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**Treatments: Past and Present**

- Disorders were thought to be from evil spirits, and holes were cut in the skulls, vomiting was induced, etc.
- Dorothea Dix was an advocate for mental health reform in America
- Subsyndromal Disorder – An instance of a mental disorder in which someone does show symptoms, but not at the level of intensity, frequency, or duration that would justify a normal diagnosis
- 40% of people don’t seek help in the U.S.. 90% of people in the world don’t have access to treatment
- Cultural Competence – An understanding of how a patient’s cultural background shapes his beliefs, values, and expectations for therapy
- Different cultures treat patients differently
  - Schizophrenic patients do better in India than the U.S.
    - 15 to 25% of schizophrenic patients live with families in the U.S. but 99% do in India

**Psychological Treatments**

- Psychodynamic approaches – Approaches to therapy that are derived from psychoanalytic theory, which asserts that clinical symptoms arise from unconscious conflicts rooted in childhood
- Transference – A patient’s tendency to respond to the analyst or therapist in ways that re-create her responses to major figures in her life
- Interpersonal Therapy (IPT) – A form of therapy focused on helping the patient understand how she interacts with others and then learn better ways of interacting and communicating
- Humanistic Approach – An approach to therapy centered around the idea that people must take responsibility for their lives and actions
- Client-centered therapy – A form of humanistic therapy associated with Carl Rogers, in which the therapist’s genuineness, unconditional positive regard, and empathic understanding are crucial to success
- Motivational-Enhancement Therapy – A brief, noncofrontational, client-centered therapy designed to change specific problematic behaviors such as alcohol or drug use
- Gestalt Therapy – A form of humanistic therapy associated with Fritz Perls that aims to help the patient integrate inconsistent aspects of herself into a coherent whole by increasing self-awareness and self-acceptance
- Experiential Therapies – A family of therapies that seek to create an empathic and accepting therapeutic atmosphere, while challenging the patient to deepen his experience
- Behaviorists do not view bad behaviors as symptoms; instead, those are the problems to be solved
  - Use learning and conditioning to replace bad habits with learned, better ones
- Exposure therapy – A behavior therapy that aims to remove the anxiety connected to a feared stimulus by gradually conditioning relaxes responses to the stimulus
- In Vivo Desensitization – One key step in the behavioral treatment of a phobia in which the patient is gradually exposed to the phobic stimulus
- Token Economy – A behavioral therapy technique based on operant conditioning in which patients’ positive behaviors are reinforced with tokens that they can exchange for desirable items
- Contingency Management – A form of behavior therapy in which certain behaviors are reliably followed by well-defined consequences
- Modeling – Someone learns new skills or changes behavior by imitating another person
  - Vicarious reinforcement is when the patient sees the model experience some good outcome and does the same
- Rational Emotive Behavioral Therapy – A form of cognitive therapy associated with Albert Ellis, in which the therapist actively challenges the patient’s irrational beliefs
  - Would discuss and dispute (D) the patient’s beliefs and would offer specific, more effective (E) substitutes to the action (A) leads to a consequence (C) when translated by a specific belief (B)
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- **Cognitive Therapy** – An approach to therapy that tries to change some of the patient’s habitual modes of thinking about herself, her situation and her future
- **Cognitive restructuring** – A set of cognitive therapy techniques for changing a person’s maladaptive beliefs or interpretations through persuasion and confrontation
- **Cognitive-behavioral approach** – A hybrid form of psychotherapy focused on changing the patient’s habitual interpretations of the world and ways of behaving
- **Eclecticism** – An approach to treatment that deliberately weaves together multiple types and forms of therapy
- **Shared problems groups** are groups of people with the same problem that gives the participant a sense of “I’m not alone”
- **Therapy groups** are groups of 8-10 people with one therapist

