

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

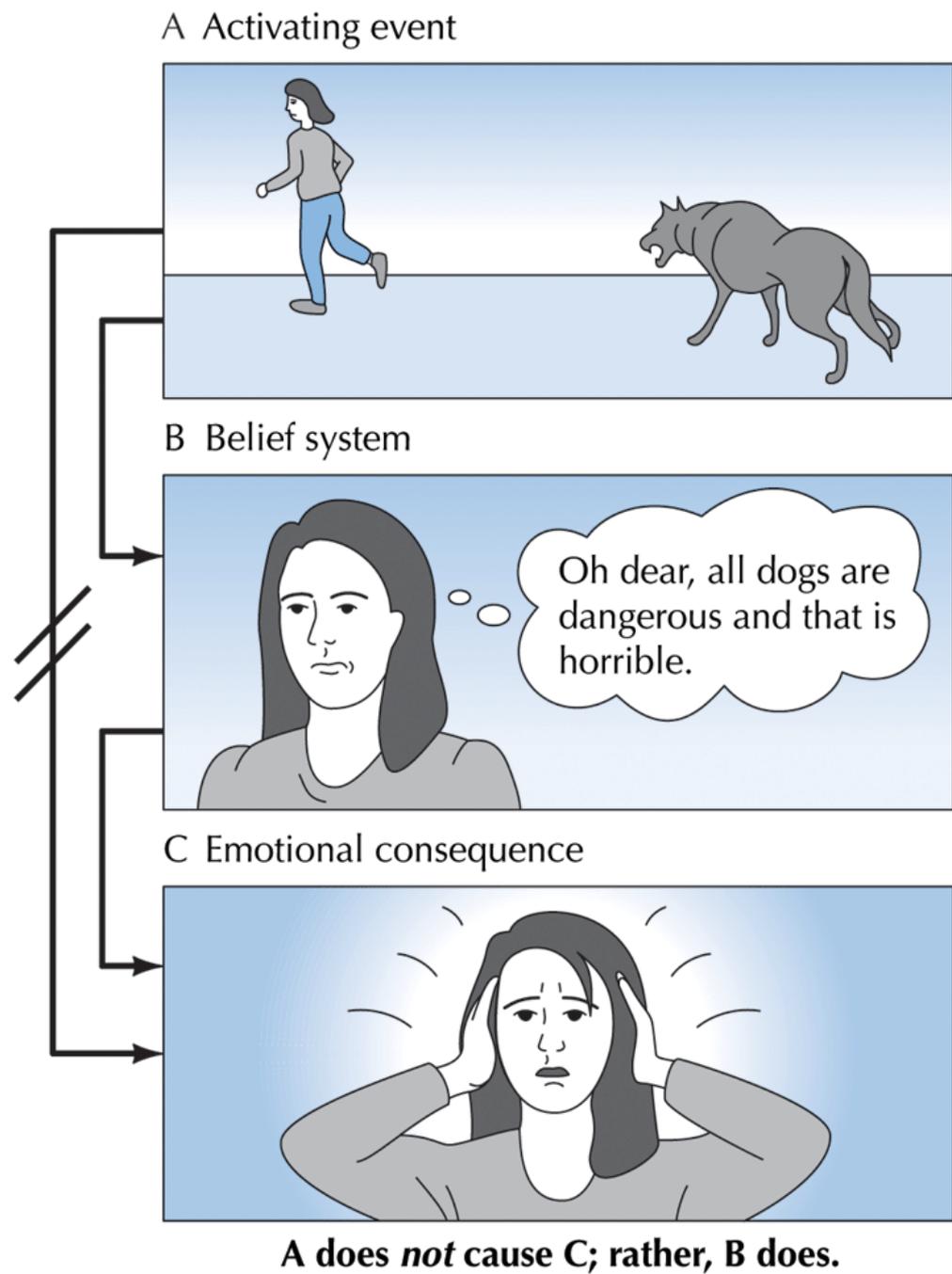
- Human beings have four fundamental and interrelated processes: perception, motivation, thinking, and emotion
- A-B-C theory suggests how people develop irrational belief systems when a highly charged emotional consequence follows an activating event.

