

Journal

Summarize any symptoms of schizophrenia you saw yesterday in Dr. John Nash during “A Beautiful Mind.”

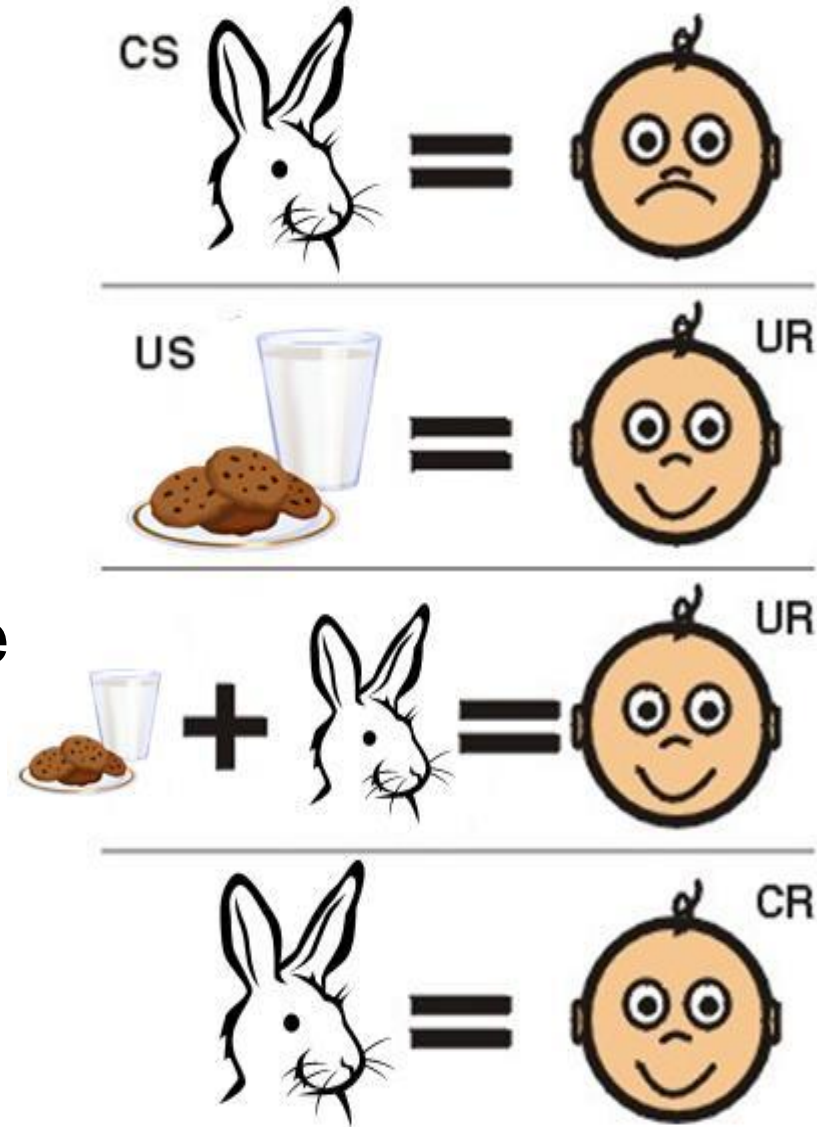
Therapy

- It used to be that if someone exhibited abnormal behavior, they were institutionalized.
- Because of new drugs and better therapy, the U.S. went to a policy of **deinstitutionalization**.



Behavioral Therapies

Counterconditioning: a behavior therapy procedure that uses classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors; includes exposure therapies and aversive conditioning

