



Treatments & Approaches

ECPS6002

Treatments

Treatments will possess some of the following characteristics:

- Provide relief from distress

- Provide clients with insight into their problems

- Enable clients to acquire coping and problem-solving skills

- Attempt to identify and resolve the causes of the problem



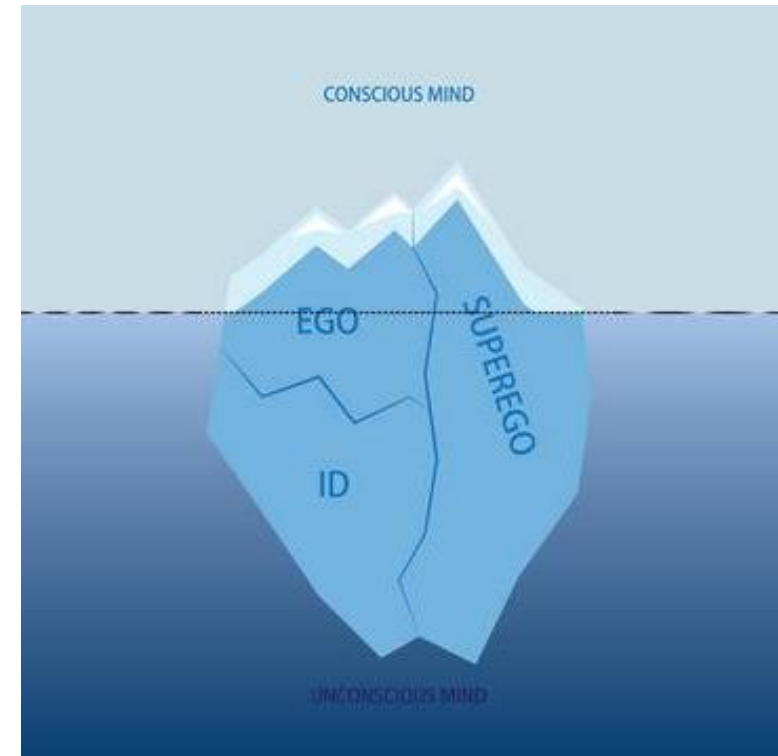
Treatments

- Psychodynamic approaches
- Behaviour therapy
- Cognitive therapies
- Humanistic therapies
- Family & systemic therapies
- Drug treatments
- Modes of delivery

