones

What is **rational-emotive therapy (RET)**?

- a specialized type of treatment that focuses on getting emotions under control by using reason and rational inner statements.

You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it.

Albert Ellis

Rational beliefs bring us closer to getting good results in the real world.

Albert Ellis

There are three musts that hold us back: I must do well. You must treat me well. And the world must be easy.

Albert Ellis

There's no evidence whatsoever that men are more rational than women. Both sexes seem to be equally irrational.

Albert Ellis

Self-esteem is the greatest sickness known to man or woman because it's conditional.

Albert Ellis

Albert Ellis believed that we go through life filling our heads with internalized sentences – which tend to self-degrade and leave us feeling worthless. He believed that we could change the sentences inside our heads so that they were less *irrational* (“I’m doomed, I’m no good, I’m useless, etc) and more *rational* (“I made a mistake, but I can do better”, “that was a bad decision, and I need to correct it”).

Read the patient-therapist exchange on page 550. How is this exchange different from a Humanistic therapy approach?

Copy out the chart “Major Psychological Approaches to Therapy” on page 551. It will serve as a concise summary of the various therapies discussed so far.

TYPE OF THERAPY	MAIN GOAL OF THERAPY	HOW GOAL IS ACHIEVED	MAIN TECHNIQUE(S)	THERAPIST CHARACTERISTICS
PSYCHO-ANALYSIS				
HUMANISTIC				
BEHAVIORAL				
COGNITIVE BEHAVIORAL				

BIOMEDICAL THERAPIES

Biomedical therapies - involve medical intervention to relieve psychological symptoms

1. **DRUG THERAPY**

Most commonly prescribed drugs for psychological disorders:

1. _____
2. _____
3. _____

What do the psychological drugs generally do?

For example: schizophrenia - prescribed Haldol - why?

Depression - prescribed anti-depressants - what do they do?

Anxiety - prescribed anti-anxiety medication - what does it do?

What are some of the **advantages** of psychological drugs?

What are some of the **disadvantages** of psychological drugs?

2. ELECTROCONVULSIVE THERAPY

What is electroconvulsive therapy?

How does this help a patient with a psychological disorder?

Electroconvulsive therapy is still used today - and has been shown to be successful in treating certain types of psychological illness (particularly severe depression), however it is still controversial. The patient often fears the treatment itself (eg - Lisa getting routine ECT shocks in Girl Interrupted)

This treatment is rarely used in cases of schizophrenia - as the patient already often has paranoia (fear that the psychiatrist is "out to get them")

Also - it resembles a very primitive form of treatment that was used back in the 1700s. Before Pinel, patients were imprisoned in mental institutions - often in very barbaric and inhumane conditions. One of the treatments used was the "snake pit". Patients who were depressed or acting strangely (it was believed at the time that it was all "just in their heads" and that they could control these behaviours) were thrown in a pit that contained dozens of non-poisonous snakes. Patients were left in the snake pit until they stopped acting strangely or "snapped out" of their depression. Because many psychotic patients have periods where the symptoms disappear, the mental institute personnel believed that their "treatments" were working. They continued these practices until Phillip Pinel's emancipation of the patients.

3. PSYCHOSURGERY

The most common type of psychosurgery is a _____.

Which part of the brain is being affected? _____.

What does this part of the brain typically do? _____

What is a major disadvantage of psychosurgery? _____

PSYCH 30

GROUP THERAPY

What is the purpose/advantage of group therapy over individual therapy?

1. can treat more than one person at a time – therefore cheaper and more efficient for both patient and therapist
2. people can share their feelings about their problems with others and realize that they are not alone – companionship can be a successful tool to help overcome problems such as grief and addictions

How does **group therapy** work?

- the patients and therapist all sit in a circle
- they talk about their individual problems, but also offer suggestions and thoughts for each other
- the therapist maintains a positive, constructive, structured environment for patients to both speak and listen
- it encourages social skills, as the therapist often “teaches” proper etiquette in terms of treatment and respect of others
- the therapist’s role in this situation is to allow patients to bring forward their thoughts, feelings and concerns in a safe, caring and supportive environment
- most patients find this method less intimidating than a strict one-on-one with the therapist – they can just sit and listen to everyone else at first if they choose to

What is **encounter therapy**?

- “normal” people are brought together to share sensitivities and problems
- people are encouraged to share deep parts of their personality and get in touch with their “inner self”
- some people find this activity difficult – often people construct “walls” and don’t like to reveal personal information
- generally, the more “personal” a group can get with each other, the better they can work together, as they can appreciate the complexities of the other people in that particular group

What do all of the therapies discussed so far have in common?

1. They are all designed to help the person resolve conflicts and problems and take on a more positive outlook towards life
2. The therapist usually has some sort of relationship with the patient – this allows for the trust the patient needs in order to feel comfortable discussing their problems
3. there is the anticipation of some kind of positive change

Can people get better without therapy? What is the success rate?

Yes, but it is difficult. The success rate is low, generally because the person hasn’t necessarily changed their behaviour/way of thinking – so old habits resurface

- *the success rate with a therapist is much higher – usually because the problem is dealt with more thoroughly, and with effective strategies*
- *also, many people are actually in denial and do not realize the extent of their problems*
- *a therapist often must illuminate*