# 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

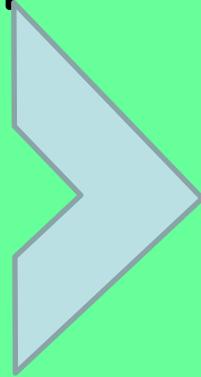
# Aaron Beck's Theory

## 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

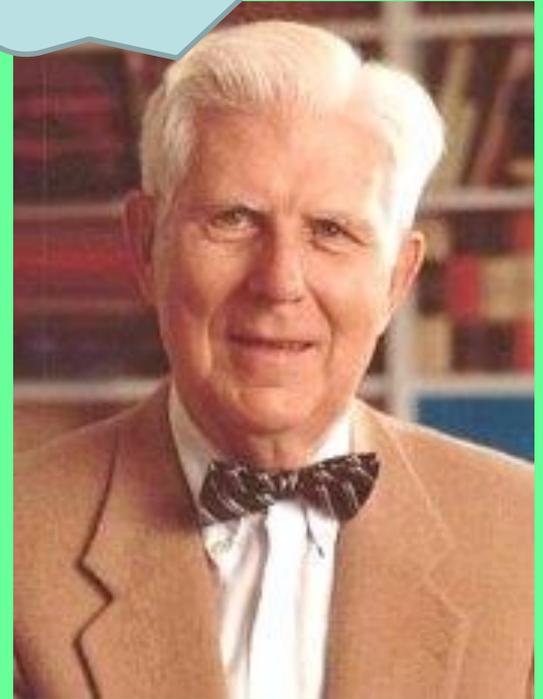
Prior to Aaron Beck, depression and anxiety were studied through case studies.

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!

