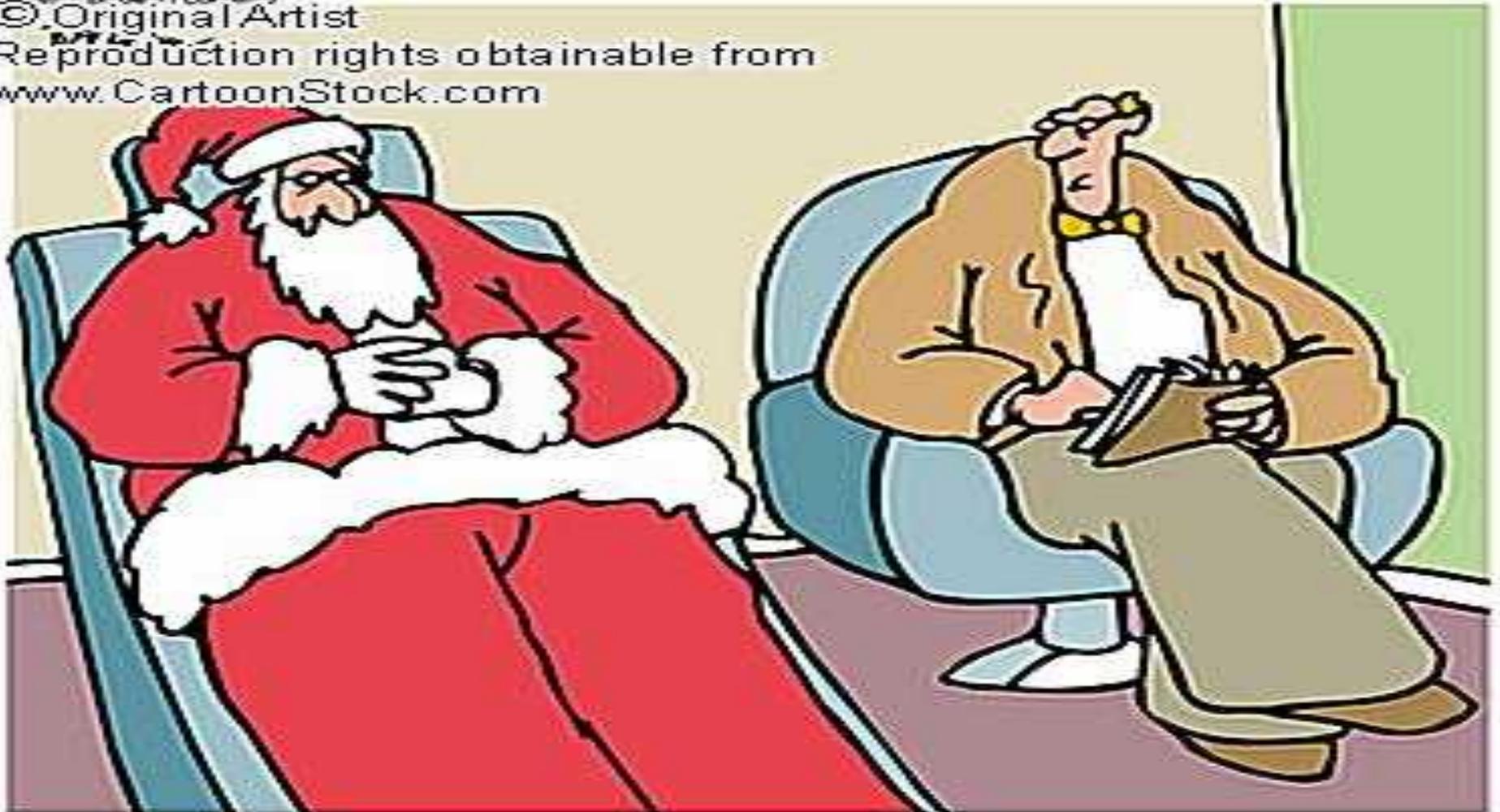


Treatment: Day 1

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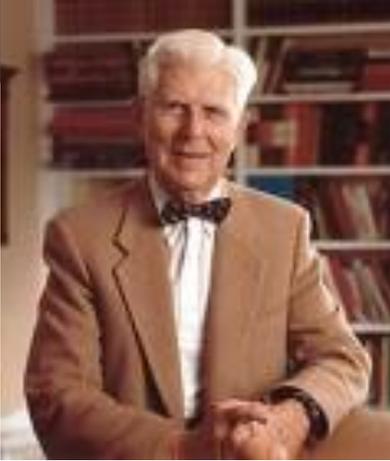


“Who cares what little kids think? What’s important is that you believe in yourself.”



Thomas SZASZ

- Wrote the “**Myth of Mental Illness**”(1960).
Attacked Psychiatry and Psychology as a science.
- People who are said to "have" a mental illness can only have, at best, a "fake disease."
- "If you talk to God, you are praying; If God talks to you, you have schizophrenia.



Aaron BECK

- Considered the “**Father of Cognitive Therapy**”
- Created the widely used **Beck Scales**, including:
 - Beck Depression Inventory
 - Beck Hopelessness Scale
 - Beck Scale for Suicidal Ideation



Carl ROGERS

- One of the founders of the **Humanistic Approach to Psychology**
- **Client –centered therapy**, **unconditional positive regard**, **self-concept**, **ideal self vs. real self** are all terms first coined by Rogers.

THERAPISTS

psychiatrists vs. clinical psychologists

- **psychiatrists** have MDs (medical degrees) & can prescribe meds
- **clinical psychologists** have advanced degrees (usually PhDs), can do therapy but cannot prescribe meds

Psychotherapy Differs Depending on the Perspective of Therapist

Psychotherapy: emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties.

There are different types based on personality theories we discussed:

1. Psychoanalytic
2. Humanistic
3. Behavioral
4. Cognitive

therapeutic approaches

	Psychoanalytic
cause of psychological disorders	focus on early childhood, repressed memories
therapeutic methods	free association (Freud) resistance transference
goal of therapy	tap into the <u>unconscious</u> motivations for our behavior

Criticism of Psychoanalytic Therapy

1. Built on assumption that repressed memories exist.
2. Interpretations can't be proven right or wrong.
3. Is very time-consuming and costly...usually takes several years to achieve insight.

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>

Humanistic Approach

1. focuses on the present and future
2. Conscious Thoughts
3. Promotes growth

Psychoanalysis

1. focuses on past (childhood memories)
2. Unconscious Thoughts
3. Promotes cures.