

History of Mental Illness Treatment

Philippe Pinel in France and Dorothea Dix in America founded humane movements to care for the mentally sick.



Point to Consider:

"Patient":

Biomedical / psychoanalytic

"Client": Other therapists

Philippe Pinel (1745-1826) Dorothea Dix (1745-1826)

Psychotherapy

- An interaction between a trained therapist and someone suffering from psychological difficulties.
- Treatment of mental illness by psychological rather than medical means.



Types of Psychotherapies

- Psychoanalytic
- Humanistic
- Behavioral
- Cognitive

"Insight Therapy"

Types of Therapists

- Psychiatrists - Medical doctor + PhD / prescribes meds
- Clinical psychologists - tend to work with more "serious" conditions and patients (PH.D.)
- Counseling psychologist - tend to work with more healthier, less pathological populations, and conduct more career and vocational assessments. (M.A./PhD.)

Insight Therapies

Assumes that a person's behavior, thoughts, and emotions become disordered as a result of the individual's lack of understanding as to what motivates him or her, such as unresolved old conflicts or beliefs.



Goal: Help individual discover the reasons and motivation for their behavior, feelings, and thinking so that they may make appropriate changes and thus improve their mental health.

Psychoanalysis

A set of techniques for releasing the tension of repression and resolving unconscious inner conflicts.



- Freud's therapy
- Couch sitting (lying down)
- Goal: "Make the unconscious conscious"

How?

- Dreams: talk about the *Latent Content*.
- Resistance: When patient seems reluctant to speak about certain subjects (editing oneself).
- Freud initially used hypnosis, but then believed it was unnecessary....

Psychoanalysis as portrayed in Mad Men



Transference

- In psychoanalysis, the patient projected feelings upon the analyst based on emotions linked with past relationships. (primarily childhood relationships.)



Psychoanalysis: Points of interest

- Patient attends treatment 4-5 x a week!!
- Analysts look for & records repetitions of behavior (unconscious)
- Therapist says little (then interprets at the end of session)

Psychoanalysis: Criticisms

1. Psychoanalysis is hard to refute because it cannot be proven or disproven.
2. Psychoanalysis takes a long time and is very expensive and is not covered by ins.

Psychodynamic Therapy



- Less intensive, modern version of psychoanalysis
 - Fewer sessions per week and fewer years
 - Less theory about sex, id, and superego
- The goal of a psychodynamic therapist is to enable insight by looking for common, reoccurring themes, especially in relationships.
- In addition to insight, therapists suggest changes in patterns of thinking and relating to others.

Interpersonal Therapy



- A further extension of psychoanalysis
- The goal is less focused on insight, and more on relational behavior change and symptom relief.
- The focus is less on the past, and more on current feelings and relationships including the interaction with the therapist.

CASE STUDY - Anna

A 34-year-old married professional.

Five months after receiving a promotion, with accompanying increased responsibilities and longer hours, Anna experienced increased tensions with her husband over his wish for a 2nd child. She began feeling depressed, had trouble sleeping, became irritable and gained weight.

Psychodynamic approach

- would look to help Anna gain insight into her angry impulses and her defenses against anger.

Interpersonal Therapist -

Also wanted Anna to gain these insights, but also engaged her thinking on more immediate issues, such as how to balance work and home, resolve the dispute with her husband, and express her emotions.

Humanistic Therapy

General philosophy: "At their core, people are good. If people can learn to accept themselves as they are, then they can grow into their full potential."

- 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

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

Nondirective:
Therapist allows the *client* to direct the session rather than directing it herself.



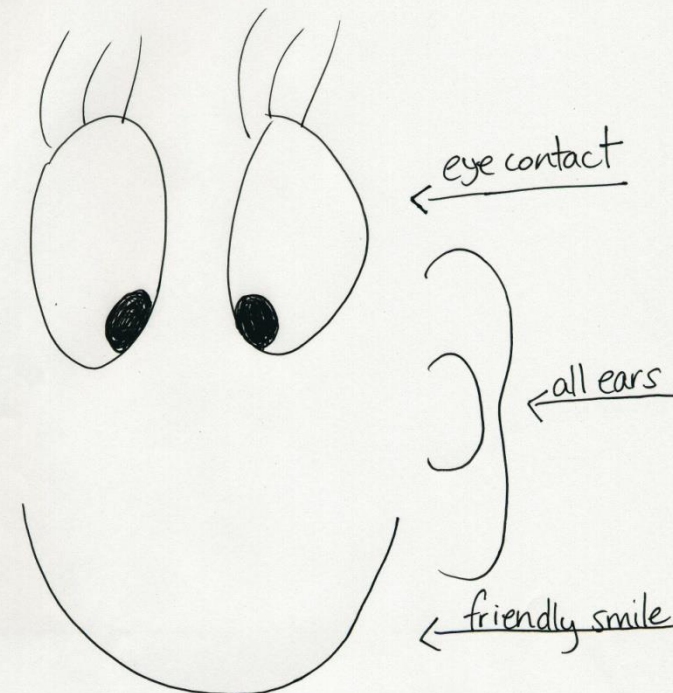
Carl Rogers - Client Centered Therapy



Active Listening (Mirroring)

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

ACTIVE LISTENING



◦ Basic body language: Yes /No / I don't know.

◦ Keep the conversation going or the story going.

◦ Show surprise or ask a question.

◦ Comment: ① during
② at the end

◦ Repeat the last word or keyword that you hear.

Style of the Client-Centered Therapist

Being non-directive

Let insight and goals come from the client, rather than dictating interpretations.

Being genuine

Be yourself and be truthful; don't put on a therapist façade.

Being accepting and showing unconditional positive regard

Help the client learn to accept themselves despite any weaknesses.

Being empathetic

Demonstrate careful attention to the clients' feelings, partly by reflecting what you hear the client saying.

Showing Empathy Through Active Listening

Client-centered therapists show that they are tuning in to clients' feelings and meanings.

1. Summarize, paraphrase

"So your father wasn't around much?"

2. Invite clarification and elaboration

"When you say 'anxiety,' what does that feel like to you? What is going on in your body and thoughts?"

3. Reflect Feelings

"It seems like you are disappointed; am I right?"

Carl Rogers and Gloria - Active Listening



Humanistic vs. Psychoanalytic Therapy

	Humanistic psychotherapy	Psychoanalytic psychotherapy
Goal	Promote growth	Cure mental illness
How to improve	Take responsibility for feelings and actions	Bring unconscious conflicts into conscious awareness
Role of therapist	Provide an environment in which growth can occur	Provide interpretations (e.g. of dreams, resistance and transference)
Content of therapy	Conscious feelings, actual self and ideal self	Unconscious conflicts
Time focus	The present and future	The past

Other Humanistic-like therapies

Gestalt Therapy - Fritz Perls



Remember Gestalt - Importance of the whole.

- Focus on the importance of the present in order to appreciate the experience as it occurs.
- Analyze the importance of body position, and seemingly minute actions
- In other words, focus on getting in touch with one's whole self.

Existential Therapy

- Focuses on helping clients achieve a subjectively meaningful perception of their lives.
- Existential therapists see a client's troubles as being a result of a client having no sense of life's purpose.
- Accept negative aspects of life, then enjoy freedom of choice.

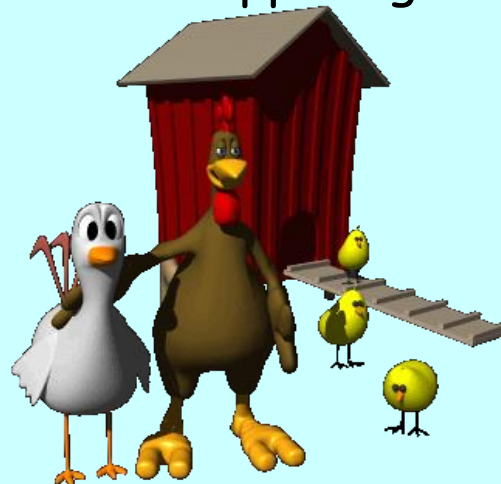


Group Therapies

(Emerged from humanistic movement)



- Provides a social atmosphere that is similar to the real world
- Groups are cost effective
- Groups provide commonality (e.g. "I'm not the only one with this problem")
- Making a public statement about target behavior means one is more likely to follow through.
- Feedback / diversity of perspectives
- Normally consists of 6-9 people attending a 90-minute session
- Often focus on stigmatized or hard-to-discuss illnesses.
- AIDS, Anorexia and alcoholism are two conditions which often lead to support groups.