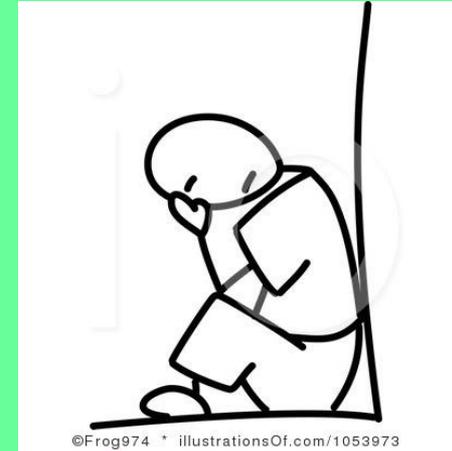


Aaron Beck

# 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



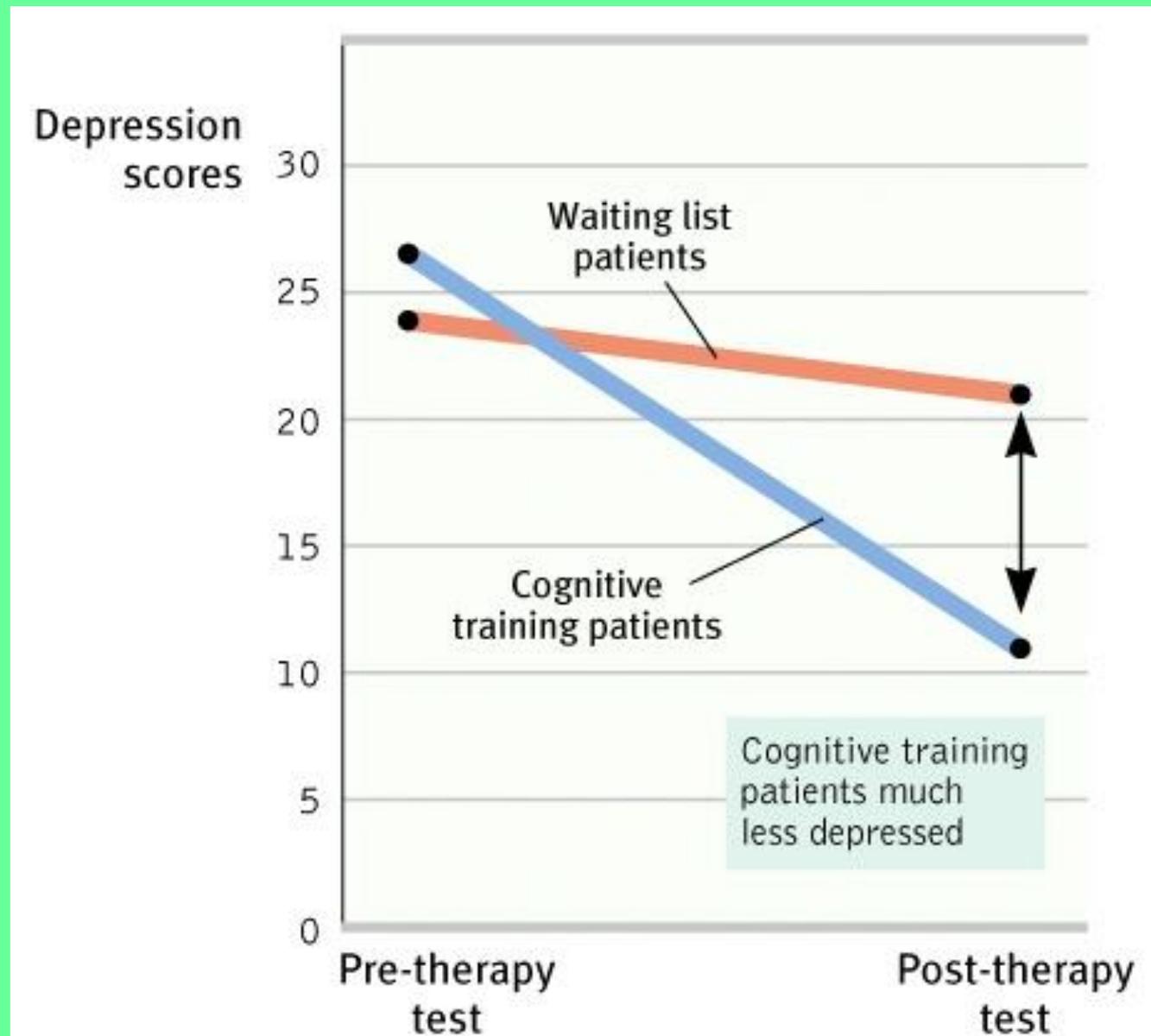
CBT is generally short-term and is focused on solving a specific problem.

