Psychological Therapies

DR. ARNEL BAÑAGA SALGADO

H/P No.: 056-88-27-333

URL: www.ifeet.org

Doctor of Psychology (Clinical Psychology)
FPM (PhD) Psychology
Doctor of Science (D.Sc.)
Doctor of Education (Ed.D.)
Master of Arts in Nursing (RP)
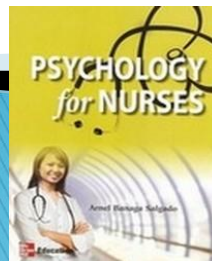Master of Arts in Teaching - Psychology (PNU)
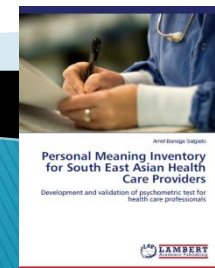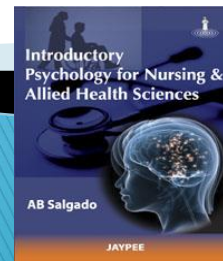Registered Nurse (RP, Mal, UAE)
Licensed Teacher (RP)
Certificate in Teaching,
Bachelor of Science in Nursing (BSN)

Author of

McGraw-Hill

Learning Objectives

- Define psychotherapy

- Differentiate between psychotherapy and counselling

- Enumerate different types of psychotherapies

- Describe the basic tenets of different therapies

Introduction

- The roots of modern psychotherapy can be traced to religion, faith healing and shamanism.

- In mid-18th century, Mesmer emphasized the importance of doctor–client relationship.

Introduction (cont.)

- In late 19th century Charcot, Berheim and Janet introduced the concept of the unconscious.

- Freud worked on this idea further leading to the birth of psychoanalysis and psychoanalytic psychotherapy.

Definition

Psychotherapy

■ The treatment of psychological problems by a professional using psychological means usually mediated by verbal techniques, i.e. talking.

Definition (cont.)

- A professional relationship between a therapist and a client with the following aims:

  i. to remove, relieve or retard the distressing symptoms

  ii. to modify disturbing patterns of behaviour

  iii. to promote personality growth

Counselling

- Denotes various methods used to relieve distress by verbal interaction between the counsellor and the client

- Involves giving emotional support, guiding and advising without being judgemental

Types of Psychotherapy

Psychotherapies can be classified according to:

- Number of patients treated in one session
  - Individual/group psychotherapy
  - Family/marital therapy

- Underlying principles
  - Supportive/reconstructive/ re-educative/behaviour/cognitive behaviour therapy

Types of Psychotherapy (cont.)

- Level of probing into the unconscious mind
  - Superficial (short-term)/deep (long-term) therapy
  - Educative psychotherapy

Main Types of Psychotherapies

1. Psychodynamic Psychotherapy
2. Behaviour Therapy
3. Cognitive Behaviour Therapy
4. Interpersonal Therapy
5. Humanistic Therapy
6. Milieu Therapy
7. Group Therapy
8. Family and Marital Therapy

1. Psychodynamic Psychotherapy

- Is based on the psychoanalytic theory
- Psychoanalytic theory:
  - In our mind, nothing happens by chance. Every mental event is determined by the events that precedes it (psychic determinism).
  - Most of the psychic activities are unconscious. Our unconscious affects normal and abnormal mental functioning.

1. Psychodynamic Psychotherapy (cont.)

- **Aims at uncovering the unconscious and rebuilding it**
- **Elements and techniques used:**
  - Free association
  - Therapeutic Alliance
  - Resistance
  - Acting out
  - Interpretation
  - Transference
  - Counter-transference
  -

2. Behaviour Therapy

- Is based on the principles of learning theory
- Works on observable behaviour rather than unconscious thoughts and emotions
- Techniques used:
    - Relaxation therapy
    - Systematic desensitization
    - Graded exposure
    - Flooding
    - Implosion
    - Shaping
    - Modelling
    - Token economy
    - Aversion therapy

3. Cognitive Behaviour Therapy

- Developed by A.T. Beck as a therapy for depression

- Is based on the principles of psychoanalysis, cognitive psychology and behavioural psychology

- Makes the clients aware of their negative thoughts and associated emotional changes

- A short-term therapy aimed at relieving the current problems by changing the thinking patterns and acquisition of new skills.

3. Cognitive Behaviour Therapy (cont.)

Techniques Used

	Behavioural
Thought identification	Role play
Thought substitution	Activity scheduling
Thought rehearsal	Graded task mastery
Thought testing	Physical exercises
Thought diary	Socialization
	Psycho education

4. Interpersonal Therapy

- Interpersonal therapy incorporates sociocultural influences on the human behaviour.

- Behaviour evolves around interpersonal relationships.

- Early life experiences influence the mental health of a person in later life.

4. Interpersonal Therapy (cont.)

■ Harry Stack Sullivan believed that human behaviour is shaped by two complex drives:

  – Drive for satisfaction (hunger, thirst, sleep, sex and socialization)

  – Drive for security (culturally defined needs and conformity to social norms and values)

4. Interpersonal Therapy (cont.)

- When the nature of a person's self-esteem interferes with his ability to fulfil his needs, for either satisfaction or security, mental illness arises.

5. Humanistic Therapy

- Centres on the patient's view of the world

- Aims at making the patient realize his full potential

- Therapist sees the world and the patient's problem from patient's point of view

- Therapist is passive and non-directive, but assists patient in exploring and clarifying own emotions and choices

6. Milieu Therapy (MT)

- 'Milieu': a French word meaning 'middle place'. In English, it means 'environment' or 'setting'.

- In psychiatric nursing, it refers to the people as well as various social and physical factors around the client with whom he interacts.

- MT provides an environment wherein patients acquire adaptive coping skills.

6. Milieu Therapy (MT) (cont.)

- MT is a group therapy approach that uses a total living experience—occupational, recreational, social, psychiatric and medical therapies as well as relationships with the team members to achieve the therapeutic goals.

7. Group Therapy

- Methods involve a relationship between group members as well as with the therapist

- Groups can have patients with same or different diagnoses

- It may be a closed group or an open group.

- Types of groups:
  - Problem-focused
  - Support
  - Self-help

8. Family Therapy and Marital Therapy

■ Focus is not on individual, but on the family members or the marriage partners respectively

■ Focuses on interaction patterns of the members

■ Can be behavioural, transactional, psychoanalytical or eclectic