Not everyone can be in a group (e.g., issues, interpersonal skills)

Confidentiality more difficult to maintain

Harder to build trust and safety

Group leaders have less control / not always properly trained

Not enough time to deal with each person thoroughly

There are concerns with conformity and peer pressure

Other Therapies

Family therapy treats the family as a system.

Therapy guides family members toward positive relationships and improved communication.

Community psychology is a relatively new specialty area concerned with how individuals relate to society.

Two main areas of focus:

1. How people can become more active contributors in their communities?
2. How community issues can impact the health and wellness of individuals?

Self-Help Groups are led by group members instead of a therapist, and focus more on support rather than working on goals during the session. They can be much larger than group therapy, with less interaction.

Commonalities Among Psychotherapies

Three commonalities shared by all forms of psychotherapies are the following:

1. A hope for demoralized people.

"therapeutic alliance" - The emotional bond between therapist and client

2. A new perspective.

3. An empathic, trusting and caring relationship.



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:

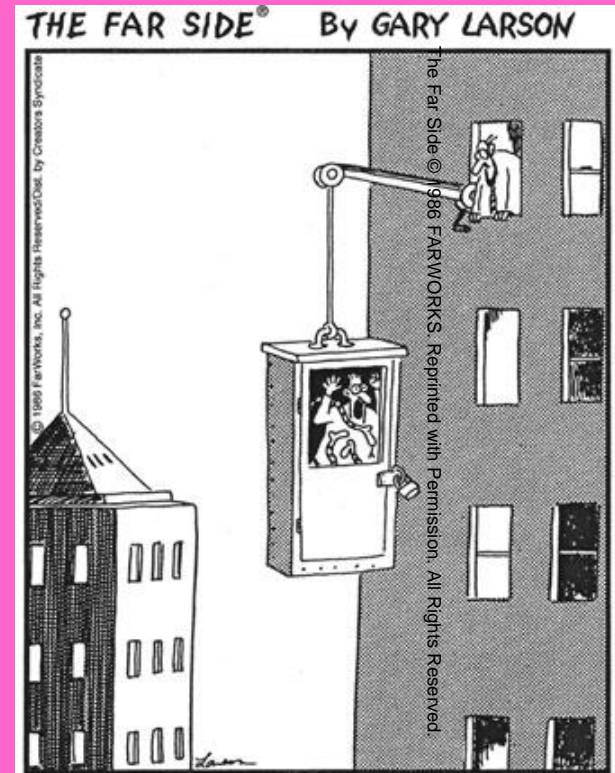
Mary Cover Jones

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

Based on classical conditioning and includes **exposure therapy** and **aversive conditioning**.

Exposure Therapy

- Used to treat phobias
- Expose patients to things they fear and avoid. Through repeated exposures, anxiety lessens because they habituate to the things feared.

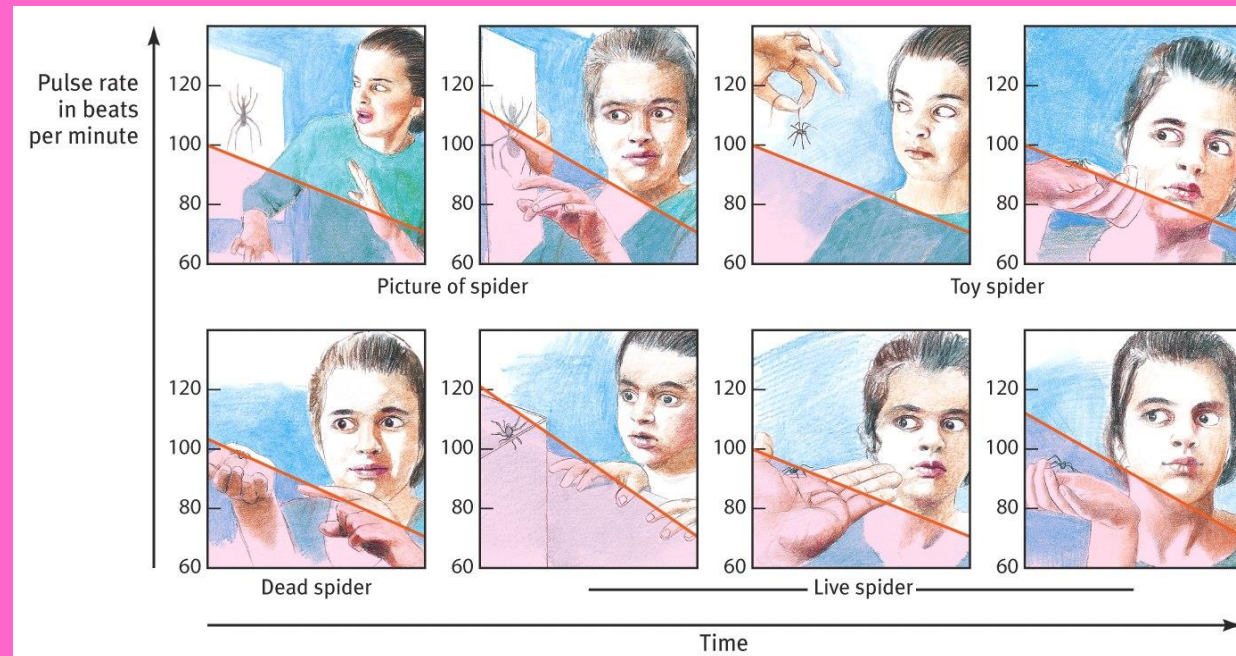


Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes, and the dark.

Systematic Desensitization (Wolpe)

- A type of counterconditioning that associates (step 1) a pleasant relaxed state with (step 2) gradually increasing anxiety-triggering stimuli.

Progressive
exposure is
key



Exposure Therapy - (Flooding)

Thomas Stampfl

- Uses in vivo exposure (actual exposure to feared stimulus.)
- Patient confronted with a situation in which the stimulus that provoked the original trauma is present.
- Therapist usually offers very little assistance or reassurance other than to help the patient to use relaxation techniques in order to calm themselves.

Step 1: Build a hierarchy of the anxiety-arousing stimuli including the degree of fear experienced from 5 to 100

The client lists all anxiety arousing stimuli for example-

1. Looking at a spider.
2. Holding a spider in hands.

Step 2: Train the client in deep muscle relaxation

Relaxation techniques taught to client

Step 3: Client works through hierarchy while using relaxation techniques

Talks about anxiety of spiders and practices relaxation techniques

Step 4: (used in some cases) Client confronts real fear

Client is presented with a real spider and holds it in his/her hands

Figure 3: Systematic Desensitization



Pit Bull guy

ANIMAL
PLANET

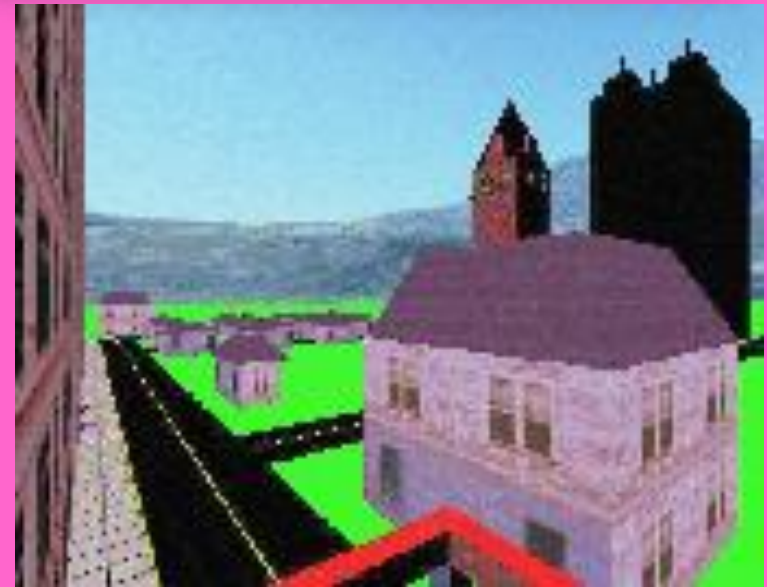
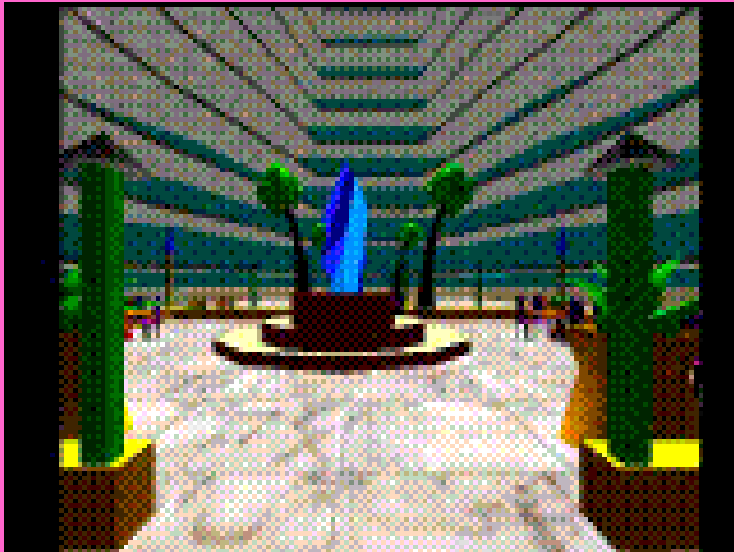