## 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

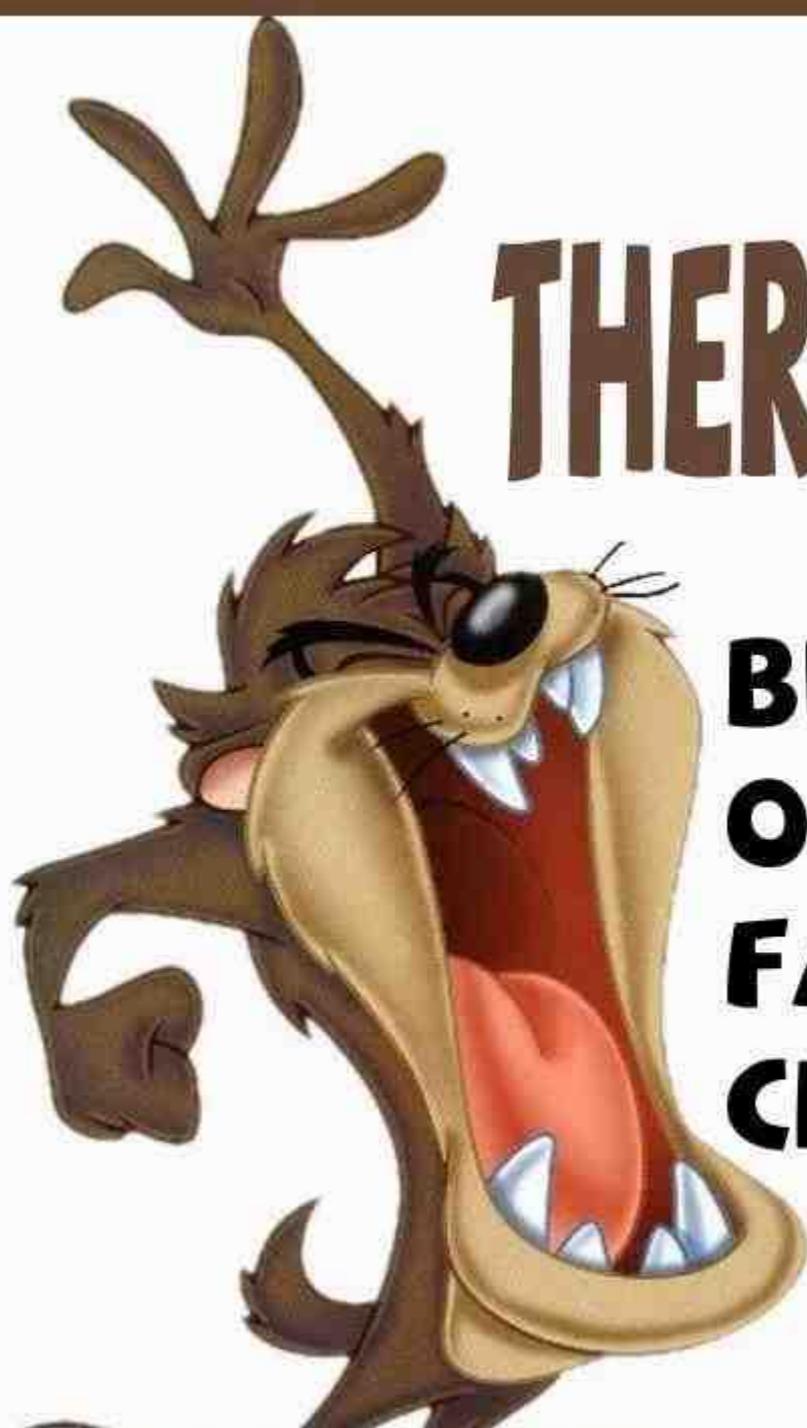
**To track the effectiveness of an intervention**, use a control group not receiving the intervention, or even a placebo group.

**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 Rolling Stones - Mother's Little Helper

Valium



What a drag it is getting old  
"Kids are different today"  
I hear ev'ry mother say  
Mother needs something today to calm her  
down  
And though she's not really ill  
There's a little yellow pill  
She goes running for the shelter of a  
mother's little helper  
And it helps her on her way, gets her  
through her busy day

"Things are different today"  
I hear every mother say  
Cooking fresh food for a husband's just a  
drag  
So she buys an instant cake and she burns  
her frozen steak  
And goes running for the shelter of a  
mother's little helper  
And two help her on her way, get her  
through her busy day

Doctor please, some more of these  
Outside the door, she took four more  
What a drag it is getting old



I was feeling sick I was loosing  
my mind I heard about these  
treatments

From a good friend of mine he  
was always happy smile on his  
face

He said he had a great time at  
the place

Peace and love is here to stay  
and now I can wake up and face  
the day

Happy happy happy all the time  
shock treatment, I'm doing fine

Gimme gimme shock treatment  
Gimme gimme shock treatment  
Gimme gimme shock treatment

