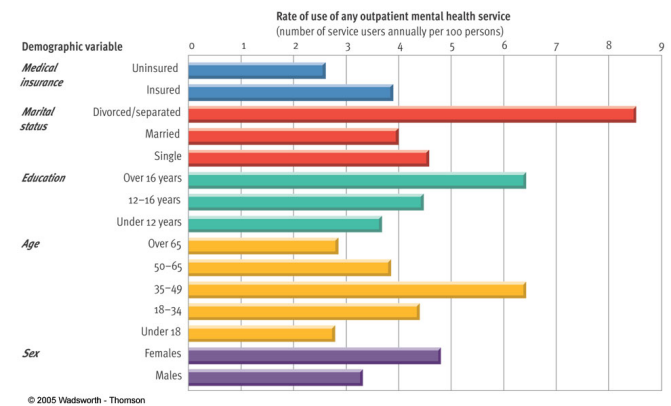
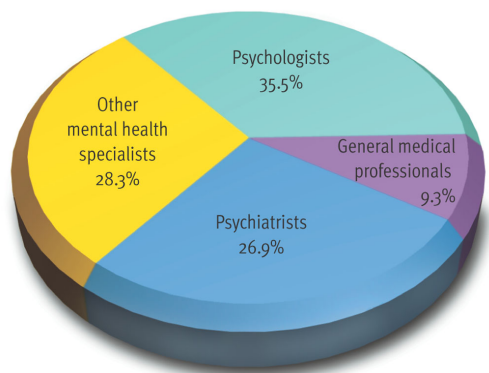


# Treatment of Psychological Disorders

Chapter 14

## Therapists

- Clinical psychologists
- Counseling psychologists
- Psychiatrists
- Psychiatric social workers
- Psychiatric nurses
- Counselors



## Types of Treatment

- Insight therapy
- Behavior therapy
- Biomedical therapy

## Psychoanalysis



## Psychoanalysis

- Sigmund Freud
- Free association
- Dream analysis
- Resistance
- Transference
- Psychodynamic

## Client-centered therapy

- Carl Rogers
- Therapeutic climate
  - genuineness
  - unconditional positive regard
  - accurate empathy

## Carl Rogers



## Behavior therapy

- Systematic desensitization
- Aversion therapy
- Social skills training
- Cognitive therapy

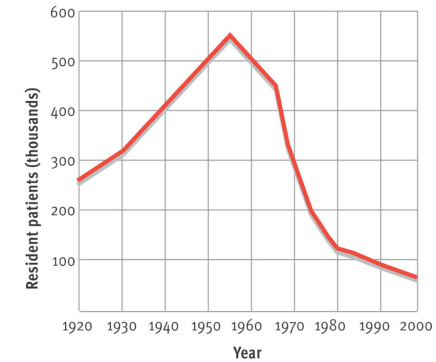
### An Anxiety Hierarchy for Systematic Desensitization

Degree of fear	
5	I'm standing on the balcony of the top floor of an apartment tower.
10	I'm standing on a stepladder in the kitchen to change a light bulb.
15	I'm walking on a ridge. The edge is hidden by shrubs and treetops.
20	I'm sitting on the slope of a mountain, looking out over the horizon.
25	I'm crossing a bridge 6 feet above a creek. The bridge consists of an 18-inch-wide board with a handrail on one side.
30	I'm riding a ski lift 8 feet above the ground.
35	I'm crossing a shallow, wide creek on an 18-inch-wide board, 3 feet above water level.
40	I'm climbing a ladder outside the house to reach a second-story window.
45	I'm pulling myself up a 30-degree wet, slippery slope on a steel cable.
50	I'm scrambling up a rock, 8 feet high.
55	I'm walking 10 feet on a resilient, 18-inch-wide board, which spans an 8-foot-deep gulch.
60	I'm walking on a wide plateau, 2 feet from the edge of a cliff.
65	I'm skiing an intermediate hill. The snow is packed.
70	I'm walking over a railway trestle.
75	I'm walking on the side of an embankment. The path slopes to the outside.
80	I'm riding a chair lift 15 feet above the ground.
85	I'm walking up a long, steep slope.
90	I'm walking up (or down) a 15-degree slope on a 3-foot-wide trail. On one side of the trail the terrain drops down sharply; on the other side is a steep upward slope.
95	I'm walking on a 3-foot-wide ridge. The slopes on both sides are long and more than 25 degrees steep.
100	I'm walking on a 3-foot-wide ridge. The trail slopes on one side. The drop on either side of the trail is more than 25 degrees.

## Drug therapy

- Anti-anxiety drugs/tranquilizers
  - valium, xanax
- Antipsychotic drugs
  - Chlorpromazine/Thorazine, Haldol
  - Atypical antipsychotics
    - Clozapine

## Deinstitutionalization



## Drug Therapy (cont'd)

- Antidepressants
  - tricyclics, MAO inhibitors
  - Selective serotonin reuptake inhibitors
    - prozac, zoloft, paxil, luvox, effexor
- Mood stabilizers
  - Lithium

## Electroconvulsive Therapy

## Evaluating therapies

- Placebo effects
- Regression to the mean