Systematic Desensitization

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



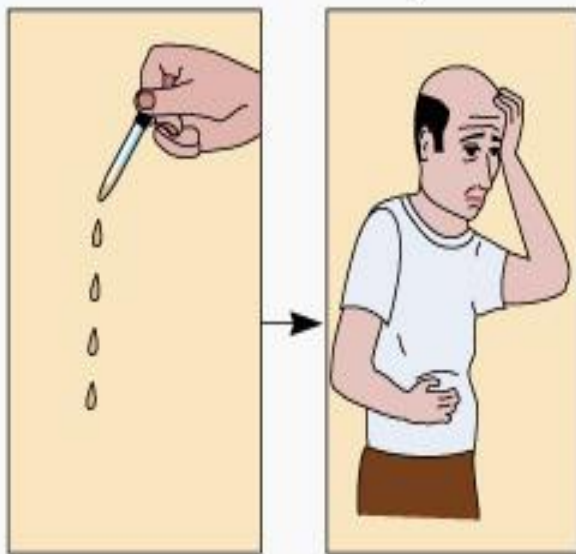
Virtual Technology Exposure Therapy



Aversive Conditioning (Aversion training)

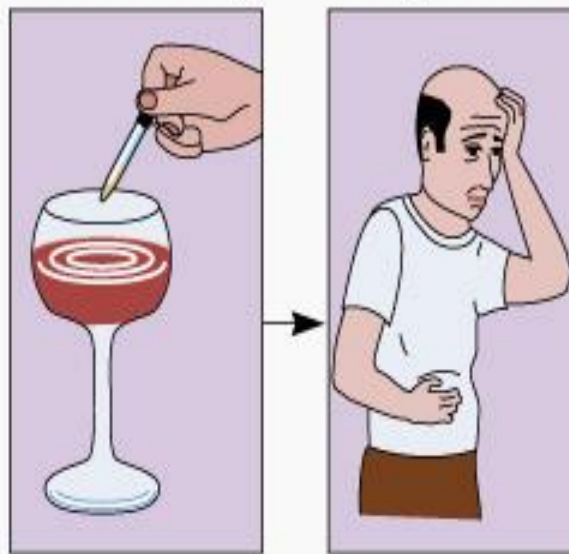
- A type of counterconditioning that associates an unpleasant state with an unwanted behavior.

Before Conditioning



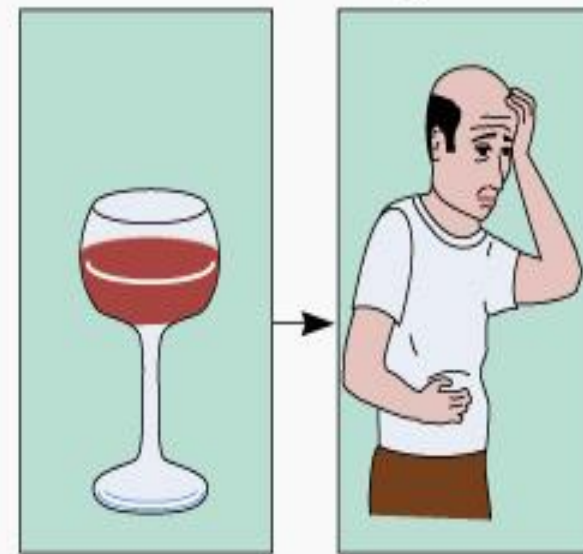
UCS
(nausea producing
drug) → UCR
(nausea)

During Conditioning



UCS (drug)
+
Neutral Stimulus
(alcoholic drink) → UCR
(nausea)

After Conditioning



CS
(alcoholic drink
without drug) → CR
(nausea)

Aversion Therapy gone
horribly, horribly wrong...

Aversive Conditioning

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

Behavioral Therapy

Useful in treating:

Depression

ADHD

Anxiety (Phobias/OCD)

Obesity

Insomnia

Chronic fatigue

Criticisms:

- Dehumanizing - techniques are sterile, standardized, and mechanistic.
- Lack the promotion of internal growth
- Lack of one specific theory to guide therapists in treatment.



Classical Conditioning in Therapy - Homework

- Explain the contributions of Mary Cover Jones, and explain how Joseph Wolpe expanded and adapted her work for therapeutic benefit.

Operant Conditioning

- Operant Conditioning Techniques Used to **INCREASE Adaptive Behaviors**:
- **Shaping**--successive approximations of target behavior are rewarded (includes role-playing, behavior rehearsal, assertiveness training)



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.

Criticisms of operant conditioning for behavior modification

- What happens when the reinforcers stop? (overjustification effect)
- Is it right for one person to control another person's behavior?



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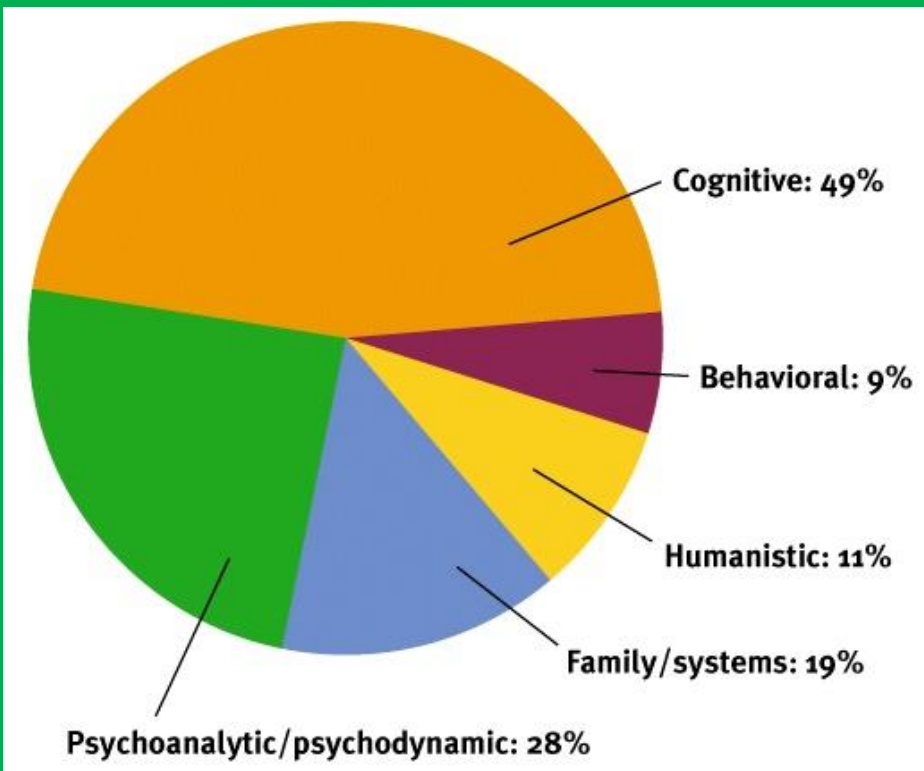
Cognitive Therapy

(CBT - Cognitive Behavioral Therapy)

Key figures:

Albert Ellis

Aaron Beck



Behaviorism focused on observable behavior (J.B. Watson, B.F. Skinner)

- Albert Bandura re-opened the door to cognitions with modeling
- The Cognitive Revolution in therapy - 1960s
- Core assumption: *Conscious thoughts* are most influential to our psychological well-being
- Goal: Change unhealthy thought patterns to new, more constructive ways of thinking