The Ramones  
Gimme Gimme  
Shock Treatment



# 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.*

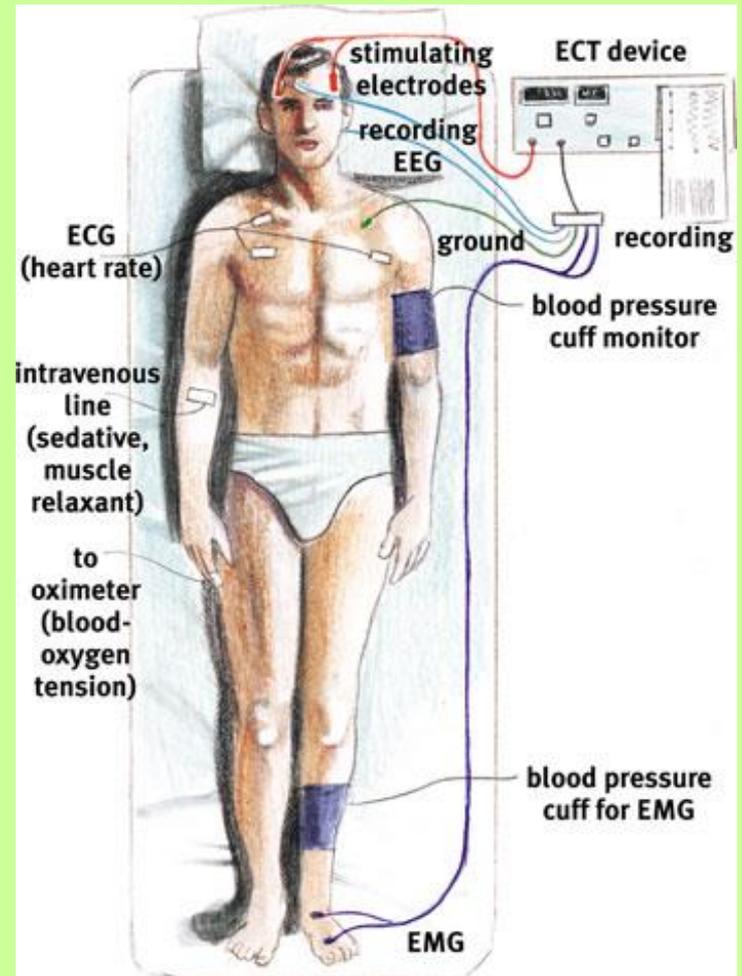




# Brain Stimulation

## 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.

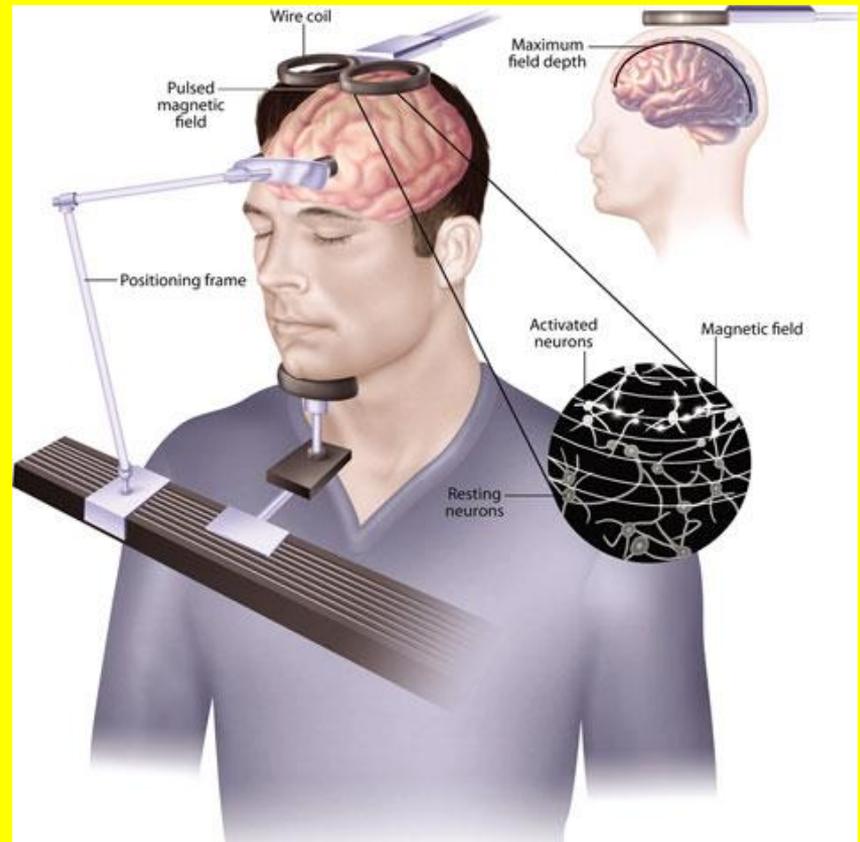




# Alternatives to ECT

## 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.



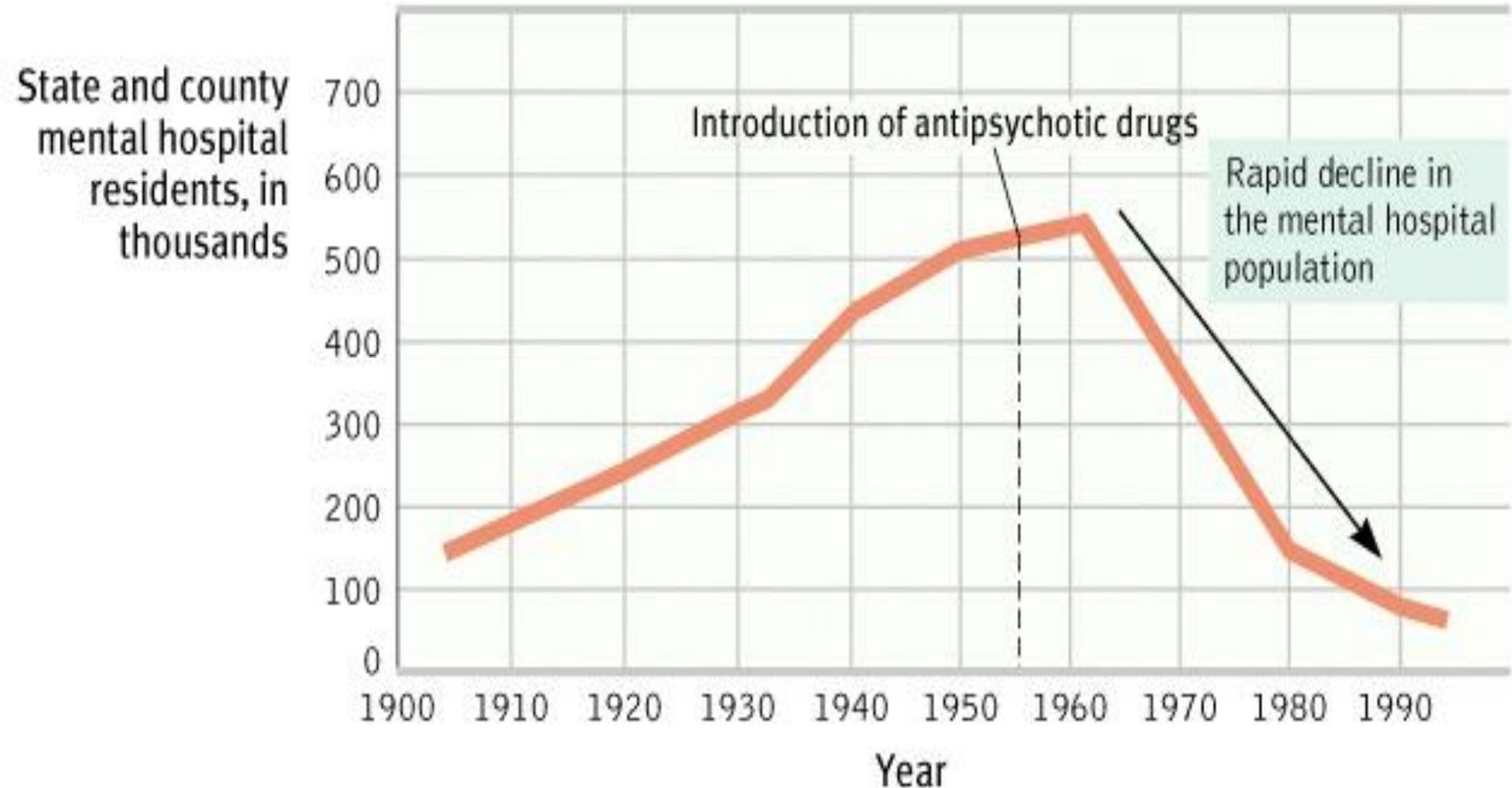