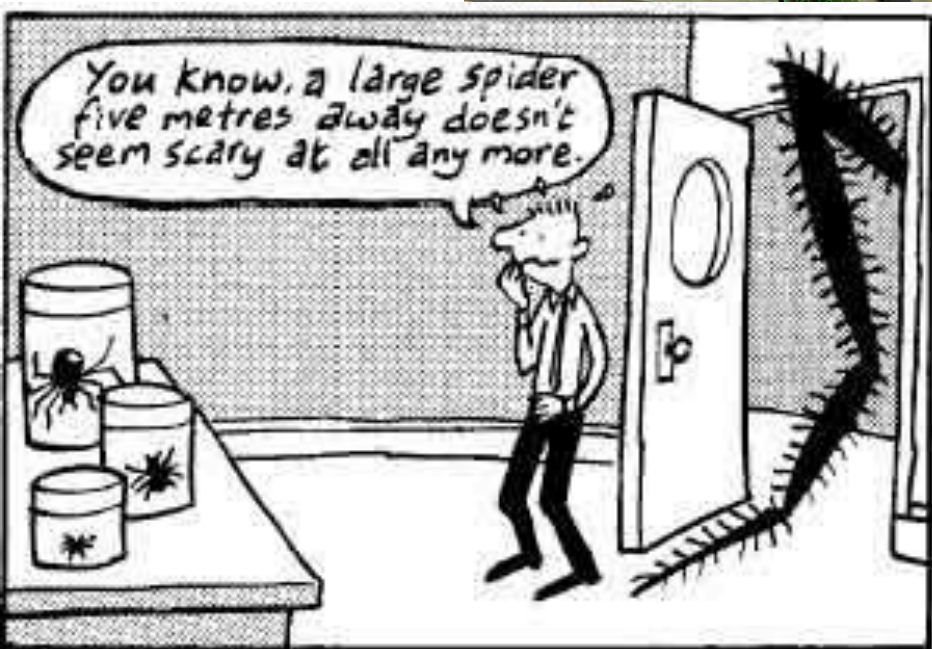


Behavioral Therapies: Counterconditioning/Exposure Therapy



Virtual Reality Exposure Therapy: exposes people to simulations of their fear

Systematic Desensitization: a type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-arousing stimuli; commonly used to treat phobias



Behavioral Therapies: Counterconditioning/Exposure Therapy

- **Step 1**: Learn relaxation techniques
- **Step 2**: Create a hierarchy of what you fear
- **Step 3**: Engage each level of the hierarchy while using relaxation techniques

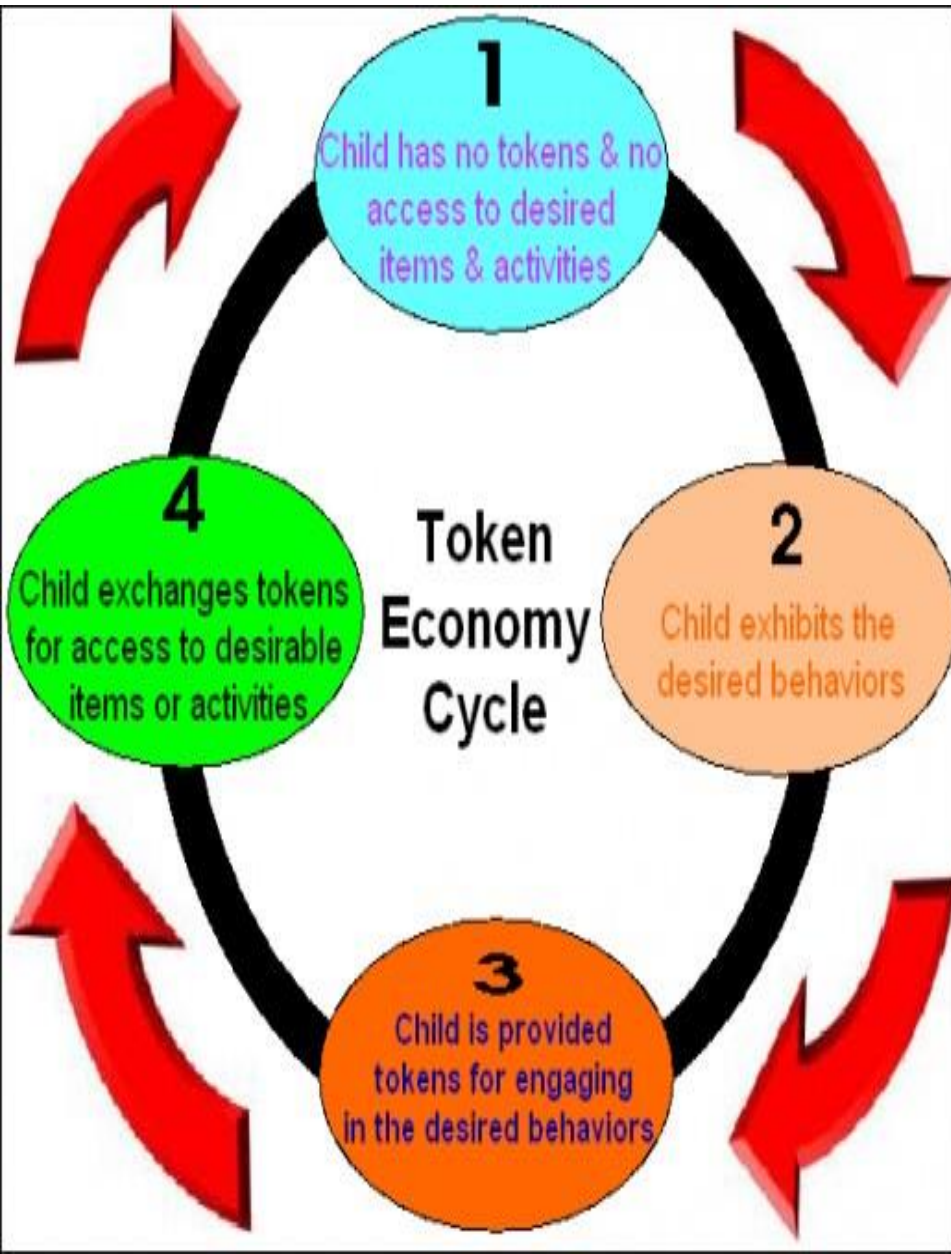
Behavior	Fear rating
Think about a spider.	10
Look at a photo of a spider.	25
Look at a real spider in a closed box.	50
Hold the box with the spider.	60
Let a spider crawl on your desk.	70
Let a spider crawl on your shoe.	80
Let a spider crawl on your pants leg.	90
Let a spider crawl on your sleeve.	95
Let a spider crawl on your bare arm.	100