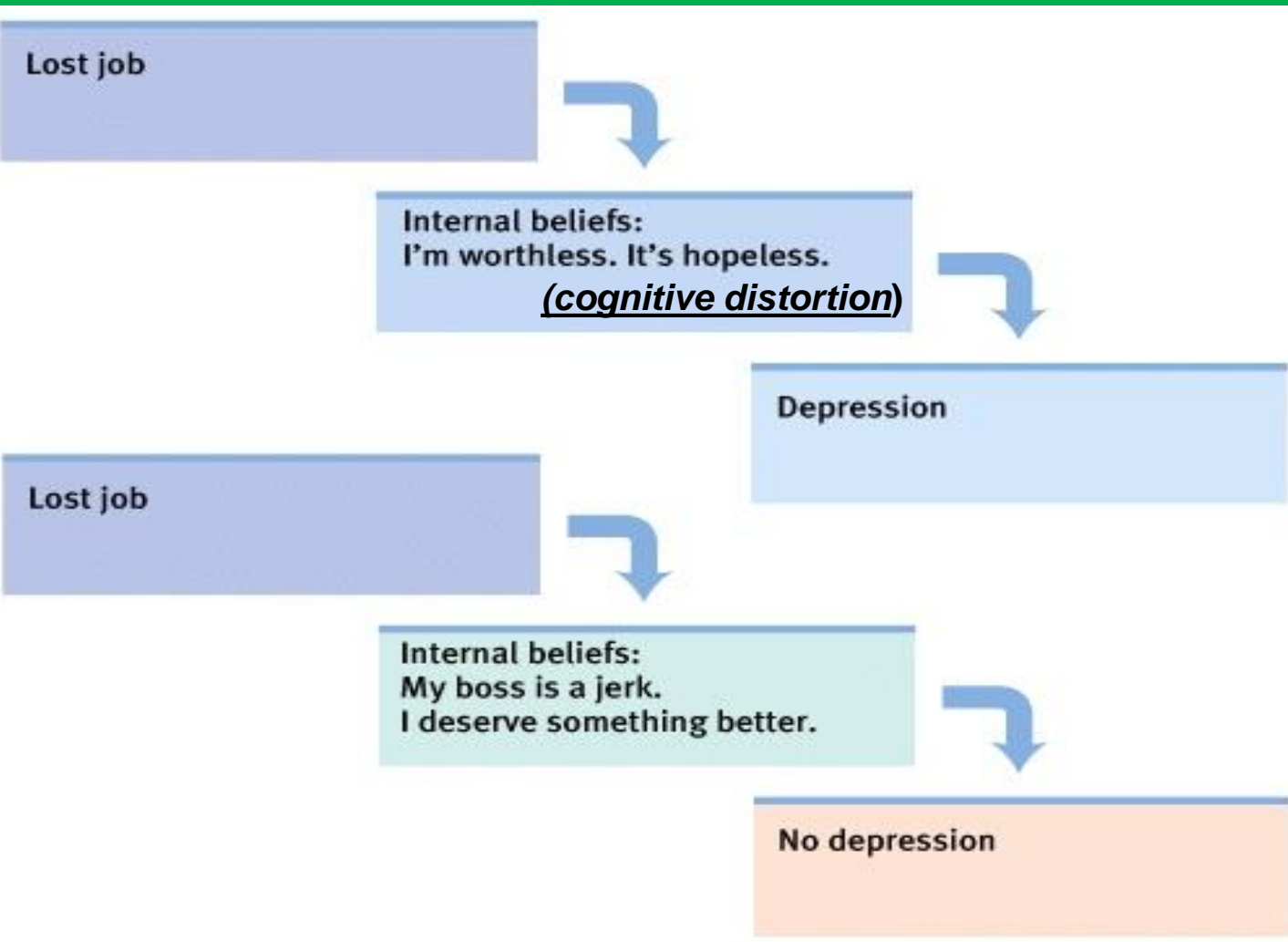
Cognitive Therapy



- Cognitive Therapy: focuses on faulty thinking and beliefs
 - Improvement comes from insight into negative **self-talk** (unrealistic things a person has been telling himself or herself)
 - **Cognitive Restructuring** (process of changing destructive thoughts or inappropriate interpretations)

Cognitive Therapy

Through *Functional analysis* the therapist might help the client identify her automatic negative thought patterns.



In the cognitive perspective, the cause of depression are not bad events, but *our thoughts about those events.*

Albert Ellis and the Theory of Rational Emotive Behavior Therapy (REBT)

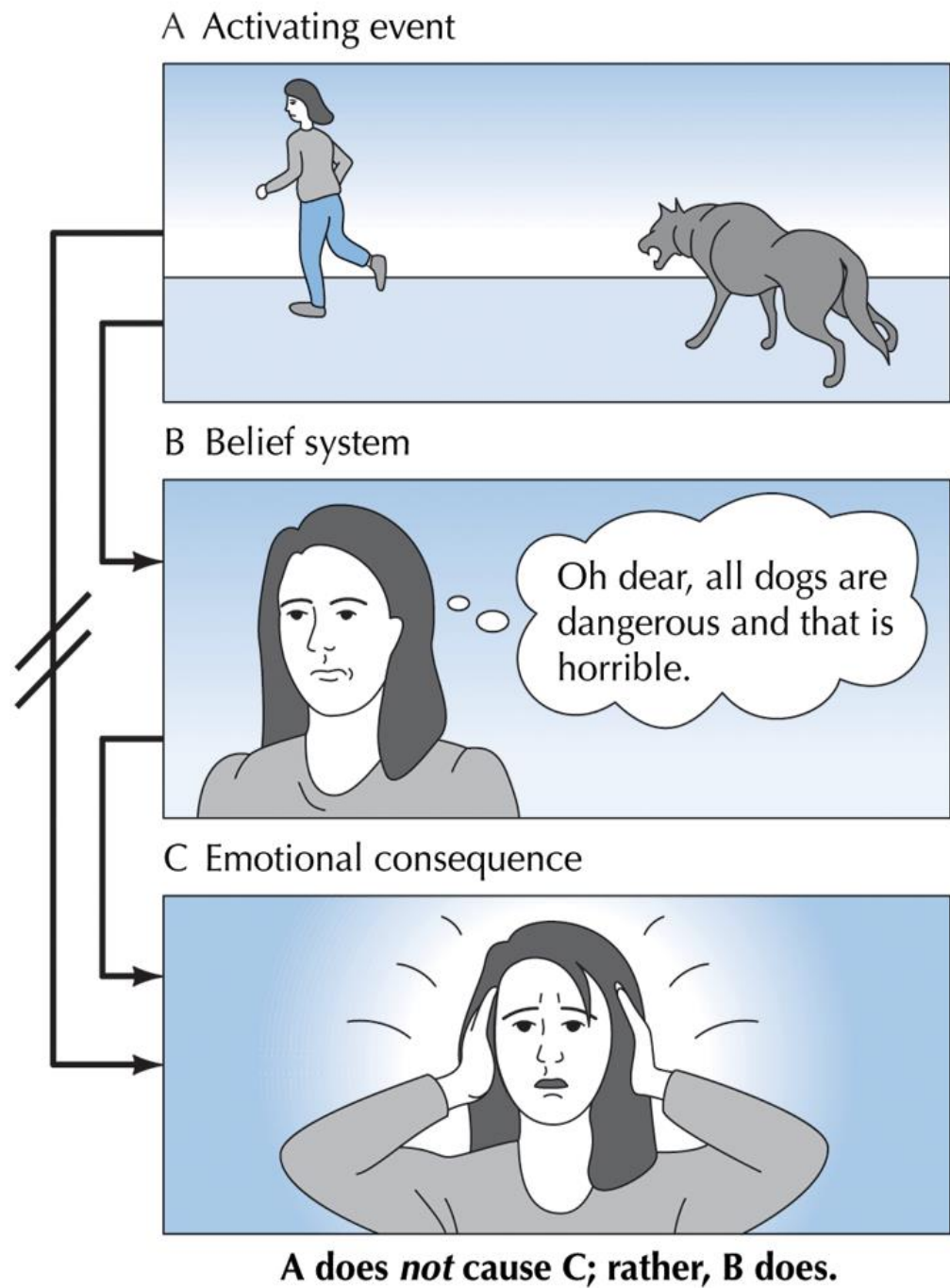
- Human beings have four fundamental and interrelated processes: perception, motivation, thinking, and emotion
- A-B-C theory suggests how people develop irrational belief systems when a highly charged emotional consequence follows an activating event.

