

## Psychoanalysis

### Freudian

1. psychological problems are due to anxiety about hidden conflict between the unconscious and the parts of the personality
2. Childhood and parental relationships very important
3. helps make people aware of unconscious impulses, fears, and desires

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### 4. Techniques/characteristics

Dream analysis - find true unconscious meaning

Free association - patient relaxes and says whatever comes to mind

Interpretation - make meanings out of free association

Resistance - patient avoids certain topics or disagrees with an interpretation

Transference - when a patient transfers their feelings about people from their past onto the therapist

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### Adlerian

Similar to Freud except on sex and Id  
 Founded Birth Order  
 Family constellation

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## Behavioral Therapy

focus is on present behavior and steps to change it  
 Not interested in Cause of behavior - irrelevant

### Techniques:

behavior modification - reward and punish for desired behavior

systematic desensitization - used to overcome irrational fears

\*image fear while relaxing

Modeling - observe how more efficient person behaves

Progressive muscle relaxation

Guided Imagery

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## Cognitive-Behavioral Therapy

focus on thoughts, feelings, and behavior

Aaron Beck

Cognitive restructuring - changing irrational statements that are part of one's automatic thinking "self-talk"

\*challenge our self-talk

\*recognize and change (never, always, shoulds, and can'ts)

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REBT - Rational-Emotive Therapy - Albert Ellis

irrational beliefs influence emotions and behaviors

\*I must be loved by everyone

\*I must do everything right to be worthy

\*Things are bad when they don't go my way

\*It is easier to avoid difficulties than to face them

\*There is a "right" and "perfect" way for everything

ABCD theory

A - event

B - misinterprets event

C - B causes negative feelings and behaviors

D - can change C if sees fault in B

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# Humanistic Therapy

Person-centered therapy (aka client-centered) - Carl Rogers

Client rather than patient  
 \*patient signifies illness  
 Find true self

Techniques/Characteristics  
 Active Listening - repeating, restating, and asking for clarification  
 \*\*very little technique

Unconditional Positive regard

Therapist NEVER give opinion or interpretation

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Gestalt Therapy - Fritz Perls  
 become aware of thoughts, feelings, and behaviors

Focus is the "here and now"

clients discover own resources for dealing w/problems

Unfinished Business - things that bother us now that happened in the past (unexpressed feelings)

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## Techniques

Empty Chair - person talks on each side of the chair  
 Making the rounds - go around and tell each person your thoughts/feelings  
 "I am mad at you because....."

Unfinished Business

"I take responsibility" - accept feelings and avoid blame

"I am unhappy and I take responsibility"

Rehearsals - practice out-loud thoughts/actions

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Exaggeration exercise - become more aware of subtle signs and cues we send

"rolling of the eyes"

Staying with the feeling - when a client wants to quit because it is becoming intense the therapist will have them "go with it"

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## Transactional Analysis

people function from one of 3 ego states

### Ego state

adult ego - people's thoughts, feelings, and behaviors are rational to their experience of the present

Child ego - people's thoughts, feelings, and behaviors are irrational and due to the past

Parent ego - person acts in a judgmental or opinionated way

\*\*Therapy - help develop effective ego responses

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## Biomedical Intervention

Drugs - change electrochemistry of the brain

Electroconvulsive Therapy - shock therapy  
 done to depressed patients that don't respond to meds

### Psychosurgery

lobotomy - sever the connection between emotions and frontal lobe of the brain

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## Other Therapies

Individual vs. Group

Individual - more 1 on 1 time

\*more expensive

Group

\*realize you're not alone

\*support from others with same emotions/problems

\*encouragement from others

Couples Therapy

Family Therapy

Self-help groups

Encounter

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