Behavioral Therapies: Counterconditioning



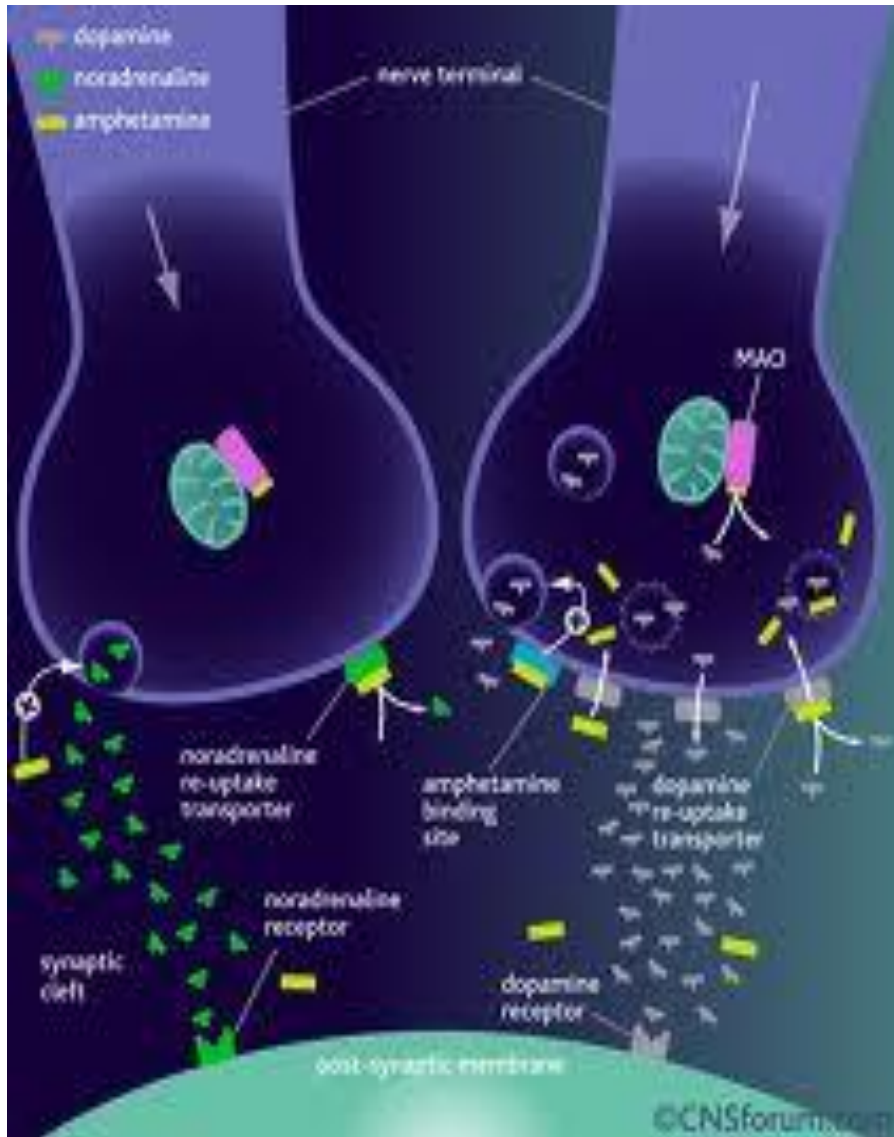
Aversive Conditioning: a type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol)