**Biomedical Treatments**

- **Psychotropic drugs** – Medications that control, or at least moderate, the manifestations of some mental disorders
- **Antipsychotics** were pretty good at dealing with the “positive” effects of schizophrenia but not negative
- **Atypical antipsychotics** are good at dealing with the negative effects as well
  - Both work by blocking dopamine
- **Deinstitutionalization** – A movement that began in the 50s that aimed to provide better, less expensive care for chronically mentally ill patients in their own communities rather than at large, centralized hospitals
- **Antidepressants** – Medications designed to counteract depression
  - One category: Monoamine Oxidase inhibitors (MAO)
  - Second Category: Tricyclic Antidepressants
    - Both increase norepinephrine and serotonin
    - MAO inhibitors prevent MAO enzymes from breaking down the neurotransmitters
    - Tricyclics increase the amount available by blocking reuptake
- **Selective Serotonin Reuptake Inhibitors (SSRIs)** – New class of depression drugs starting with Prozac with minimal effect on norepinephrine and dopamine
- **Mood stabilizers** – Medications that treat bipolar disorder, such as lithium
  - Lithium is better at helping the manic phase then the depressive symptoms
- **Anxiolytics** – Drugs that alleviate the symptoms of anxiety
  - Increase neurotransmission at synapses containing GABA
- **Beta-blockers** are also used for anxiety to control autonomic arousal
- **Benzodiazepines** are used for the uncomfortable feelings associated with anxiety
- **Benzodiazepines** can produce a rebound effect where the patient is worse off than initially if the medication is stopped
- **Doses** are always a concern. For instance, African Americans metabolize antidepressants quicker than whites
  - Black boxes surround SSRI labels that say there is a possible increased risk of suicide
- **Psychosurgery** – Neurosurgery performed to alleviate manifestations of mental disorders that cannot be alleviated using psychotherapy, medication, or other standard treatments
- **Electroconvulsive Therapy (ECT)** – A somatic treatment, mostly used for cases of severe depression, in which a brief electric current is passed through the brain to produce a convulsive seizure
  - Anesthetics render the patients unconscious and muscle relaxants reduce the manifestations to twitches
  - Can produce memory impairment
- **Vagal Nerve Stimulation** – An emerging biomedical treatment for depression that involves electrically stimulating the vagus nerve with a small battery-powered implant
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- Deep Brain Stimulation (DBS) – An emerging biomedical treatment for depression and OCD that involves stimulating specific parts of the brain with implanted electrodes
- Repetitive Transcranial Magnetic Stimulation (rTMS) – An emerging biomedical treatment for depression that involves applying rapid pulses of magnetic stimulation to the brain from a coil held near the scalp

**Common Factors and Combined Treatments**

- Therapeutic Alliance – The relationship between therapist and patient that helps many patients feel hopeful and supported

**Evaluating Treatments**

- Empirically supported treatments (EST) – Clinical methods that research has shown to be effective for treating a given disorder
- Randomized Clinical Trial (RCT) – A procedure for evaluating the outcome of therapy, usually involving random assignment of participants to one or more treatment groups or a no-treatment control group
- Placebo – A chemically inert substance that produces real medical benefits because the patient believes it will help
- Wait-list Control – In RCT, a control condition in which patients receive delayed treatment rather than no treatment. Before being treated, they are compared to patients treated earlier
- Manualized Therapy – A form of therapy in which a manual describes a set course of therapy, indicating what steps the therapist should take, what instructions to offer, and so on used in a research setting
- Efficacy – Whether a therapeutic intervention works under carefully controlled conditions
- Clinical Utility – Whether a therapeutic intervention works under real-world conditions
- Some people (5-10%) get worse results from therapy
- Alliance with the therapist is the best distinguishing factor of success
- Dodo bird verdict – All forms of psychological therapy are equally effective, according to this theory
  - There is some truth, though, that the different treatments lead to similar outcomes
  - Since mental disorders are usually produced from a mix of factors, removing one of them usually helps just as much as removing any other one would be by a different method