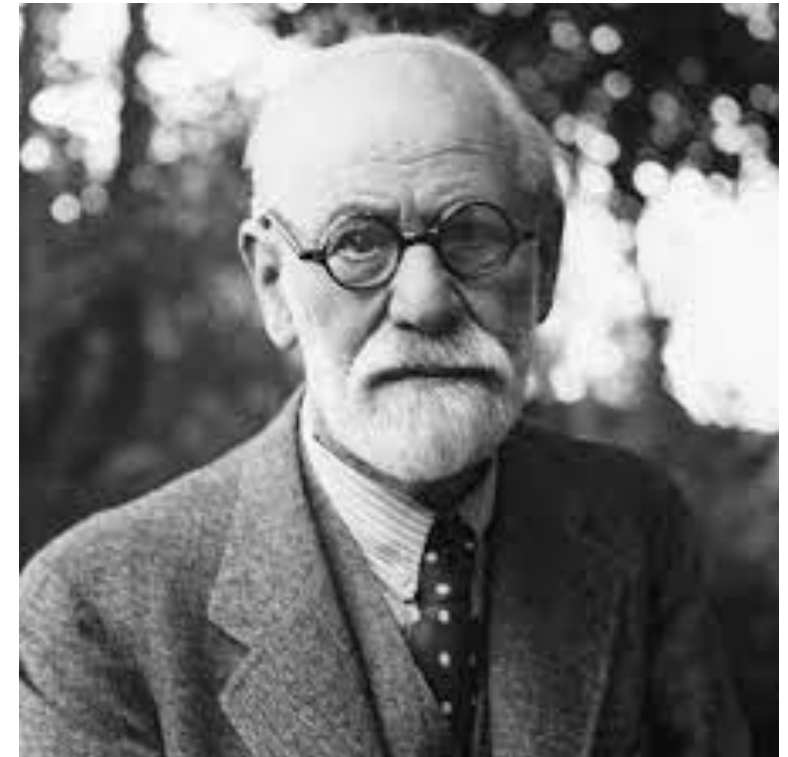
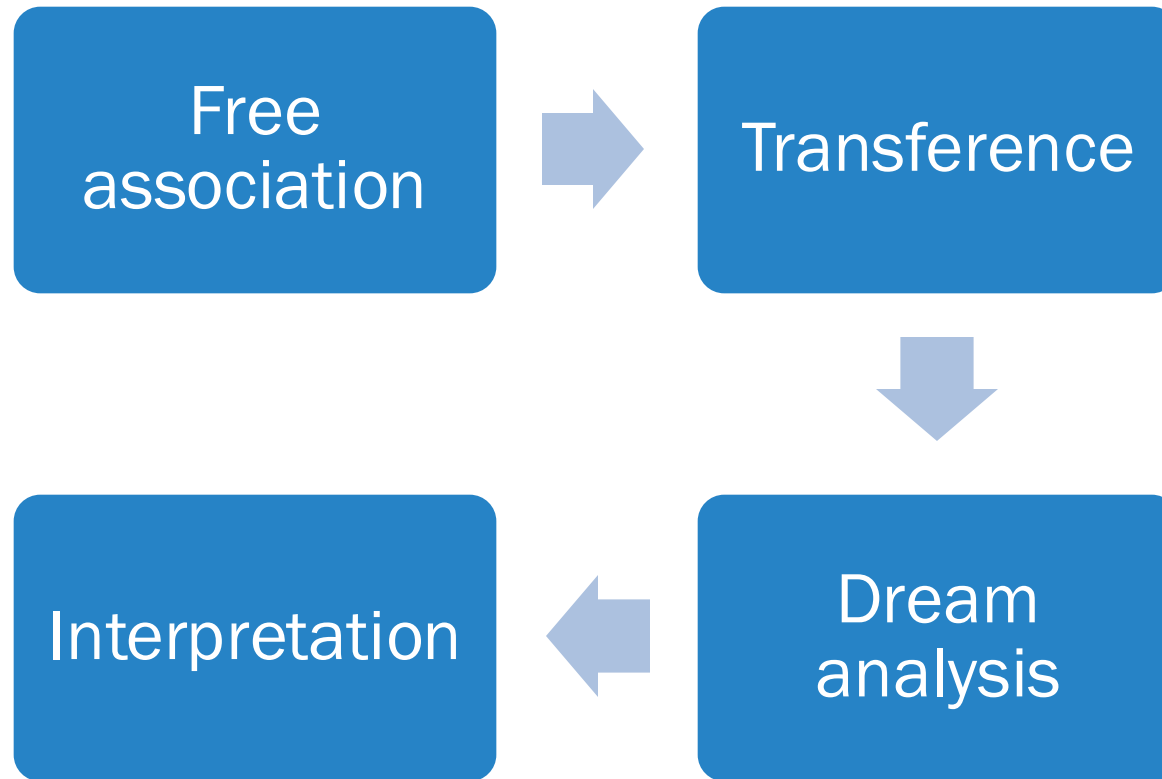
Psychodynamic Approaches