Behavioral Therapies



Token Economy: an operant conditioning procedure in which people earn a token of some sort for exhibiting a desired behavior and can later exchange the tokens for various privileges or treat

Biomedical Therapy



- Physically changing the brain's functioning by altering its chemistry with drugs, shocks, impulses, or psychosurgery
- Psychopharmacology: the study of the effects of drugs on the mind and behavior

Psychopharmacology



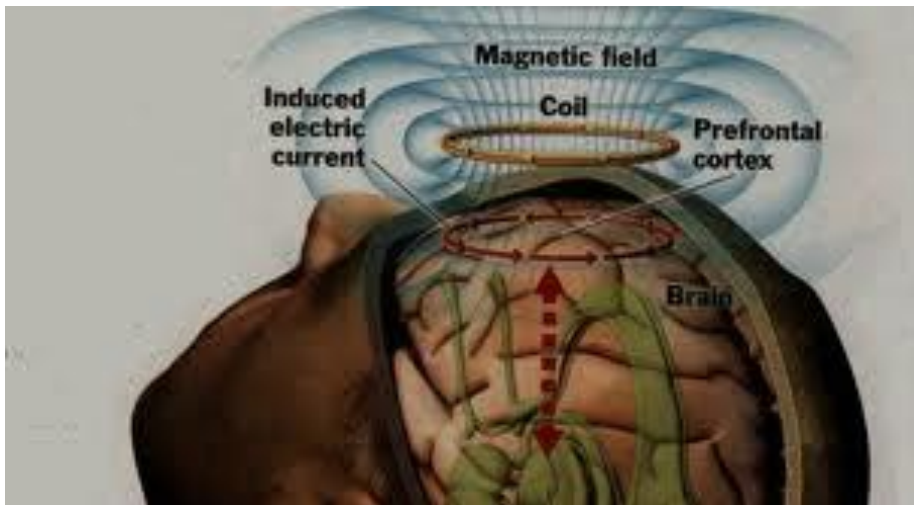
- Antipsychotic drugs: drugs used to treat schizophrenia
 - Side effect is tardive dyskinesia, involuntary movement of the facial muscles, tongue, and limbs
- Antianxiety drugs used to control anxiety
- Antidepressants work by altering the availability of serotonin and norepinephrine
- Lithium can be used to treat Bipolar Disorder (works in about 7 out of 10 patients)



