Therapy Lecture Notes

Gender Differences in Treatment
- women are more likely to be in psychotherapy
- therapy is more socially accepted for women than men

Insight Therapies

I. Psychoanalysis
- anxiety and other problems are symptoms of inner conflicts stemming from childhood
  A. Freudian View of Human Nature
    1. behavior is determined by irrational forces, unconscious motivations, biological & instinctive drives, and psycho-sexual events during first 6 years of life
  B. Psychoanalytic Techniques
    1. free association
    2. interpretation
    3. dream analysis
    4. transference
      a. The patient’s carrying over to the analyst feelings held toward childhood authority figures.
      b. Once the therapist “becomes” this figure, a patient’s “unfinished business” can be completed.

II. Client-Centered Therapy
- nondirectional form of therapy
- unconditional positive regard
- goal: helping the client become fully functioning
  A. Rogerian View of Human Nature
    1. Humans are basically rational, socialized, forward-moving, and realistic.
    2. Therapy is the liberation of an already existing capacity in the individual. (elimination of incongruence)
  B. “Client” vs. “Patient”
    1. the term client highlights the more active and equal role of the person seeking therapy
  C. Role of the Therapist
    1. understand life from the client’s point of view
    2. A therapist must be nondirective and reflect back to the client what he/she has said.
  D. Rogerian Therapeutic “Techniques” (Rogers did not really use techniques per se)
    1. creating a safe environment
    2. unconditional positive regard
    3. empathy
    4. reflection

III. Gestalt Therapy
- emphasizes the wholeness of the personality
- attempts to reawaken people to their emotions and sensations in the here-and-now
  A. Gestalt View of Human Nature
    1. People can deal with their life problems themselves.
    2. Therapy aims at an integration of conflicting dimensions within the person.
  B. Gestalt Approach to Therapy
    1. face-to-face confrontations to help people become more genuine or “real” in their day-to-day interactions
    2. The therapist is active and directive.
  C. Role of Therapist (Gestalt)
    1. to frustrate the person’s demands for support and help
a. purpose: allows the person to realize the resources for resolving problems are within oneself

D. Therapeutic Techniques (Gestalt)

1. shuttle technique
   a. directing the client’s attention back and forth from one activity or experience to another
   b. e.g., talking and listening to oneself; going between fantasy world and here and now

2. top dog-underdog dialogue
   a. turning a conflict within oneself into a dialogue
   b. top dog: superego (“shoulds”)
   c. underdog: id/infraego (“yes, but”--evasive, excuses, sabotaging top dog’s demands)

3. “awareness of body language”
   a. nonverbal cues often express one’s true feeling, which are not always in agreement with one’s speech
   b. verbal communication is usually a lie

4. client’s use of language
   a. “It” talk: use of this pronoun depersonalizes language
   b. “You” talk: you = I (distancing oneself from intense feelings)
   c. questions: keep the questioner hidden, safe, and unknown
   d. language that denies power

Cognitive Therapies
- changing clients’ perceptions of their life situation as a way of modifying their behavior

Types of Cognitive Therapy
- Rational-Emotive-Therapy (RET)
- Beck’s Cognitive Therapy (ignore for the test)

Rational-Emotive Therapy (Albert Ellis)

Rational-Emotive Therapy/Rational-Emotive Behavior Therapy
- a directive therapy
- one’s psychological distress is caused by irrational and self-defeating beliefs

Irrational/Self-Defeating Beliefs
- involve absolutes (e.g., “musts” and “shoulds”) that allow no room for mistakes

RET’s View of Human Nature
- Humans are born with the potential for both rational (straight) and irrational (crooked) thinking.
- Humans have tendencies toward growth and actualization, but they often sabotage their movement toward growth.
  - reason: their tendency toward irrational thinking and learned self-defeating patterns.

Role of Therapist (RET)
- challenge dysfunctional beliefs
- minimize self-blame & anger
- “non-utopianism” (recognition that utopias are not possible)
RET Therapeutic Techniques
- teaching:
  - using logic and reason
  - replacing illogical beliefs with logical beliefs
  - explaining origin of one’s illogical beliefs
  - examine one’s use of language

Behavior Therapies
- basic belief: all behavior is learned
- objective of therapy: teach people new, more satisfying ways of behaving

Techniques of Behavior Therapy
- systematic desensitization
- flooding
  - A method of desensitization through intense and prolonged exposure to anxiety-producing stimuli. (extinction)
- behavior modification

Effectiveness of Psychotherapy
- benefits 2/3 of the people
- 1/3 people improve without therapy
- no one therapy appears to be more effective than another