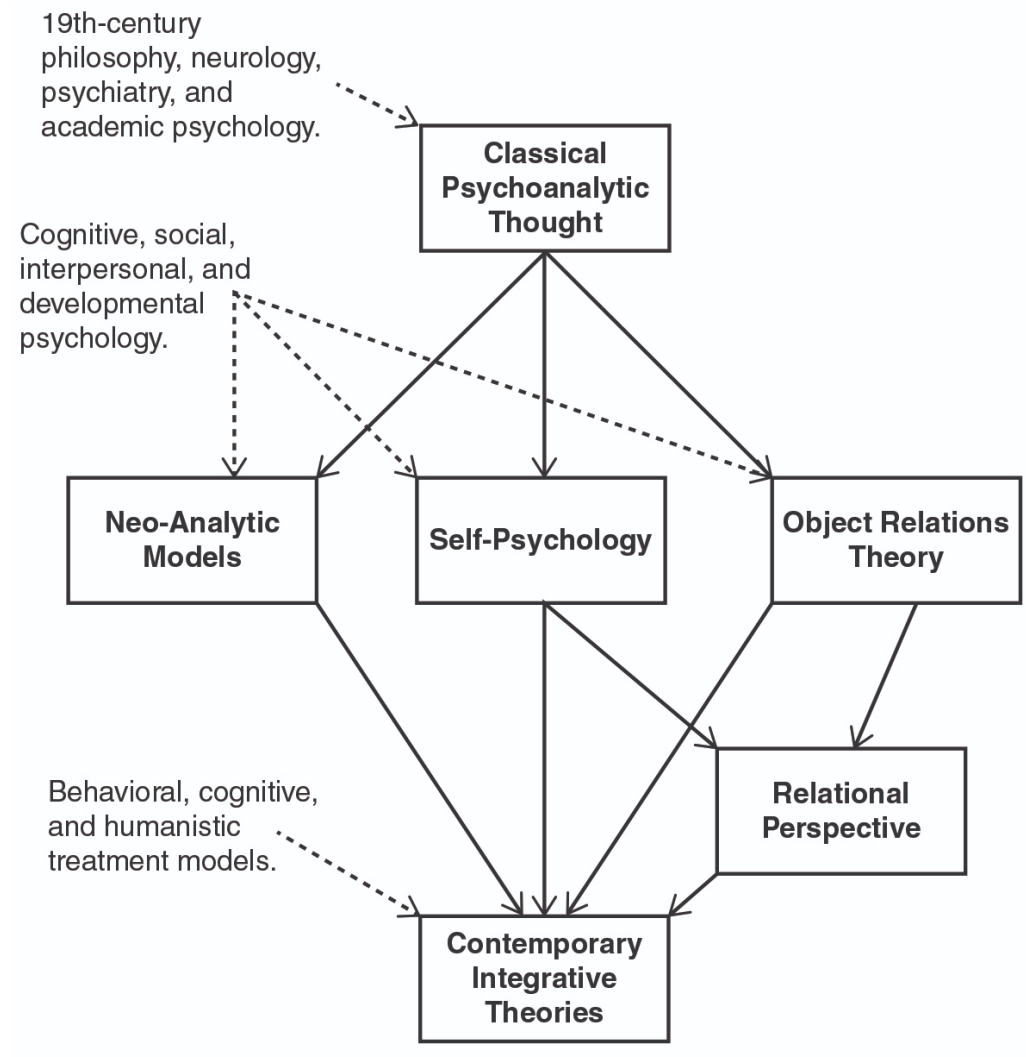
<i>Defense</i>	<i>Description</i>
<i>Repression</i>	Moving upsetting information (for example, sexual feelings regarding one's parents, aggressive feelings toward a sibling) from consciousness to the unconscious
<i>Denial</i>	Failing to appreciate the negative implications of an event or experience (for example, dismissing a potentially serious physical symptom as being unimportant)
<i>Reaction Formation</i>	Expressing outwardly the exact opposite of what one is feeling inwardly (for example, when a young boy feels affection for a young girl, but responds by making fun of her)
<i>Displacement</i>	Expressing a negative emotion—often anger—in a setting that is less risky than the setting one first experienced the emotion (for example, being yelled at by your boss, then coming home and taking it out on your partner)
<i>Rationalization</i>	Making excuses for engaging in unacceptable acts (for example, justifying cheating on your taxes by convincing yourself that everyone does it, so it's not really cheating)
<i>Sublimation</i>	Expressing unacceptable impulses in a way that actually brings rewards rather than punishment (for example, unleashing pent-up aggression by playing field hockey or football)

Note: This is a partial list of ego defenses; although psychologists disagree regarding the precise number of defenses we use, most lists include 10–15 defenses altogether.



