Unit XIII: Treatment of Abnormal Behavior

Ms. Justice
AP Psychology
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Unit XIII - Overview

70 – Introduction to Therapy, and Psychodynamic and Humanistic Therapies
71 – Behavior, Cognitive, and Group Therapies
72 – Evaluating Psychotherapies and Prevention Strategies
73 – The Biomedical Therapies
Unit XIII: Treatment of Abnormal Behavior

Module 70
Introduction to Therapy, and Psychodynamic & Humanistic Therapies
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Introduction to Therapy, and Psychodynamic and Humanistic Therapies

Module Learning Objectives

70-1 Discuss how psychotherapy, biomedical therapy, and an eclectic approach to therapy differ.

70-2 Discuss the goals and techniques of psychoanalysis, and describe how they have been adapted in psychodynamic therapy.

70-3 Identify the basic themes of humanistic therapy, and describe the specific goals and techniques of Rogers’ client-centered approach.
Introduction to Therapy
Types of Therapies

Psychotherapy - treatment consisting of interactions between a trained therapist and a patient seeking treatment.

Biomedical therapy – prescribed medications or procedures that act on the person’s physiology.

An eclectic approach - uses techniques from various forms of therapy.
Psychoanalysis

The first formal psychotherapy to emerge was psychoanalysis, developed by Sigmund Freud.
The goal of psychoanalysis is to bring repressed feelings into conscious awareness where the patient can deal with them.

Freud felt that when these id-ego-superego conflicts are released, the patient’s anxiety lessens.
Psychoanalysis: Techniques

• Freud developed the method of free association to unravel the unconscious mind and its conflicts.
• The patient lies on a couch and speaks about whatever comes to his or her mind.
• Freud also used dream analysis to unravel the unconscious.
Psychodynamic Therapy

- Influenced by Freud’s psychoanalytic therapy.
- In a face-to-face setting, psychodynamic therapists help patients understand unconscious forces and childhood experiences and seek to enhance self-insight.
Humanistic Therapies
Humanistic Therapies

Humanistic therapists aim to boost self-fulfillment by helping people grow in self-awareness and self-acceptance.
Client-Centered Therapy

- Developed by Carl Rogers, client-centered therapy is a form of humanistic therapy.
- The therapist listens to the needs of the patient in an accepting and non-judgmental way, addressing problems in a productive way and building his or her self-esteem.
- Focus is on growth, conscious thoughts, and taking responsibility
Active Listening

• A feature of client-centered therapy.
• The therapist echoes, restates, and clarifies the patient’s thinking, acknowledging expressed feelings:
  • Paraphrase
  • Invite clarification
  • Reflect feelings