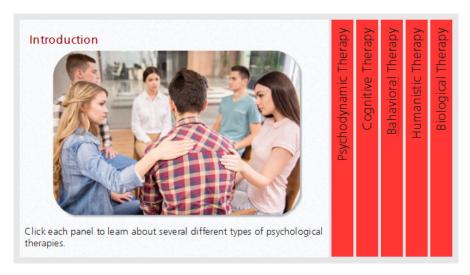
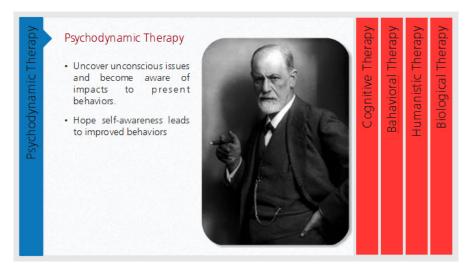
Introduction



Click each panel to learn about several different types of psychological therapies.



Psychodynamic Therapy



Psychodynamic therapy is closely tied to Sigmund Freud's theories. It also is the oldest of therapies. The goal of psychodynamic therapy is to uncover unconscious issues of the past, and bring the patient to self-awareness about how those issues affect current behavior. Specifically, the therapist tries to uncover unconscious, unresolved conflicts that likely originated in childhood. Once a client can better examine his or her unresolved conflicts, the hope is that resulting behaviors will improve.



Cognitive Therapy

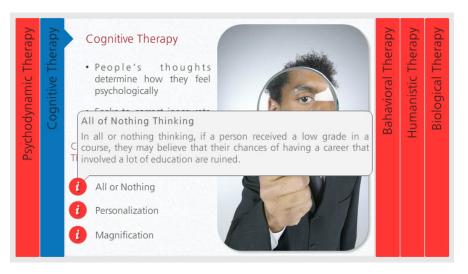


Cognitive therapy is based on the belief that people's thoughts determine much of how they feel psychologically. For example, as you previously learned, people's inaccurate or faulty thoughts and beliefs are believed to strongly influence depression. Therefore, cognitive therapy seeks to correct such inaccurate thoughts and ultimately help correct life perceptions.

Take a moment to learn about some common examples of inaccurate thoughts or beliefs that people may have about themselves or their situation. Click each marker to learn more.



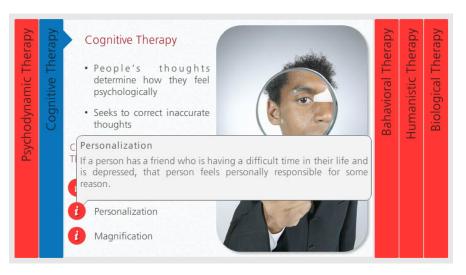
All or Nothing



In all or nothing thinking, if a person received a low grade in a course, they may believe that their chances of having a career that involved a lot of education are ruined.



Personalization



If a person has a friend who is having a difficult time in their life and is depressed, that person feels personally responsible for some reason.



Magnification



If a person did not make a school athletics team, they would feel that they are not good at anything at all.



Behavioral Therapy



In behavioral therapy, the goal is to reinforce desirable behaviors and eliminate unwanted or harmful ones. The techniques used in this type of treatment are based on the behaviorist theories of classical conditioning and operant conditioning. Unlike some of the other therapies that emphasize insight, this therapy seeks to change behavior.

Take a moment to learn about two techniques frequently used in behavior therapy and two types of conditioning that are associated with behavior therapy. Click each marker to learn more.



Systematic Desensitization



Systematic desensitization is often used to treat phobias. First, a person is taught relaxation techniques. Next, he or she creates a hierarchy of events that would produce anxiety and fear. Starting with the least fear-inducing item and working up to the most fear-inducing item, the individual is taught to think of each event and pair it with relaxation. For example, an individual who feared texting a girl to ask on a date might start by looking at the phone. The next event might be picking up the phone. After that, the person may write the text. Finally, the individual would press "send." By pairing the old fear-producing stimulus with the newly learned relaxation behavior, the hope is that the anxiety can be reduced or even eliminated.



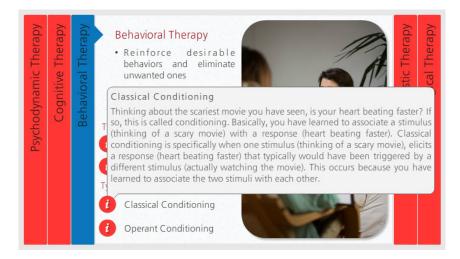
Aversive Therapy



In aversive therapy, the process involves pairing an undesirable behavior with an aversive or unpleasant stimulus in the hope that the unwanted behavior will eventually be reduced. For instance, to eliminate a child's habit of nail biting, parents may place a substance on the children's fingers that produces a strong, bitter taste. The goal is that the bitter taste will discourage this habit and lead to a reduction or elimination of the behavior.



Classical Conditioning



Thinking about the scariest movie you have seen, is your heart beating faster? If so, this is called conditioning. Basically, you have learned to associate a stimulus (thinking of a scary movie) with a response (heart beating faster). Classical conditioning is specifically when one stimulus (thinking of a scary movie), elicits a response (heart beating faster) that typically would have been triggered by a different stimulus (actually watching the movie). This occurs because you have learned to associate the two stimuli with each other.



Operant Conditioning



Why do you study? Why would you never put your hand on a hot stove? You study to do well in school, and you do not put your hand on a hot stove because it causes pain. This is the idea behind operant conditioning. You do or do not do something based on positive or negative consequences you have learned.



Humanistic Therapy



Humanistic therapy seeks to help individuals reach their full potential. The therapist tries to help each client to "be all you can be" and discover what makes him or her unique. This therapy promotes positive self-esteem, self-awareness, and self-acceptance. The humanistic approach is called person-centered therapy because the client is expected to take the lead and openly share thoughts.

Take a moment to learn how humanistic therapists help their clients. Click the maker to learn more.



Humanistic Therapists – Active Listening



Humanistic therapists use active listening, meaning they communicate by acting as a mirror. For example, therapists rephrase, repeat, and clarify what clients share. Ultimately, therapists create a nonjudgmental, empathetic, and supportive environment to make clients feel understood.



Biological Therapy



The biological approach attempts to treat mental disorders using biological means. Psychological problems are seen as having a neurological and chemical root cause. These treatments involve the use of drugs and must be given by either a physician or a psychiatrist.