# Psychopharmacology

- 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

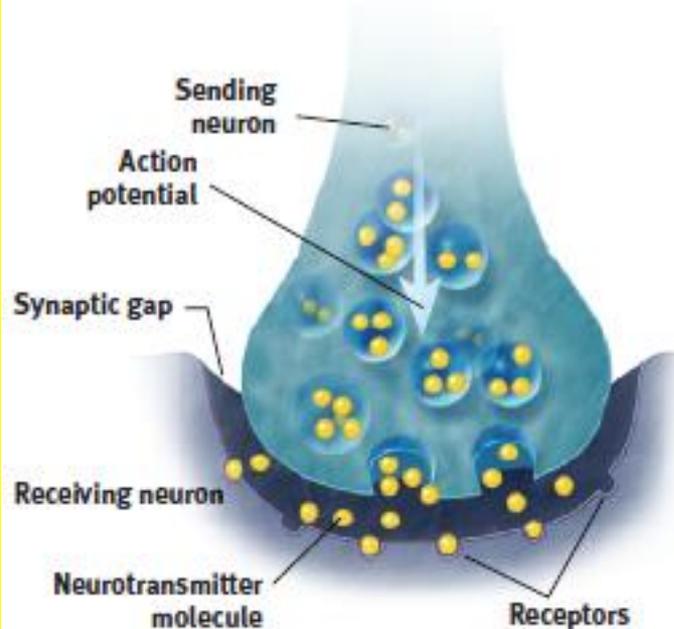
Many medications increase synaptic neurotransmitter levels; they stop the sending neuron from taking back its chemical messages.

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

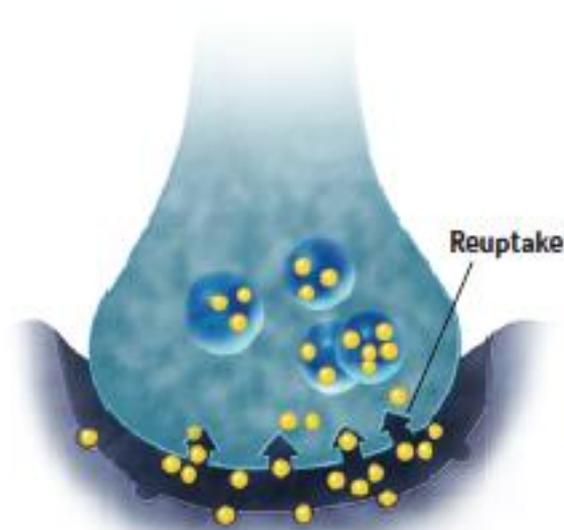
Message is sent across synaptic gap.

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

