

Treatment: Day 2

MentalHealthHumor.com **CARTOON-A-THON** By: Chato B. Stewart



Medication Management

therapeutic approaches

	Humanistic
cause of psychological disorders	<i>focus on deficits either in feelings of <u>self-worth</u> or in feelings of <u>unconditional acceptance by others</u></i>
therapeutic methods	<i>Active listening (Carl Rogers) Client-centered Therapy Unconditional Positive Regard</i>
goal of therapy	<i>help people to realize their full potential</i>

Psychotherapy Three: Behavior Therapies

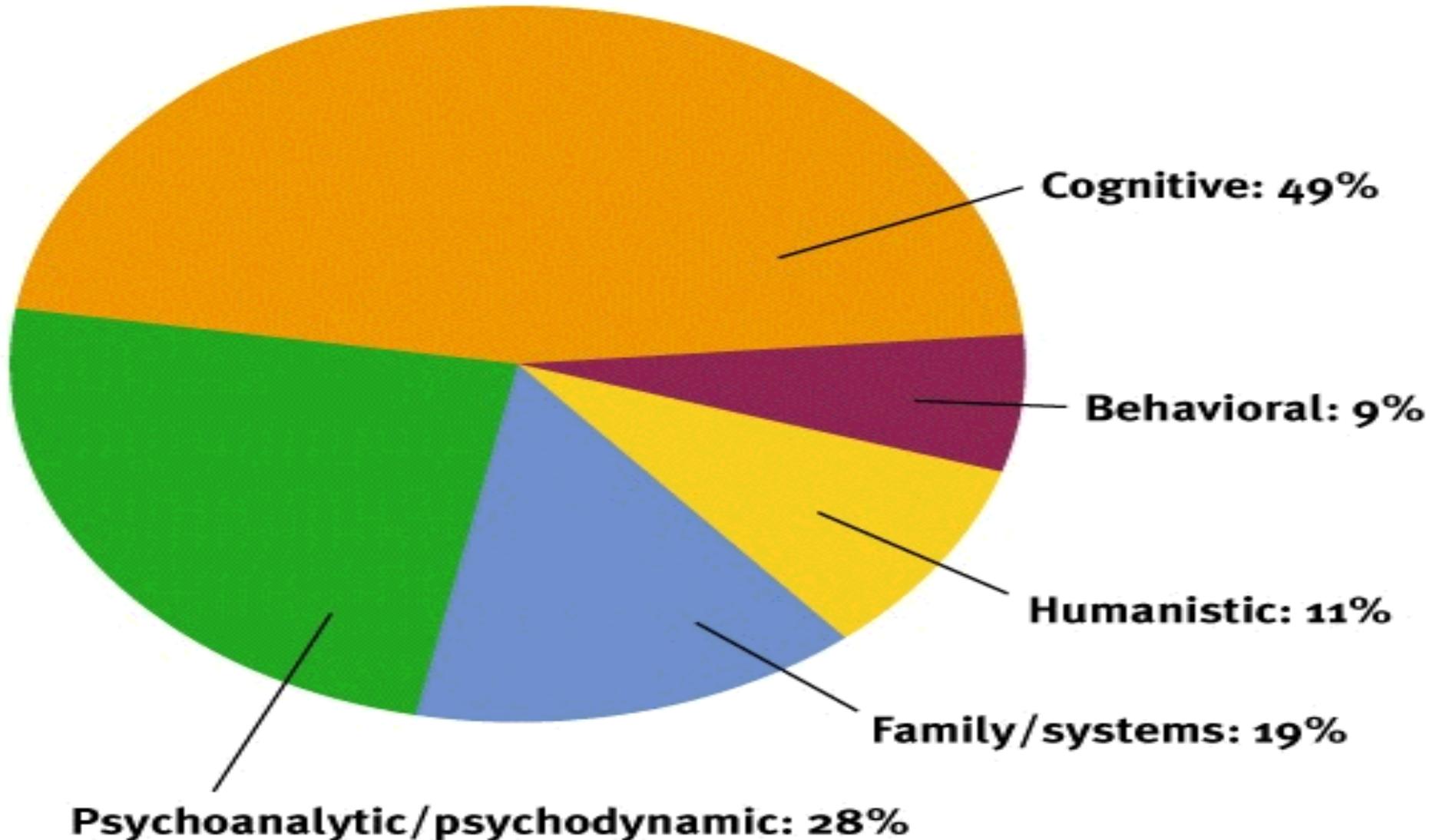
Focus on Learning

- Unlike previous two psychotherapies, behavior therapies are not interested in the underlying cause of the problem or in achieving self-awareness.
- **Behavior Therapies:** assume the problems are the behaviors themselves and look to use well-established **learning principles** to eliminate the unwanted behavior. Usually used to treat anxiety disorders, drug addictions, bedwetting, sexual dysfunctions, and autism.

