



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



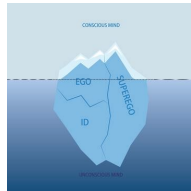
Treatments

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

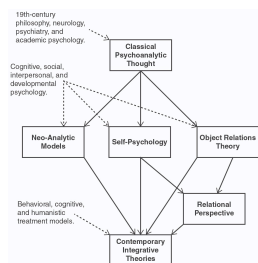
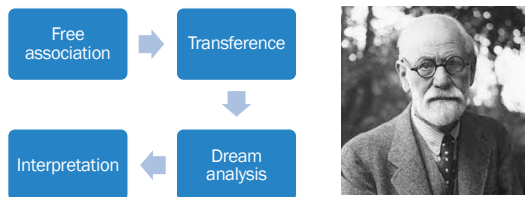
Psychodynamic Approaches

Defense	Description
Repression	Most important defense mechanism; smooths out unpleasant emotions; aggressive feelings toward a sibling then consciousness to the unconscious
Denial	Refusing to acknowledge the negative implications of an event or experience (for example, denying parental divorce; personal experience is being minimized)
Rationalization	Expressing outwardly the most acceptable of what one is feeling inwardly (for example, when a person is angry but afraid to express it, a person can respond by making fun of her)
Displacement	Expressing negative emotion—often anger—in a setting that is less risky than the setting in which the emotion first occurred (for example, being yelled at by your boss, then coming home and taking it out on your partner)
Acting out	Relating to one's feelings in a concrete way (for example, punishing yourself or your boss by oversteering yourself that everyone does it, so it's not really cheating)
Sublimation	Expressing unacceptable impulses in a way that actually brings reward rather than punishment (for example, channeling your anger by playing football)

Note: This is a simplified list of defense mechanisms. For a complete list, see the appendix in the textbook.



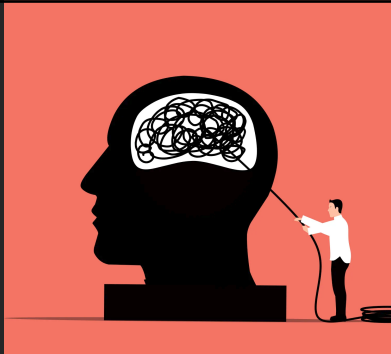
Treatment techniques in psychoanalysis



Contemporary Psychodynamic Approaches

Behaviour therapy

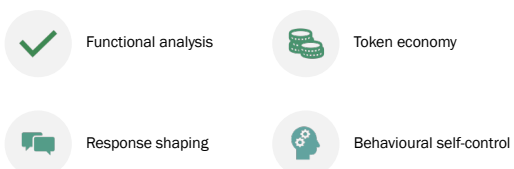
- Based on principles of classical and operant conditioning
- Psychopathology was caused by 'faulty learning'
- Techniques based on classical conditioning known as *behaviour therapies*
- Techniques based on operant conditioning known as *behaviour modification* or *behaviour analysis*

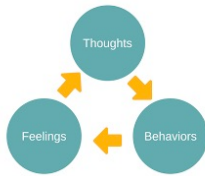


Therapies based on classical conditioning principles



Therapies based on operant conditioning principles





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 & Haloperidol



Modes of treatment delivery

Group therapy

Counselling

Computerised CBT (CCBT)

E-therapy

Telepsychiatry



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