Irrational thinking leads to emotional disturbance

- A= Fail exam
- B= I'm stupid, I'll never be able to pass this course and I will fail this course
- C=depression

Known as

A-B-C Theory



Rational Emotive Behavioral Therapy

Goal: to change thinking pattern



Rational Emotive (Behavior) Therapy - RET/REBT

- Step 1: Identify patient's irrational beliefs
- Step 2: Teach the patient to dispute the beliefs and substitute logical and rational beliefs
- Step 3: Evaluate the effects of disputing their irrational beliefs

Example Rational Thinking

- A= fail a midterm examination
- B=It's unfortunate that I failed-I did not study hard enough and I must make sure that I study harder for the final
- C=no consequences

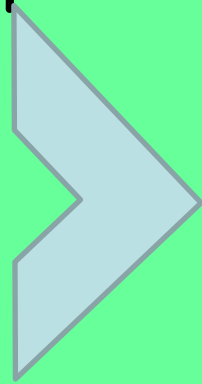
Aaron Beck's Theory

Cognitive Behavioral Therapy



Depressed people have a negative view of:

- Themselves
- The world
- The future



"Cognitive Triad"

Gently question patients to help them take off the dark-colored glasses through which they view life.

Depressed people have negative schemas or frames of reference through which they interpret all events and experiences.

(Cognitive Distortions)

Some distortions are:

- selective perception
- overgeneralization
- catastrophizing
- all-or-nothing thinking

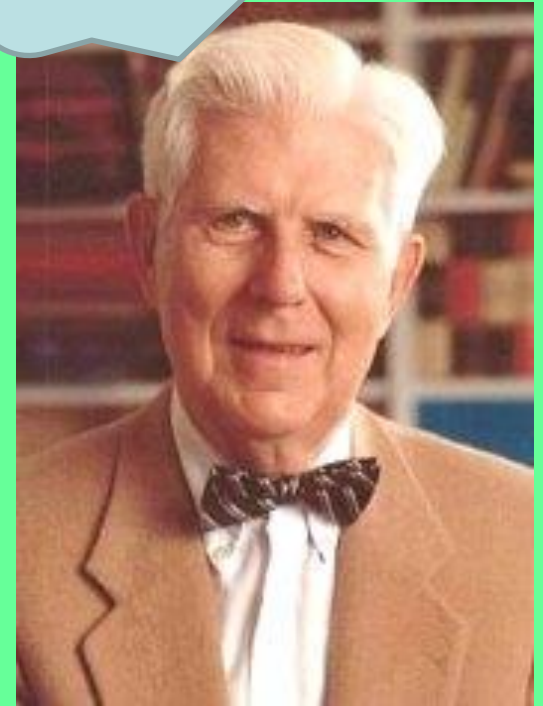
Prior to Aaron Beck, depression and anxiety were studied through case studies.

Beck created two objective tests, to quantify a person's depression/anxiety.

This test could be administered before and after therapy, and thus theoretically measure the effectiveness of the treatment.

Known as the ***Beck Depression Inventory (BDI)*** and the ***Beck Anxiety Inventory (BAI)***

Hey! Look at me! My work served as a basis for all future research on depression!! Woot Woot!

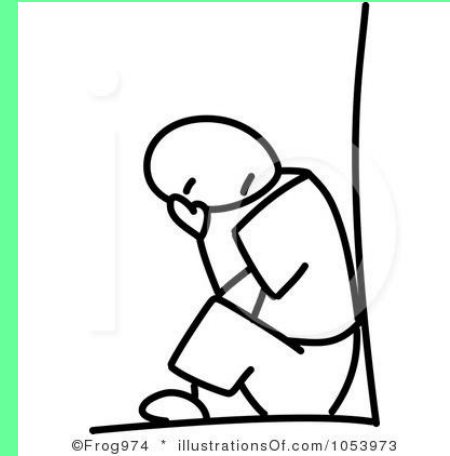


Aaron Beck

Depression and Negative Schemas

Negative schemas:

- Always present
- Unconscious
- Become activated with stressful event
- Associate minor failings (e.g. failing a test [event]) in life as major causes for their depression.
 - Person with negative schema involving rejection will become depressed when a partner leaves him or her



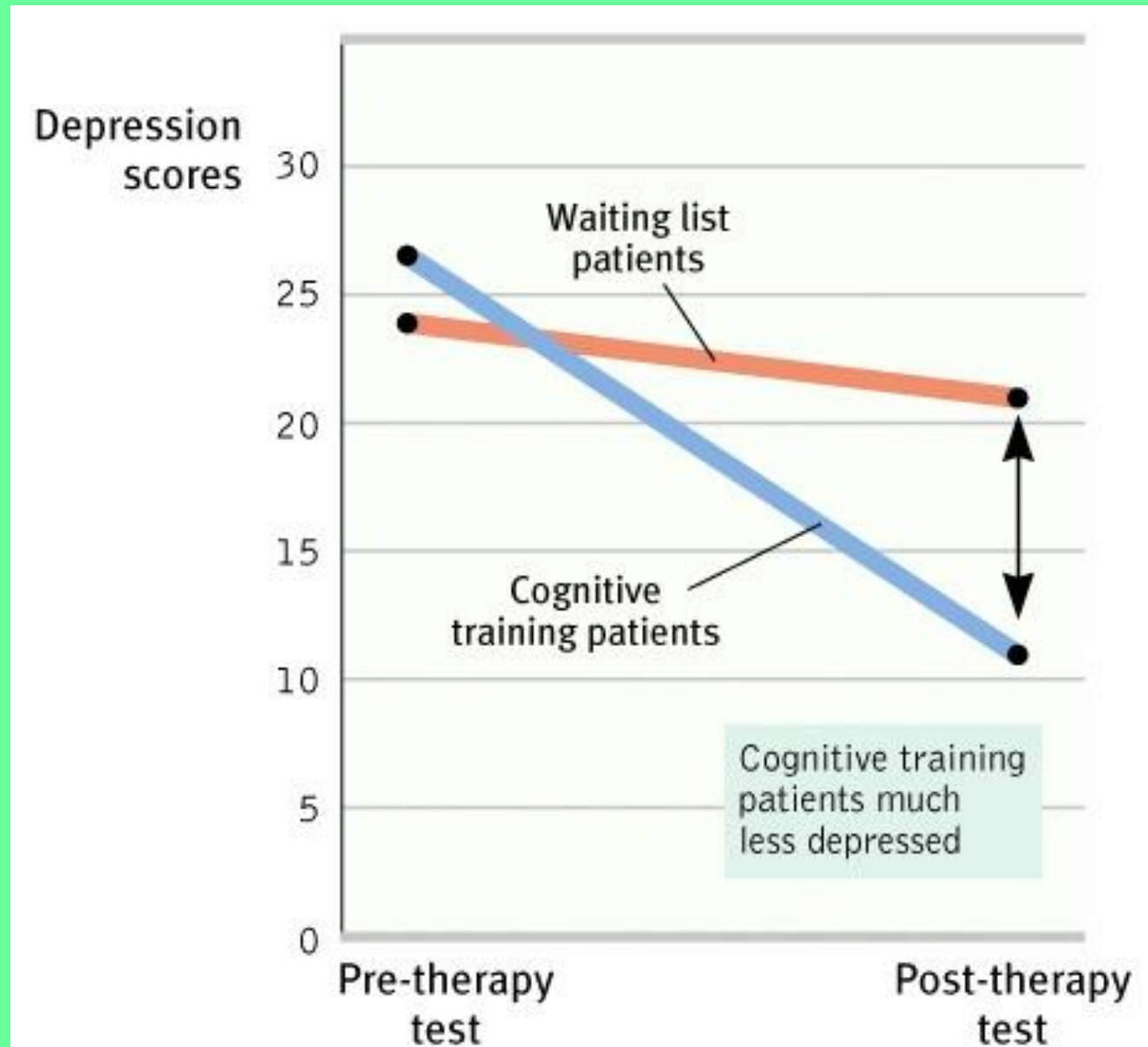
CBT is generally short-term and is focused on solving a specific problem.

CBT: Effective for Which Disorders?

Empirically supported treatment for

- Obsessive compulsive disorder
- Depression
- Generalized anxiety disorder
- Panic disorder
- Addiction

Cognitive Therapy- Does It Work?