therapeutic approaches

	Behavioral
cause of psychological disorders	<i>faulty conditioning</i>
therapeutic methods	<i>Counterconditioning (CC)</i> (replace undesired behavior with something acceptable) <i>Systematic desensitization (CC)</i> <u><i>Virtual Reality Exposure Therapy (CC)</i></u> <small>(http://www.pbs.org/saf/previous/watchonline605.htm?user2=pbs-saf&template2=publishmain.html&query2=scientific+american+605&squery2=squery=+ClipID:3++VideoAsset:pbssaf605&select=916985&submit2=GO)</small> <i>Aversion therapy (CC)</i> (pair undesired behavior with punishing / unpleasant behavior) <i>Flooding (CC)</i> (<i>more immediate exposure</i>) <i>Token economies (OC)</i> <i>Behavioral contracting (OC)</i> <i>Modeling</i>
goal of therapy	<i>alleviate symptoms (change behavior)</i>

The Most Dominant Form of Therapy is the Cognitive Approach



Most Common Illnesses Treated by Cognitive Psychotherapy

- 1. Depression**
- 2. Eating Disorders**
- 3. Chronic Pain**
- 4. Marital Problems**
- 5. Anxiety Disorders**

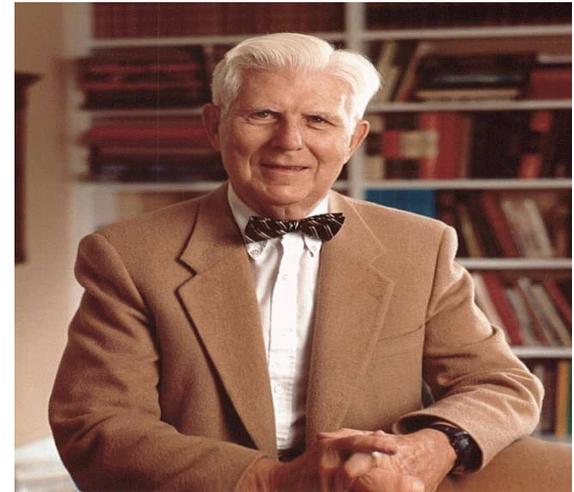
Assumption and Goal of Cognitive Therapy

- **Cognitive Therapy** assumes that thoughts exist between events and responses. A person's response depends on how they interpret the situation.
- **Goal of Cognitive therapy** is to teach people new and more realistic, helpful, and adaptive patterns of thinking and acting.
- Want to see the glass half-full instead of half-empty (optimism instead of pessimism)!!



Two Major Therapies where Cognition Is A Strong Focus

1. Aaron Beck's
Cognitive Therapy

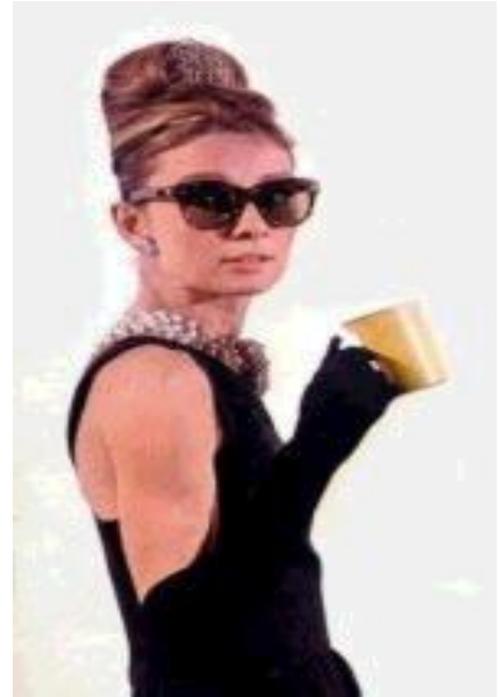


2. Albert Ellis's Rational
Emotive Therapy



Aaron Beck's Views on Depression (NOT IN BOOK)

- Beck believed the key to understanding depression was in an individual's thought patterns.
- Argued depressed people's negative thought patterns and creation of negative schemas caused them to misinterpret the world which often caused them to feel worthless and incompetent.
- Depressed people tend to view world with "dark sunglasses."