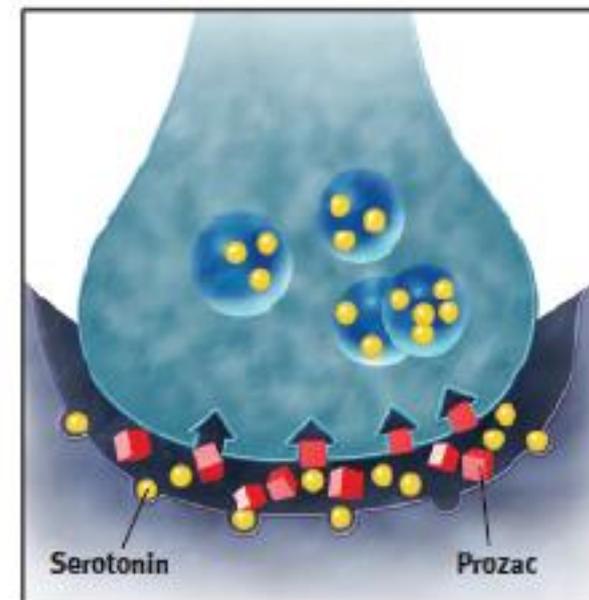
Prozac partially blocks normal reuptake of the neurotransmitter serotonin; excess serotonin in synapse enhances its mood-lifting effect.



(a)



(b)



(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	<b>Antipsychotic</b> Haldol, Abilify, Risperdal, Clozaril	<b>Antianxiety</b> Xanax, Ativan, Buspar	<b>Antidepressant</b> 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.