

Module 9: Psychological Disorders and Treatment

Topic 5 Content: Psychological Therapies Notes

Introduction

Introduction



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

- Psychodynamic Therapy
- Cognitive Therapy
- Behavioral Therapy
- Humanistic Therapy
- Biological Therapy

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

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Psychodynamic Therapy

Psychodynamic Therapy

Psychodynamic Therapy

- Uncover unconscious issues and become aware of impacts to present behaviors.
- Hope self-awareness leads to improved behaviors

Cognitive Therapy

Behavioral Therapy

Humanistic Therapy

Biological 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.

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Cognitive Therapy



The infographic is titled "Cognitive Therapy" and is part of a larger set of psychological therapies. It features a central image of a man in a suit holding a magnifying glass over his eye. The text is organized into columns and sections. On the left, a red vertical bar contains the text "Psychodynamic Therapy" and a blue vertical bar contains "Cognitive Therapy". The main text area is white with a light blue background. It includes a title "Cognitive Therapy", two bullet points, a section titled "Common Examples of Inaccurate Thoughts or Beliefs", and three items with red circular icons containing the letter 'i'. On the right, three red vertical bars contain the text "Behavioral Therapy", "Humanistic Therapy", and "Biological Therapy".

Cognitive Therapy

- People's thoughts determine how they feel psychologically
- Seeks to correct inaccurate thoughts

Common Examples of Inaccurate Thoughts or Beliefs

- i** All or Nothing
- i** Personalization
- i** Magnification

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.

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All or Nothing

The infographic is titled "Cognitive Therapy" and is part of a larger set of notes on "Psychological Therapies". It features a central image of a man in a suit looking through a magnifying glass. The infographic is divided into sections by colored bars: a red bar on the left for "Psychodynamic Therapy", a blue bar for "Cognitive Therapy", and three red bars on the right for "Behavioral Therapy", "Humanistic Therapy", and "Biological Therapy".

Cognitive Therapy

- People's thoughts determine how they feel psychologically

All or Nothing Thinking

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.

- i** All or Nothing
- i** Personalization
- i** Magnification

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Personalization

The infographic is a vertical layout with a central text area and a background image of a person's face. On the left, there are two vertical bars: a red one labeled 'Psychodynamic Therapy' and a blue one labeled 'Cognitive Therapy'. On the right, there are three vertical red bars labeled 'Behavioral Therapy', 'Humanistic Therapy', and 'Biological Therapy'. The central text area contains the following information:

- Cognitive Therapy**
 - People's thoughts determine how they feel psychologically
 - Seeks to correct inaccurate thoughts
- 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.
- Personalization**
- Magnification**

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.

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Magnification

Cognitive Therapy

- People's thoughts determine how they feel psychologically
- Seeks to correct inaccurate thoughts

Common Examples of Inaccurate Thoughts or Beliefs

Magnification

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

Magnification

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Behavioral Therapy



The infographic is titled "Behavioral Therapy" and is set against a background of vertical bars representing different therapy types: Psychodynamic Therapy (red), Cognitive Therapy (red), Behavioral Therapy (blue), Humanistic Therapy (red), and Biological Therapy (red). The central text area is white. On the right side, there is a photograph of a woman sitting on a white sofa, looking thoughtful with her hand to her face, while a therapist in a green shirt sits opposite her, partially visible.

Behavioral Therapy

- Reinforce desirable behaviors and eliminate unwanted ones
- Based on classical conditioning and operant conditioning

Two Techniques

- i* Systematic Desensitization
- i* Aversive Therapy

Types of Conditioning

- i* Classical Conditioning
- i* Operant Conditioning

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.

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Systematic Desensitization

Behavioral Therapy

- Reinforce desirable behaviors and eliminate

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.

Type

- Operant Conditioning

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Aversive Therapy

The infographic features a vertical navigation bar on the left with three categories: Psychodynamic Therapy (red), Cognitive Therapy (red), and Behavioral Therapy (blue). The main content area is titled 'Behavioral Therapy' and includes a bullet point 'Reinforce desirable'. A central text box defines 'Aversive Therapy' as pairing an undesirable behavior with an aversive stimulus to reduce it, using the example of nail biting. Below this, a section titled 'Types of Conditioning' lists 'Aversive Therapy', 'Classical Conditioning', and 'Operant Conditioning', each with an information icon. The background includes a photo of a person writing in a notebook.

Behavioral Therapy

- Reinforce desirable

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.

Types of Conditioning

- Aversive Therapy**
- Classical Conditioning**
- Operant Conditioning**

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Classical Conditioning

Behavioral Therapy

- Reinforce desirable behaviors and eliminate unwanted ones

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.

Classical Conditioning

Operant Conditioning

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Operant Conditioning

The infographic features a central image of a woman sitting on a couch, looking thoughtful. To the left, a vertical bar lists three therapy types: Psychodynamic Therapy, Cognitive Therapy, and Behavioral Therapy. To the right, another vertical bar lists Humanistic Therapy and Biological Therapy. The main text area is titled 'Behavioral Therapy' and includes a bulleted list of points, a section on 'Two Techniques' (Systematic Desensitization and Operant Conditioning), and a detailed explanation of Operant Conditioning.

Behavioral Therapy

- Reinforce desirable behaviors and eliminate unwanted ones
- Based on classical conditioning and operant conditioning

Two Techniques

- Systematic Desensitization
- 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.

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.

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Humanistic Therapy



The infographic features a central white box with a blue arrow pointing to the right, containing the title 'Humanistic Therapy' and a bulleted list of its characteristics. To the right of the text is a photograph of a blonde woman with her arms crossed. The background is decorated with vertical bars in red and blue, each labeled with a therapy type: 'Psychodynamic Therapy', 'Cognitive Therapy', 'Behavioral Therapy', 'Humanistic Therapy', and 'Biological Therapy'.

Humanistic Therapy

- Helps individuals reach their full potentials
- Promotes self-esteem, self-awareness, and self-acceptance
- Person-centered therapy

Humanistic Therapists

-  Active Listening

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.

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Humanistic Therapists – Active Listening

The infographic features a central image of a blonde woman with her arms crossed. To the left of the image are four vertical bars: three red bars labeled 'Psychodynamic Therapy', 'Cognitive Therapy', and 'Behavioral Therapy', and one blue bar labeled 'Humanistic Therapy'. To the right of the image is a red vertical bar labeled 'Biological Therapy'. The text 'Humanistic Therapy' is written in red above a list of bullet points. A white callout box with a red 'i' icon and the label 'Humanistic Therapists – Active Listening' contains a detailed description of active listening.

Humanistic Therapy

- Helps individuals reach their full potentials
- Promotes self-esteem, self-awareness, and self-acceptance
- *Person-centered therapy*

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.

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Biological Therapy



Biological Therapy

- Treats mental disorders using biological means
- Treatments involve the use of drugs



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.