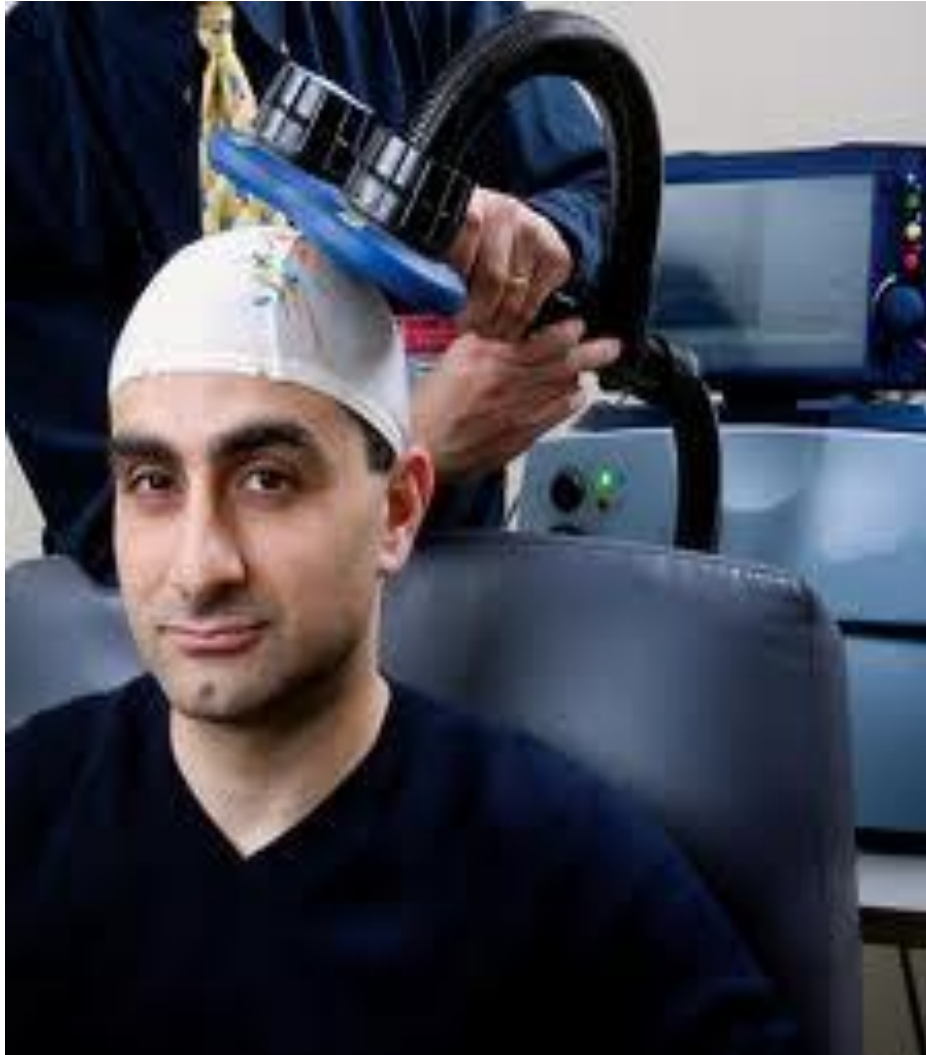
Biomedical Therapy



- Electroconvulsive Therapy (ECT): a biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient

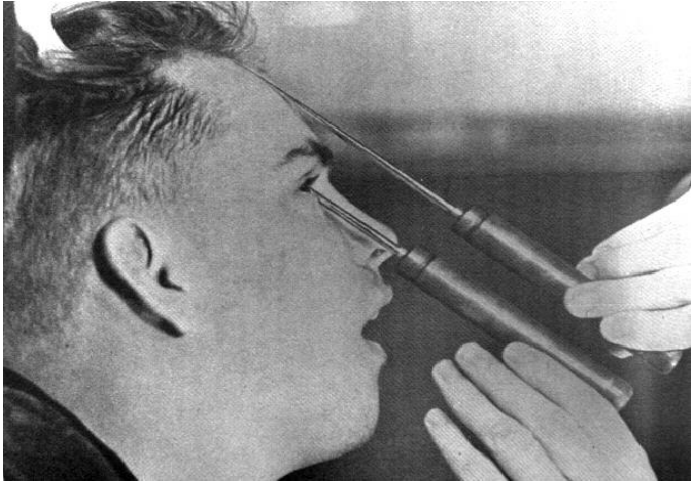


Biomedical Therapy



- Repetitive Transcranial Magnetic Stimulation: the application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity

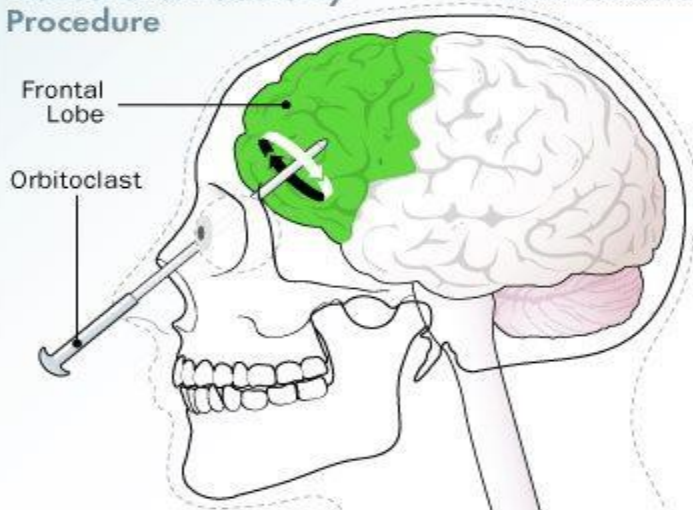
Biomedical Therapy



- **Psychosurgery**: surgery that removes or destroys brain tissue in an effort to change behavior
 - **Lobotomy**: a now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients; the procedure cuts the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain

Transorbital Lobotomy Procedure

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Cognitive Therapy

- Change the way we view the world (change our schemas)
- Based on work by Aaron Beck and Albert Ellis



Lost job

Internal beliefs:
I'm worthless. It's hopeless.

Depression

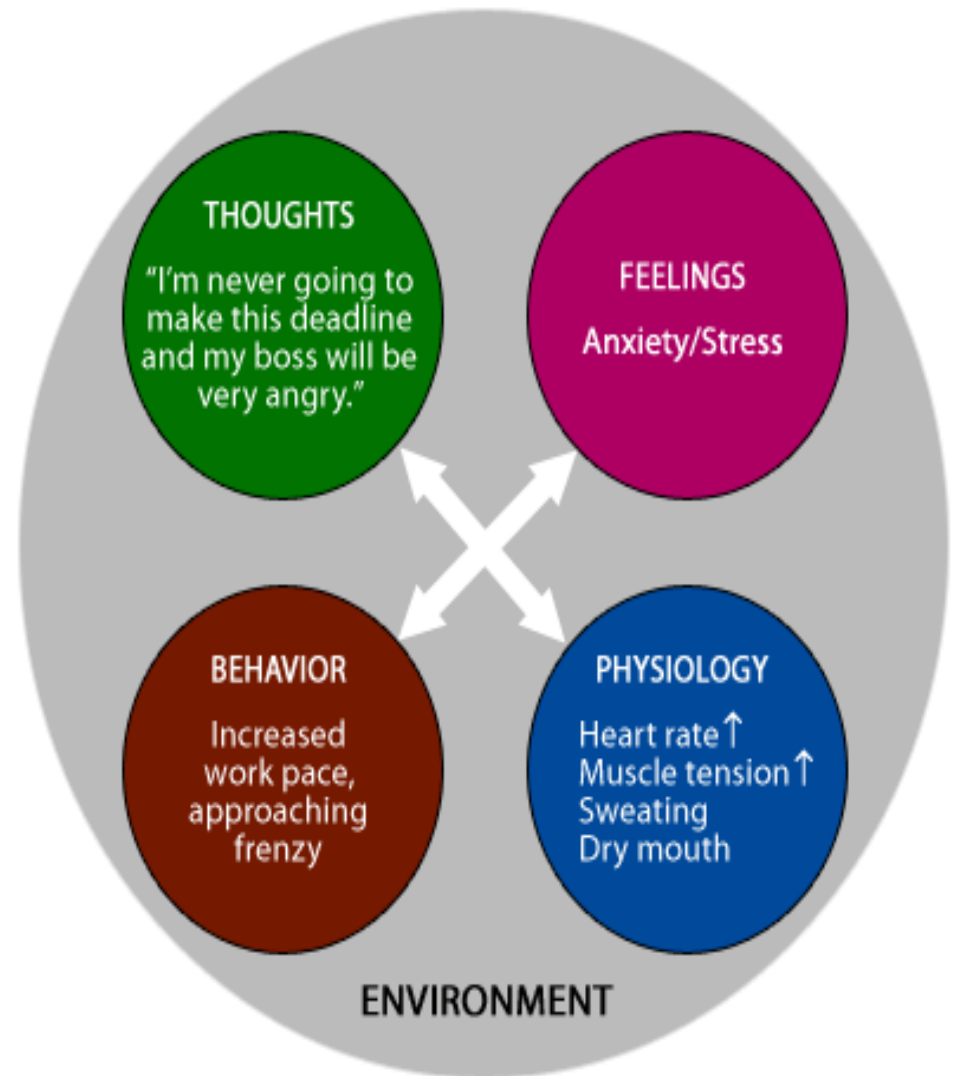
Lost job

Internal beliefs:
My boss is a jerk.
I deserve something better.