Stress Inoculation Training

Meichenbaum (1977, 1985) trained people to restructure their thinking in stressful situations by changing the way they talk to themselves.

Change: "This exam's probably going to be impossible. All these other students seem to be relaxed and confident. I wish I were better prepared. Anyhow, I am so nervous I'll forget everything."

to

"Relax, the exam may be hard, but it will be hard for everyone else too. I studied harder than most people. Besides, I don't need a perfect score to get a good grade."

If trained to dispute negative thought, depression-prone children and college students:

Eclectic Approach

- Basically a buffet where the therapist combines techniques from different schools of psychology.
- Instead of insisting upon strict adherence to one particular approach or school of thought, eclectic therapists employ elements from a range of therapeutic techniques, with the goal of establishing a course that is personally tailored to the patient or client.



Example: Sara Bellum uses REBT, psychodynamic and flooding techniques to help Amy G'dala deal with her fear of clowns.

Is Psychotherapy Effective?

There are different measures of the value and effectiveness of psychotherapy:

- whether the client is satisfied
- whether the client senses improvement
- whether the therapist sees improvement
- whether there has been an observable, measured change in initial symptoms

What Causes Improvement?

Even if clients do improve, is the improvement really caused by therapy? It could be:

→ **regression to the mean**,
drifting from initial crisis back to an average state.

→ the client's motivation to appear better in order to please the therapist or to justify the cost of therapy.

Studying Treatment Outcomes

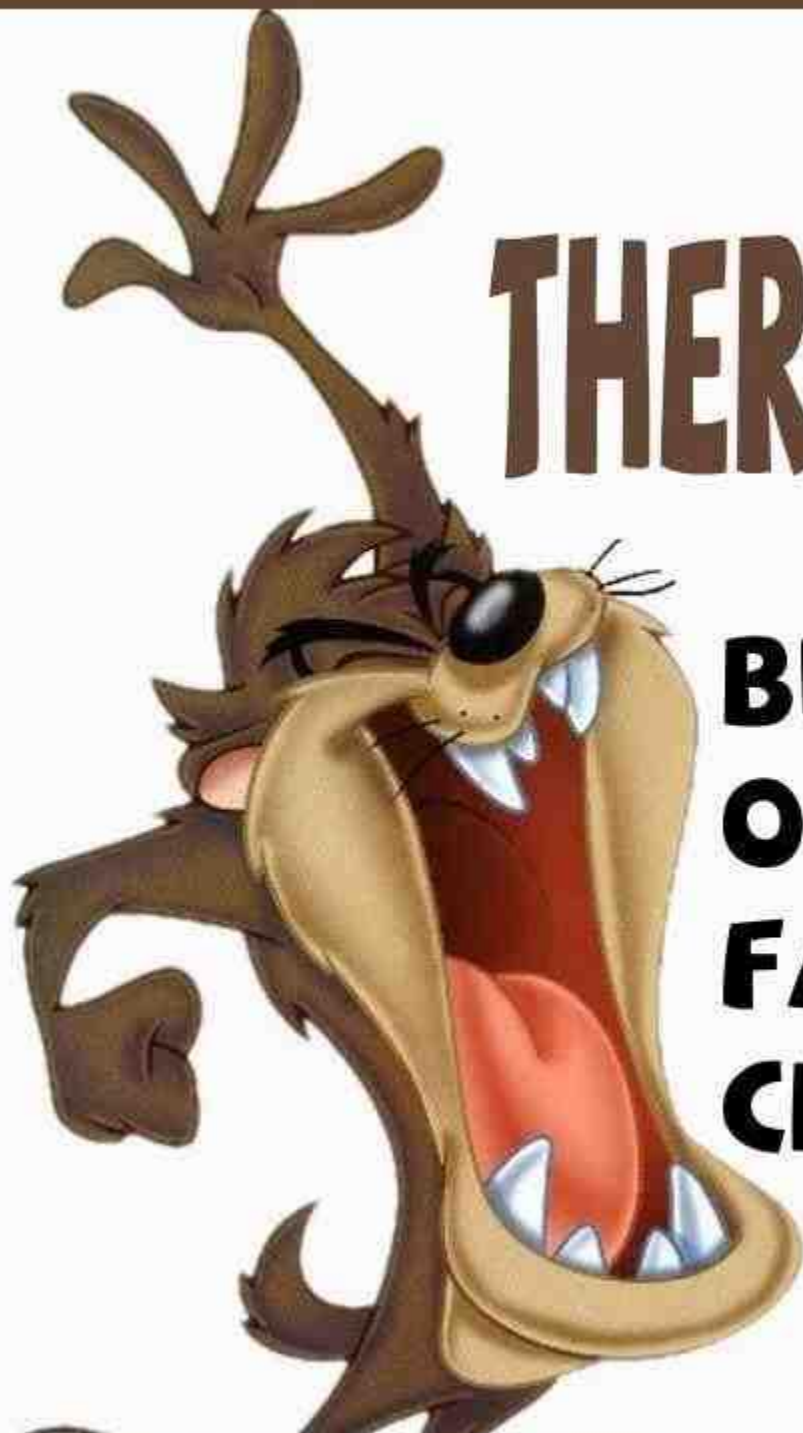
To track the effectiveness of an intervention, use a control group not receiving the intervention, or even a placebo group.

To measure effectiveness, use objective, observable measures of symptoms rather than relying on client or therapist perceptions.

The Relative Effectiveness of Different Therapies

Which psychotherapy would be most effective for treating a particular problem?

Disorder	Therapy
Depression	Behavior, Cognition, Interpersonal
Anxiety	Cognition, Exposure, Stress Inoculation
Bulimia	Cognitive-behavior
Phobia	Behavior
Bed Wetting	Behavior Modification



THERAPY HELPS...

**BUT, SCREAMING
OBSCENITIES IS
FASTER AND
CHEAPER!!**

HAHA

The Biomedical Therapies



The Biomedical Therapies

Therapies aimed at the altering the body chemistry to address psychological disorders.

Three forms of biomedical therapy:

Psychosurgery

Electroconvulsive therapy (ECT)

Psychopharmacology

Psychosurgery

A **lobotomy** destroys the connections between the frontal lobes and the rest of the brain. This decreases depression, but also destroys initiative, judgment, and cognition.

Microsurgery might work by disrupting problematic neural networks involved with aggression or obsessive-compulsive disorder.

PSYCHOSURGERY

- Surgery that removes or destroys brain tissue in the frontal lobe in an effort to change behavior.



- Egas Moniz developed the **lobotomy** in the 1930s. (Nobel Prize)
- Ice pick like instrument through the eye sockets cutting the links between the frontal lobes and the emotional control centers.



Lobotomy





Electroconvulsive Therapy

- Biomedical therapy for severely depressed patients in which a *brief electric current is sent through the brain of an anesthetized patient.*

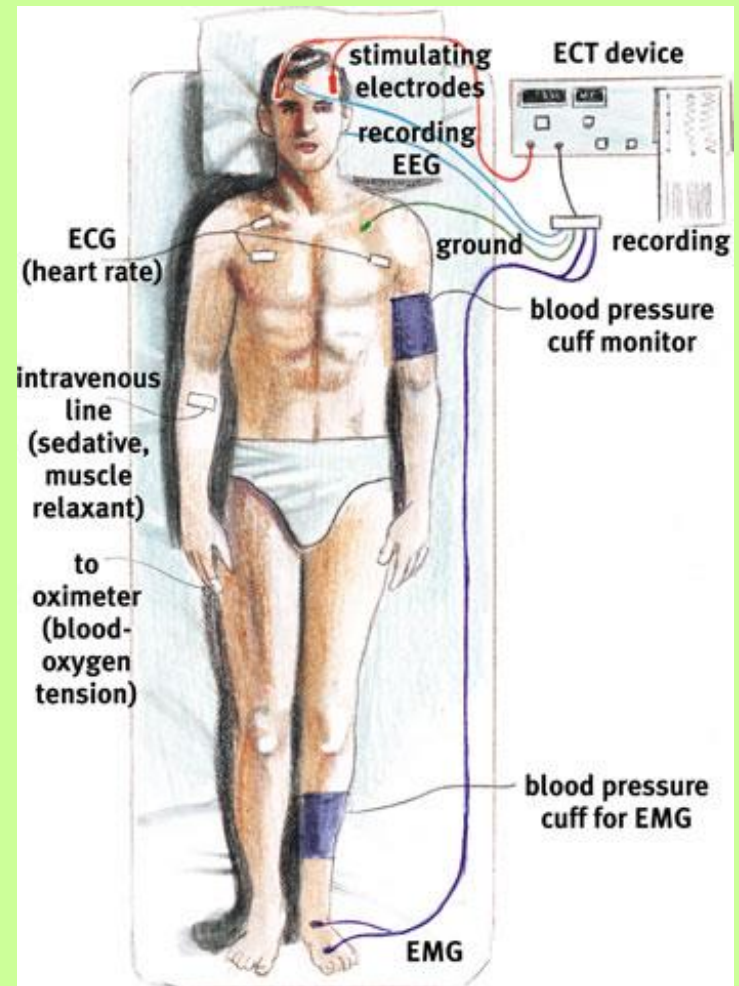




Brain Stimulation

Electroconvulsive Therapy (ECT)

ECT is used for severely depressed patients who do not respond to drugs. The patient is anesthetized and given a muscle relaxant. Patients usually get a 100 volt shock that relieves them of depression.