Albert Ellis' s Rational Emotive Behavior Therapy (NOT IN BOOK)

- Albert Ellis also believed that people' s maladaptive thoughts led to maladaptive emotional responses (behaviors).
- He promoted a form of treatment known as **Rational Emotive Behavior Therapy:** involves getting patients to recognize the irrationalities within their thought patterns and helping them create healthier forms of thinking and behaving. [REBT film clip](#) (start at 18:20)

therapeutic approaches

	Cognitive
cause of psychological disorders	<i>maladaptive thoughts or schemas</i>
therapeutic methods	<i>Modeling</i> <i>Role playing</i> <i>Rational emotive therapy</i> <ul style="list-style-type: none">▪ A – Adversity (Actions)▪ B - Belief▪ C – Consequence
goal of therapy	<i>change negative thinking</i>

rational emotive therapy

<i>A – Adversity</i>	Break-up	Break-up	Fail a test	Fail a test
<i>B - Belief</i>	I can do better	I' ll never find someone	I should have studied harder	I' m stupid
<i>C - Consequence</i>	Positive attitude	Depression	Positive attitude	Depression

therapeutic approaches

	Biological
cause of psychological disorders	<i>Psychophysiological causes (ex: depletion of neurotransmitters)</i>
therapeutic methods	<i>Drugs Electroconvulsive Therapy (ECT) Psychosurgery</i>
goal of therapy	<i>Correct neurochemical imbalances</i>

Types of drugs	Used to treat	Examples	<p>how do they work?</p> <p>side effects</p>
<p>Anti-Psychotics (neuroleptics)</p>	<p>schizophrenia</p>	<p>Haldol Thorazine</p> <p>Clozapine Zyprexa</p>	<p>Blocks the action of <u>dopamine</u> (dopamine antagonist) by targeting dopamine receptors.</p> <p>general lethargy, possible increase in negative symptoms, and sexual dysfunction</p> <p>Tardive Dyskinesia can occur if D2 dopamine receptor blockers are used long-term</p>

Types of drugs	Used to treat	Examples	how do they work? side effects
Anti-Anxiety (Anxiolytics)	Anxiety & personality disorders	Xanax, Ativan, & Valium (benzodiazepines)	It boosts the effects of <u>GABA</u> , a natural chemical in your body that sends messages to your brain that tell it to "calm down." High risk of physical and psychological addiction

Types of drugs	Used to treat	Examples	how do they work? side effects
Anti-Depressants	Depression	Tofranil Limbitrol	Tricyclics (known as tricyclics because of the shape of their molecular structure) blocks the reuptake of both serotonin and norepinephrine – this causes arousal Many side effects, but most go away after the adaptation phase

Types of drugs	Used to treat	Examples	how do they work?
Anti-Depressants	Depression	Nardil Parnate	MAOI Inhibitors (found to slow the body's production of the enzyme monoamine oxidase (MAO)) Once the brain's three neurotransmitters, known as monoamines (serotonin, norepinephrine, and dopamine), have played their part in sending messages in the brain, they get burned up by a protein in the brain called monoamine oxidase, a liver and brain enzyme. If too many monoamines are absorbed, it leads to a chemical imbalance in the brain. Antidepressants known as monoamine oxidase inhibitors, or MAOI, work by blocking this cleanup activity.

Types of drugs	Used to treat	Examples	how do they work?
Anti-Depressants	Depression	Prozac Celexa Zoloft Paxil (know these!)	SSRI' s (selective serotonin reuptake inhibitors) prevent the reuptake of the neurotransmitter serotonin Many side effects, but most go away after adaptation phase

Types of drugs	Used to treat	Examples	how do they work?
Mood Stabilizers	Bipolar Disorder	Lithium	? The precise mechanism of action of Li ⁺ as a mood-stabilizing agent is currently unknown

Types of drugs	Used to treat	Examples	how do they work?
stimulants	ADHD	Ritalin	<p>Increases levels of norepinephrine and dopamine which arouse the central nervous system.</p> <p>It' s long-term effectiveness is questionable</p>