Treatment techniques in psychoanalysis





Contemporary Psychodynamic Approaches

Behaviour therapy

- Based on principles of classical and operant conditioning
- Psychopathology was caused by '*faulty learning*'
- Techniques based on classical conditioning known as *behaviour therapies*
- Techniques based on operant conditioning known as *behaviour modification* or *behaviour analysis*



Therapies based on classical conditioning principles

Flooding

Counterconditioning

Systematic
desensitization

Exposure therapies

Reciprocal
inhibition

Aversion therapy

Therapies based on operant conditioning principles



Functional analysis



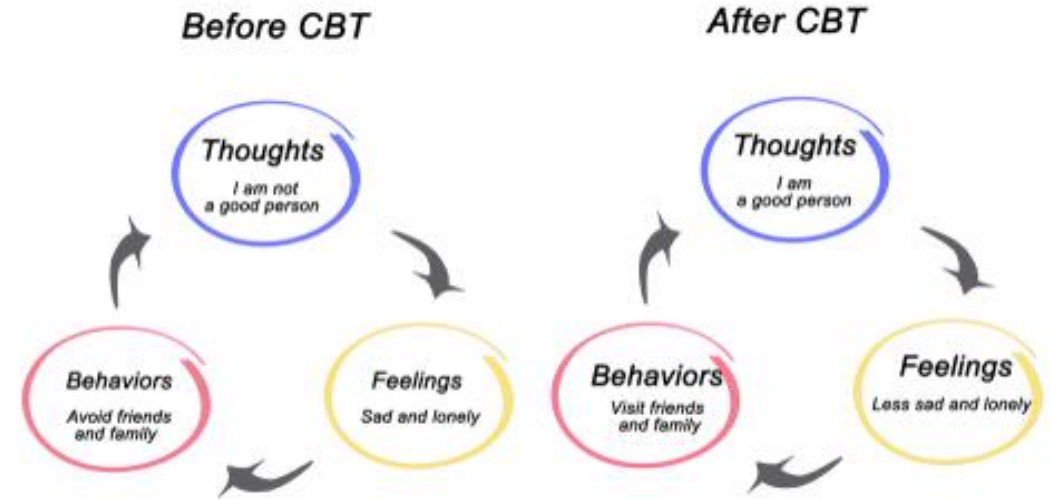
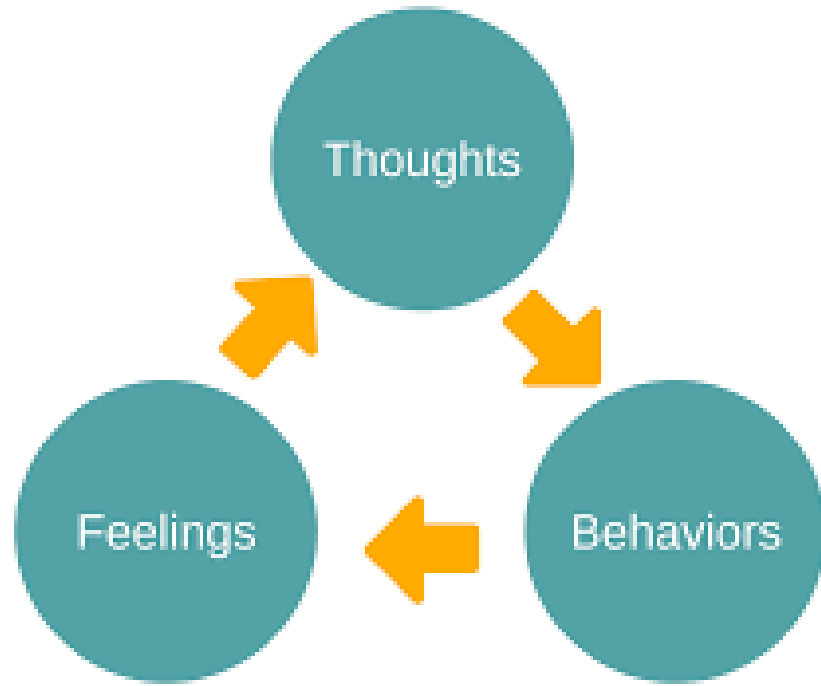
Token economy



Response shaping



Behavioural self-control



Cognitive therapies

Types of cognitive therapy

Rational Emotive Therapy (RET) (Albert Ellis, 1962)

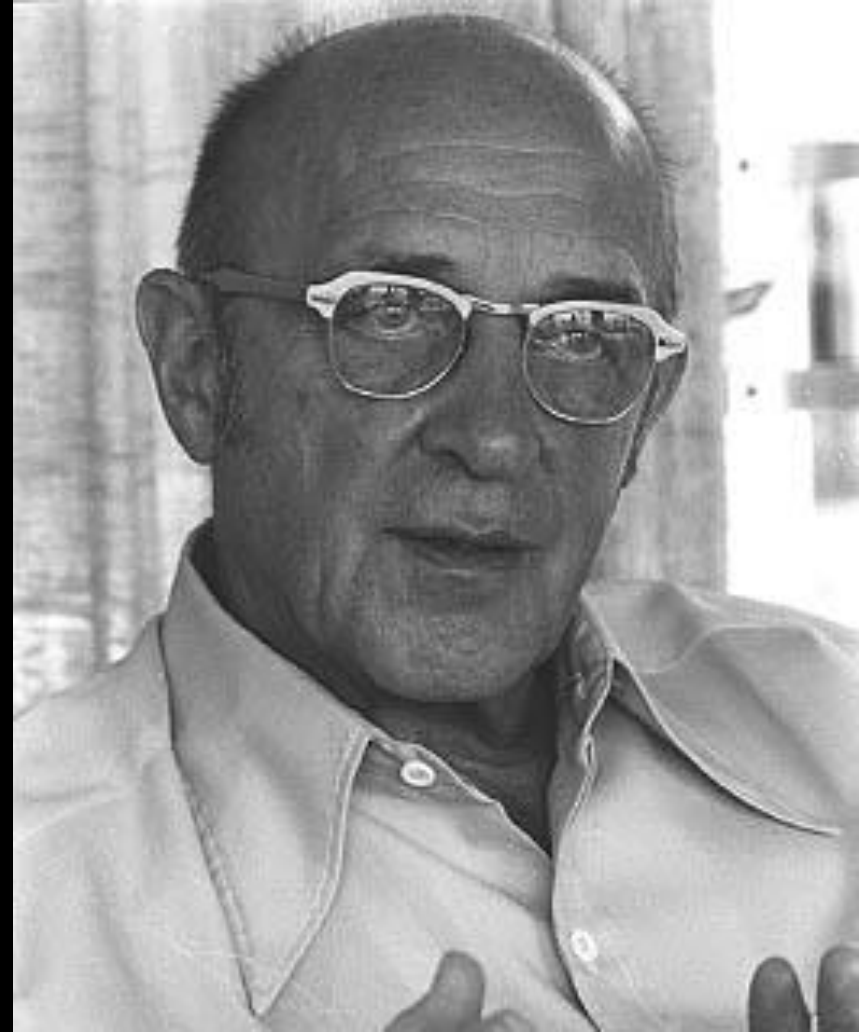
Beck's Cognitive Therapy

Cognitive Behaviour Therapy (CBT)

'Waves' of CBT

Mindfulness-based cognitive therapy
(MBCT)

Acceptance and Commitment Therapy
(ACT)



Humanistic therapies

Examples of humanistic therapies

Gestalt Therapy
(Perls, 1969)

Existential
Therapies (Cooper,
2003)

Primal Therapy
(Janov, 1973)

Narrative Therapy
(Freedman &
Combs, 1996)

Transpersonal
Therapy (Wellings,
Wilde &
McCormick, 2000)

Client-Centred
Therapy (Rogers,
1951)

Family & systemic therapies

- INTERVENTION INVOLVING FAMILY MEMBERS THAT IS HELPFUL AS A MEANS OF DEALING WITH ISSUES THAT MAY RESULT FROM THE RELATIONSHIP DYNAMICS WITHIN THE FAMILY.



Drug treatments

Antidepressant drugs

- Tricyclic antidepressants
- Monoamine Oxidase Inhibitors (MAOIs)
- Selective Serotonin Reuptake Inhibitors (SSRIs, e.g. Prozac)

Anxiolytic Drugs

- Benzodiazepines (e.g. valium)

Antipsychotic Drugs

- Chlorpromazine & Halperidol



Modes of treatment delivery

Group therapy

Counselling

Computerised CBT (CCBT)

E-therapy

Telepsychiatry / telehealth

VR

Outdoor therapies



Let's Talk IAPT

IAPT

Mental health is the largest single cause of disability in the UK

Therapeutic and economic drive to improve access to treatment and help people recover

Improving Access to Psychological Therapies

- Increased training of Psychological Wellbeing Practitioners

- Reduction in waiting times

- Increased client choice and satisfaction