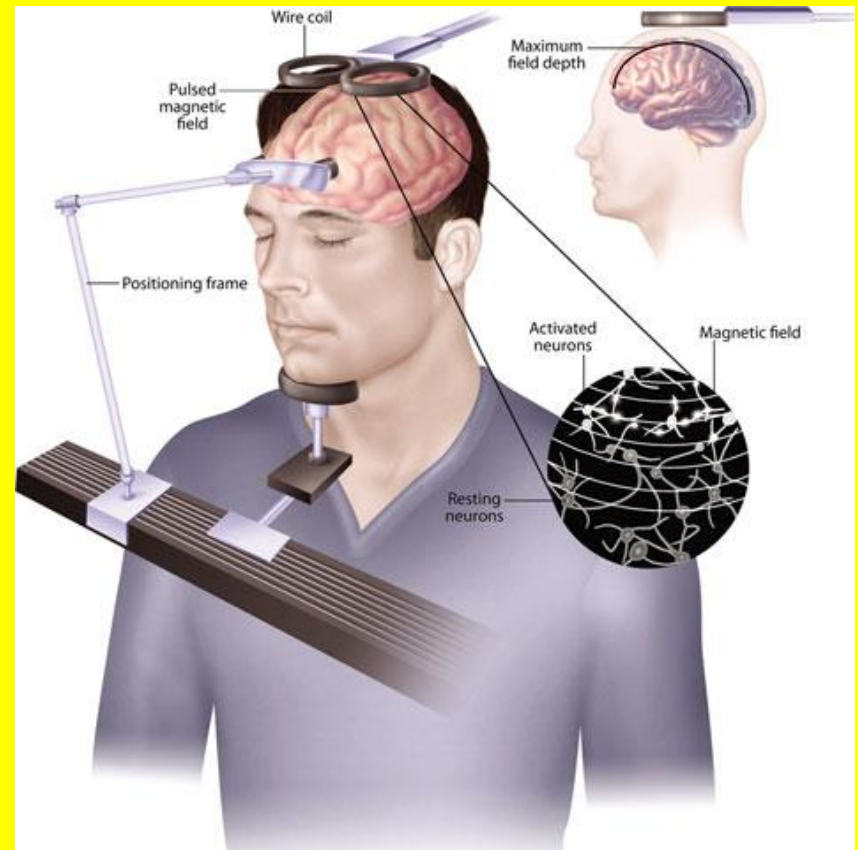




Alternatives to ECT

Transcranial Magnetic Stimulation (TMS)

In TMS, a pulsating magnetic coil is placed over prefrontal regions of the brain to treat depression with minimal side effects.



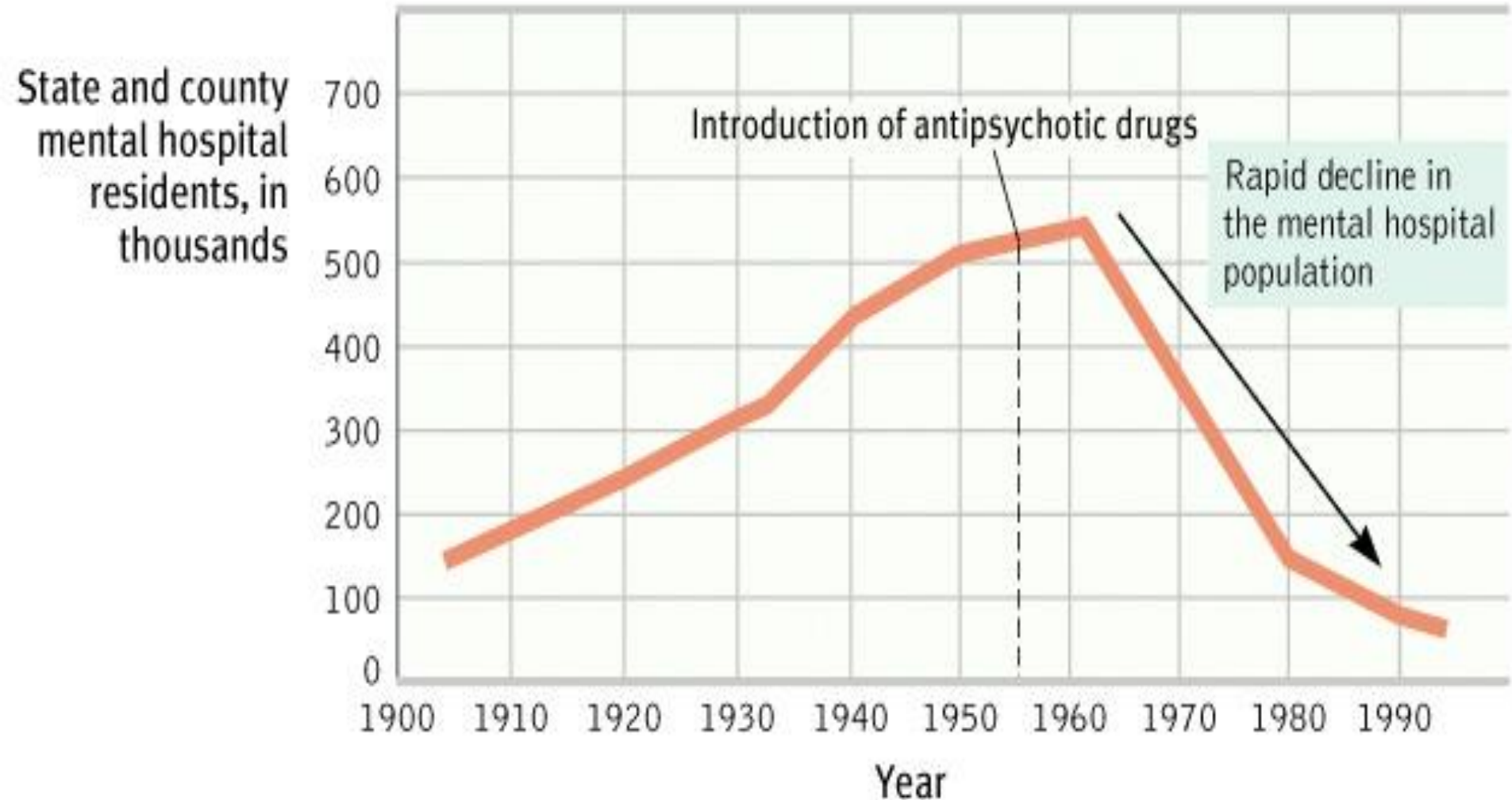


Psychopharmacology

- The study of the effects of drugs on mind and behavior.



Drugs and Hospitalization



Emptying of Mental Hospitals



Testing New Drugs

- When a new drug is released there is always too much enthusiasm.



- Must use a double-blind procedure to combat placebo and experimental effects.

These experiments better able use to classify different types of drugs:

Antipsychotic Drugs (neuroleptics)

- Antipsychotic drugs are a class of medicines used to treat **psychosis** and other mental and emotional conditions.

These drugs are beginning to help schizophrenics with both positive and negative symptoms.

These drugs (Thorazine/Clozapine) often have powerful side effects

Antipsychotic Drugs (neuroleptics)

Classical antipsychotics [Thorazine]: Remove a number of positive symptoms associated with schizophrenia such as agitation, delusions, and hallucinations.