No depression

Cognitive Therapy

- Cognitive-Behavior Therapy: a popular integrated therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)



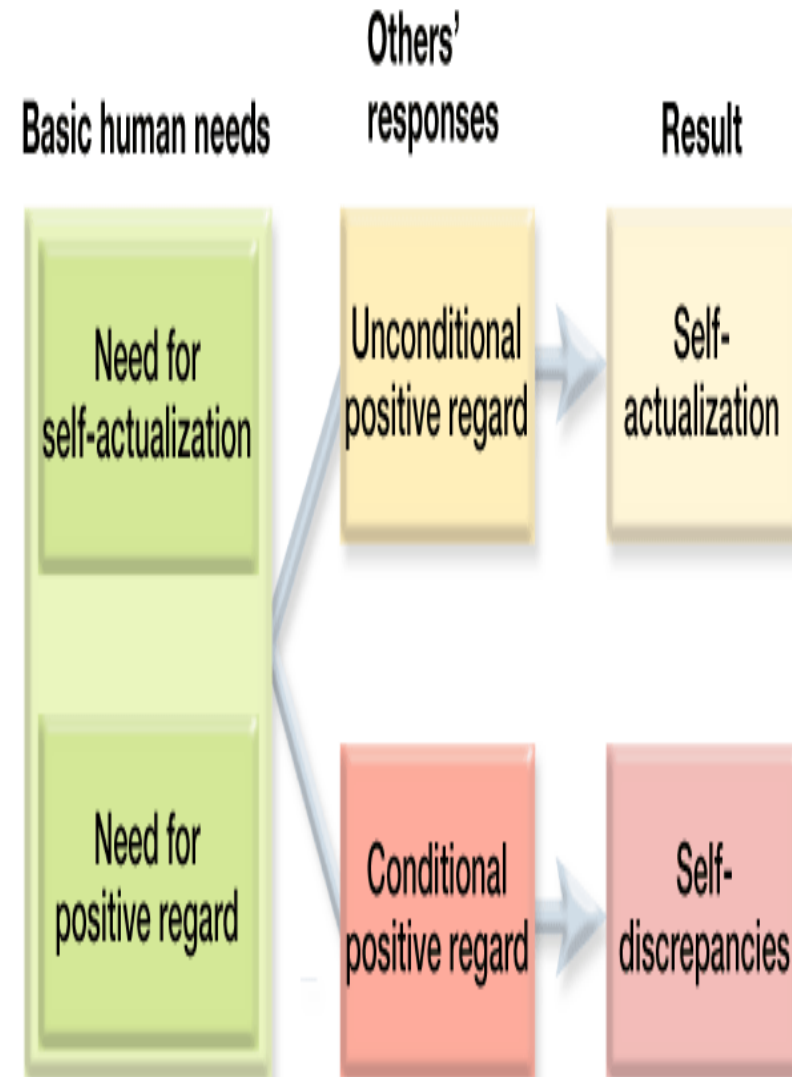
Group and Family Therapy



- Family Therapy: therapy that treats the family as a system; views an individual's unwanted behaviors as influenced by, or directed at, other family members
- AA is a great example of group therapy!

Humanistic Therapy

- Insight Therapy: a therapy which aims to improve psychological functioning by increasing the client's awareness of underlying motives and defenses
- Client-Centered Therapy by Carl Rogers
 - Utilizes active listening: empathic listening in which the listener echoes, restates, and clarifies while incorporating unconditional positive regard



Psychoanalytic Therapy



- Psychoanalysis (manifest and latent content through hypnosis, free association, dream interpretation, recovering repressed content, etc.).
 - Interpretation: the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight
 - Resistance: the blocking from consciousness of anxiety-laden material
 - Transference: the patient's transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent)