# Psychological interventions throughout the centuries

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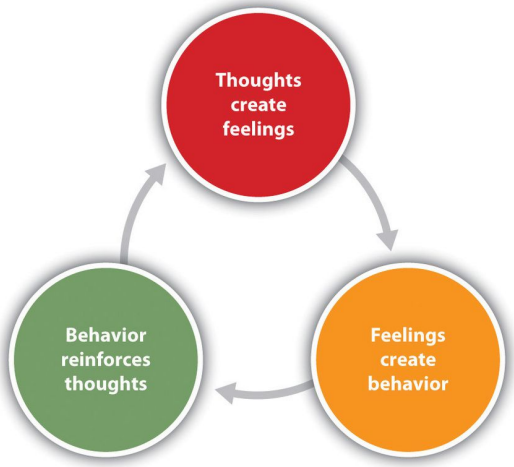
# Cognitive Behavioural Therapy (CBT)

Aaron Young



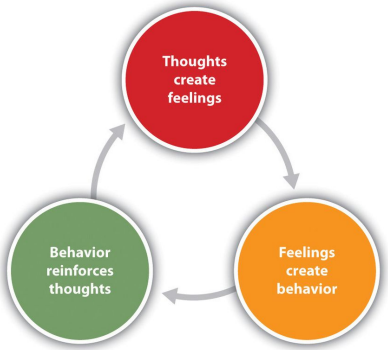

Theory (Corsini et al., 2010)

- Thoughts (cognitions) > feelings (Emotions) > Behaviour

Methodology (Dobson, 2010)

- Schemas

# Cognitive Behavioural Therapy (CBT)




**Rational-Emotive Therapy** - Irrational Beliefs, Low Moo, Depression (Dobson, 2010)

**Self-Instructional Therapy** Aggression, Anxiety (Harris, 1990)

**Covert Modeling Therapy** - Phobias, Unassertiveness, Indecisiveness (Cautela, 1979)

**Coping Skills Training** - Stress, Anxiety (Goldfried, 1971)

**Anxiety management Training** - Anxiety, Depression (Hersen & Bellack, 1985)

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# Electroconvulsive Therapy

Zach Evans

# Introduction

Contents- Beginning from the origins of ECT and early treatments

Later ECT treatments to treat different mental health conditions

The public perceptions of ECT over time

# Origins

Originally invented in Italy

Research began in Rome by the professor of Neuropsychiatry- Ugo Cerletti.

Researching Epilepsy by inducing seizures in dogs using electric shocks.

First tests began on a human brought in by police in a confused state. He was given the treatment and showed improved results in his mental state originally claiming to be lucid and aware of his surroundings.

# Original Treatment

Doctors believed that schizophrenia and epilepsy were both “antagonistic disorders” so they cannot both be present in the body at the same time this was completely wrong.

Doctors would induce seizures in patients.

Chemicals such as Metrazol were used to induce seizures.

Patients suffered from extreme violent seizures to even death.

# Continued Treatment

Increased popularity throughout the west

New guidelines were brought in place

Better protection for the patients

# ECT used to treat Schizophrenia

Case of 17 year old boy suffering from Schizophrenia

After ECT treatment his schizophrenic symptoms gradually decreased

Later on symptoms resurfaced and maintenance ECT was administered

# ECT used to treat Bipolar Disorder

Effective treatment when used on elderly patients

Unilateral and Bilateral treatments equally effective

Lower suicide rates than other forms of treatments (such as ketamine)

“After the ECT course, 344 (68.8%) patients were considered responders (final CGIi score ≤2) and 156 (31.2%) nonresponders.”
(Perugi, et al., 2017)

# ECT used to treat Anorexia

A case of a 24 year old man with a history of Anorexia

Changes in his eating patterns began after traumatic death of his father

Once hospitalised all other treatments had little help and he developed a severe form of OCD requiring assistance at all times

Following 12 ECT treatments there was significant reduction in OCD symptoms and behaviours

No significant reduction in his Anorexia.

# Perceptions of ECT over time

Early perceptions of ECT largely positive

Significant historical figures who underwent ECT- Dick Cavett American talk show host, Clementine Churchill wife of Winston Churchill wife of Winston Churchill, Judy Garland an actor/singer. Andy perkins

Depictions in literature and media- One flew over the cuckoo's nest book and later movie portray ECT negatively.

ECT being seen as a “last resort treatment”

# Conclusions

Early ECT had major side effects and drawbacks

Modern day treatments are much more controlled and safer

Treatments for certain mental health conditions have been very successful while others haven’t

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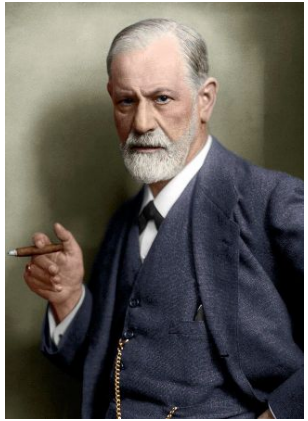
# Sigmund Freud

Lauryn Healy



# Early work and influences

Freud was an Austrian neurologist and founder of psychoanalysis

Early medical career in Vienna

Later work on disorders

# Psychoanalysis

Psychoanalysis is a defined set of psychological theories and therapeutic methods which have originated from Freud.

- Assumptions
- Unconscious mind
- Freudian slip
- Dream analysis
- Clinical application

# Conclusion

Effectiveness of Freud’s work

Strengths and influences

Weaknesses and criticisms

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