Atypical antipsychotics [Clozapine]: Removes negative symptoms associated with schizophrenia such as apathy, jumbled thoughts, concentration difficulties, and difficulties in interacting with others.

Antianxiety Drugs

- Includes drugs like Valium, Xanax and Ativan.
- They depress nervous system activity and reduce tension and anxiety by raising the GABA NT.
- Most widely abused drugs, may lead to psychological and physiological dependence.



LOS ANGELES, May 7, 2012 (Reuters) - "Painter of Light" Thomas Kinkadee died of accidental acute intoxication from alcohol and an anti-anxiety medication, according to autopsy report made public on Monday by local NBC Bay Area TV.

The Santa Clara County Coroner's Office reported Kinkadee's cause of death as "acute ethanol and Diazepam intoxication" and manner of death as "accident," according to the NBC station. Diazepam is the active ingredient in Valium.



Antidepressant Drugs

- Lift you up out of depression.
- 3 main forms:

1. *Selective Serotonin Reuptake Inhibitors (SSRIs)*

- improve the mood by elevating levels of serotonin by inhibiting reuptake.

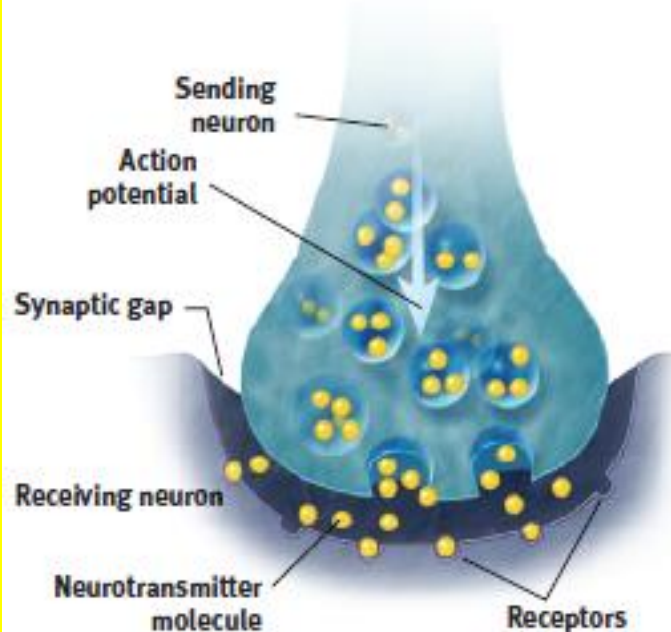


Inhibiting Reuptake

Many medications increase synaptic neurotransmitter levels; they stop the sending neuron from taking back its chemical messages.

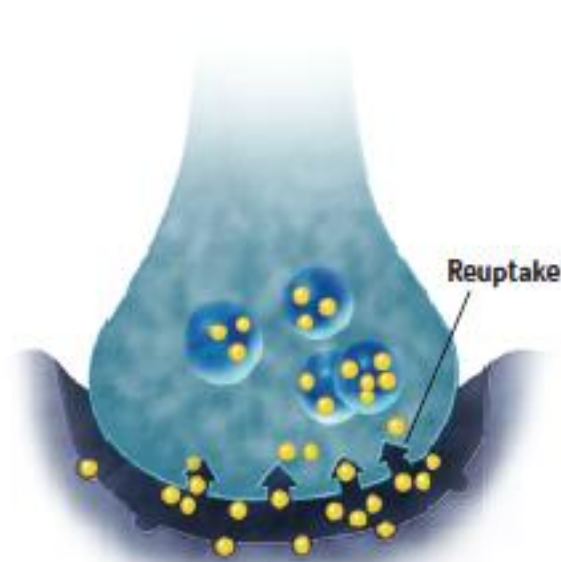
Drugs like Prozac, Paxil, and Zoloft work by blocking serotonin reuptake (forcing more through your system,) to treat depression.

Message is sent across synaptic gap.



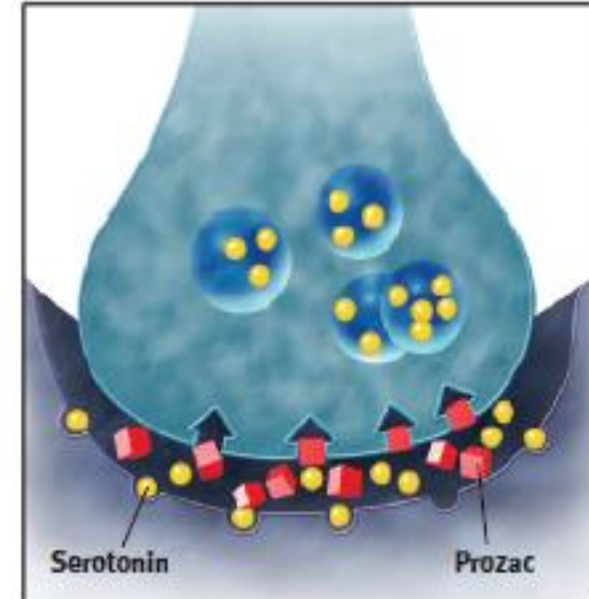
(a)

Message is received; excess neurotransmitter molecules are reabsorbed by sending neuron.



(b)

Prozac partially blocks normal reuptake of the neurotransmitter serotonin; excess serotonin in synapse enhances its mood-lifting effect.



(c)

Antidepressant Drugs

- 3 Main Types:
 - 2. MAO Inhibitors - increases serotonin and norepinephrine in synaptic cleft.
**Toxic - special dietary modifications.
 - 3. Tricyclics - used more frequently, blocks reuptake of the NT norepinephrine by inhibiting the enzyme that breaks it down.

An additional non-drug

used for stabilizing mood is...

Lithium

- used to stabilize manic episodes in bipolar disorders.
- Moderates the levels of norepinephrine and glutamate neurotransmitters.

Discovered in 1940s after
administering to excitable guinea pigs.

We still don't know why they work.

Types of Medication	Antipsychotic Haldol, Abilify, Risperdal, Clozaril	Antianxiety Xanax, Ativan, Buspar	Antidepressant Prozac, Celexa, Paxil, Zoloft
What they do	Reduces the symptoms of schizophrenia, especially “positive” symptoms such as hallucinations and delusions	Temporarily reduces worried thinking and physical agitation; might permanently erase traumatic associations	Improves mood and control over depressing and anxious thoughts
How they work	Blocking dopamine receptors	Slowing nervous system activity in the body and brain	Increasing levels of serotonin (sometimes norepinephrine) at synapses by inhibiting reuptake; possible neurogenesis
Side effects	Obesity, diabetes, and <u>movement problems</u> (sluggishness, twitching, or eventually <i>tardive dyskinesia</i> --odd facial/tongue and	Slowed thinking, reduced learning, dependence, and withdrawal	Dry mouth, constipation, and reduced sexual desire and/or response

Types of Medication

Mood Stabilizers
Lithium, Depakote

ADHD “Stimulants”
Ritalin, Concerta, Adderal

What they do

Reduce the “highs” of mania as well as reduce the depressive “lows”

Help control impulses, and reduce distractibility and the need for stimulation including fidgeting



“If this doesn’t help you don’t worry, it’s a placebo.”

How they work

Under investigation

Blocking reuptake of dopamine from synapses



“First of all I think you should know that last quarter’s sales figures are interfering with my mood-stabilizing drugs.”

Side effects

Various; blood levels must be monitored

Decreased appetite

Current Forms of Therapy

Psychotherapy:

an interactive experience with a trained professional, working on understanding and changing behavior, thinking, relationships, and emotions

Biomedical therapy:

the use of medications and other procedures acting directly on the body to reduce the symptoms of mental disorders

Combining Therapies

There are various forms of psychotherapy.

An **eclectic** approach uses *techniques from various forms of therapy* to fit the client's problems, strengths, and preferences.

Medications and psychotherapy can be used together, and may help the each other achieve better reduction in symptoms.

Preventing Psychological Disorders

In addition to treating mental health disorders, some mental health professionals, especially social workers, also work to *reduce the risk of mental health disorders*. Such prevention efforts include:

- support programs for stressed families.
- community programs to provide healthy activities and hope for children.
- relationship-building communication skills training.
- working to reduce poverty and discrimination.

Preventing Psychological Disorders

"It is better to prevent than cure."

Peruvian Folk Wisdom

Preventing psychological disorders means removing the factors that affect society. Those factors may be poverty, meaningless work, constant criticism, unemployment, racism, and sexism.