

Unit 13: Treatment of Psychological Disorders



Therapy

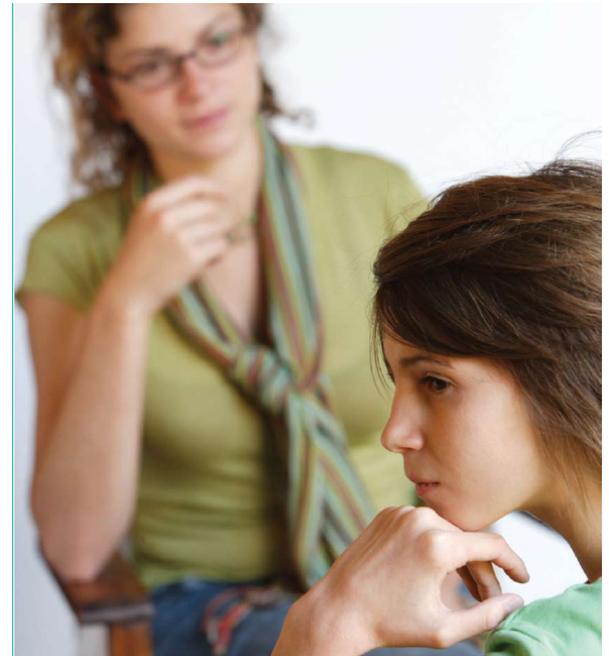
Psychotherapy involves an emotionally charged, confiding interaction between a trained therapist and a mental patient.

Biomedical therapy uses drugs or other procedures that act on the patient's nervous system, curing him or her of psychological disorders.

An **eclectic approach** uses various forms of healing techniques depending upon the client's unique problems.

Unit Overview

- [The Psychological Therapies](#)
- [Evaluating Psychotherapies](#)
- [The Biomedical Therapies](#)
- [Preventing Psychological Disorders](#)



Click on the any of the above hyperlinks to go to that section in the presentation.

Introduction

- History of treatment
 - Philippe Pinel
 - Dorothea Dix
- Psychotherapy
- Eclectic approach



The Psychological Therapies



Psychological Therapies

We will look at four major forms of psychotherapies based on different theories of human nature:

1. Psychoanalytical theory
2. Humanistic theory
3. Behavioral theory
4. Cognitive theory

Psychoanalysis

- [Psychoanalysis](#)
- Aims of therapy
 - Childhood impulses and conflicts



Psychoanalysis

Methods

- Methods
 - Free association
 - Resistance
 - Interpretation of the meaning
 - Dream analysis
 - Transference



Therapy- Psychoanalysis

- Psychoanalysis
 - Freud believed the patient's free associations, resistances, dreams, and transferences – and the therapist's interpretations of them – released previously repressed feelings, allowing the patient to gain self-insight
 - use has rapidly decreased in recent years

Psychoanalysis: Aims

Since psychological problems originate from childhood repressed impulses and conflicts, the aim of psychoanalysis is to bring repressed feelings into conscious awareness where the patient can deal with them.

When energy devoted to id-ego-superego conflicts is released, the patient's anxiety lessens.

*Why is psychoanalysis a lot quicker for a man than for a woman?
Because when it's time to go back to childhood, a man is already there.*

Psychoanalysis: Methods

Dissatisfied with hypnosis, 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.

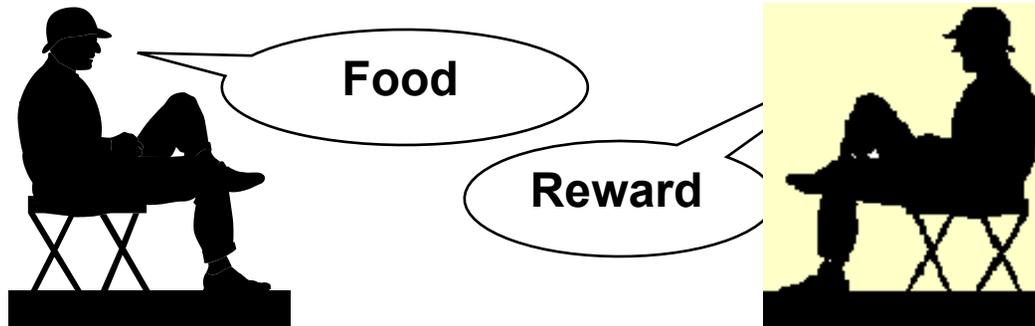


<http://www.english.upenn.edu>

Psychoanalytic techniques include:

Free Association

In a safe environment, people say whatever comes to mind without limiting or censoring thoughts. A trained therapist can interpret what is said and provide insights for the client.



Psychoanalysis: Methods

During free association, the patient edits his thoughts, resisting his or her feelings to express emotions. Such **resistance** becomes important in the analysis of conflict-driven anxiety.

Eventually the patient opens up and reveals his or her innermost private thoughts, developing positive or negative feelings (**transference**) towards the therapist.

- the patient's transfer to the analyst of emotions linked with other relationships
 - e.g. love or hatred for a parent

Therapy- Psychoanalysis

- Interpretation

- the analyst's noting supposed dream meanings, resistances, and other significant behaviors in order to promote insight

Psychoanalytic Treatment

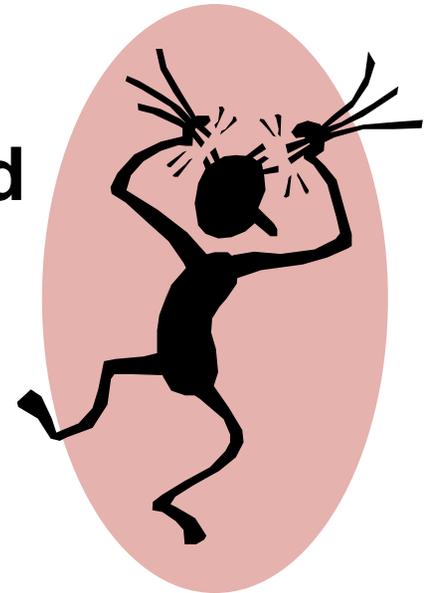
In the Freudian system, anxiety is the main problem people face.

Anxiety is produced when sexual and aggressive impulses are repressed.

Guilt occurs when the impulses are partially expressed.

These impulses occur at the unconscious level.

Today psychoanalytic techniques are called psychodynamic or insight therapy.



Psychoanalysis: Criticisms

1. Psychoanalysis is hard to refute because it cannot be proven or disproven.
2. Psychoanalysis takes a long time and is very expensive.

Causes of Psychological Problems

- Undesirable urges and conflicts are “repressed” or pushed to the unconscious
- Unconscious conflicts exert influence on behaviors, emotions, and interpersonal dynamics
- Understanding and insight into repressed conflicts leads to recognition and resolution

Transference

Emotional conflicts of earlier years are transferred onto the therapist. By doing this, unconscious conflicts become conscious.

Other Dynamic Therapies

- Most therapies today are shorter-term
- Based on goals that are specific and attainable
- Therapists are more directive than traditional psychoanalysis
- Traditional psychoanalysis is seldom practiced today

Psychoanalysis

Psychodynamic Therapy

- Psychodynamic therapy
 - Aims of psychodynamic therapy
 - Similarities with psychoanalysis
 - Differences with psychoanalysis



Psychodynamic Therapies

Influenced by Freud, in a face-to-face setting, psychodynamic therapists understand symptoms and themes across important relationships in a patient's life.



Psychodynamic Therapies

Interpersonal psychotherapy, a variation of psychodynamic therapy, is effective in treating depression. It focuses on symptom relief here and now, not an overall personality change.

Humanistic Therapies

- Insight therapies focus more on:
 - the present rather than the past
 - conscious rather than the unconscious
 - taking immediate responsibility
 - promoting growth instead of curing

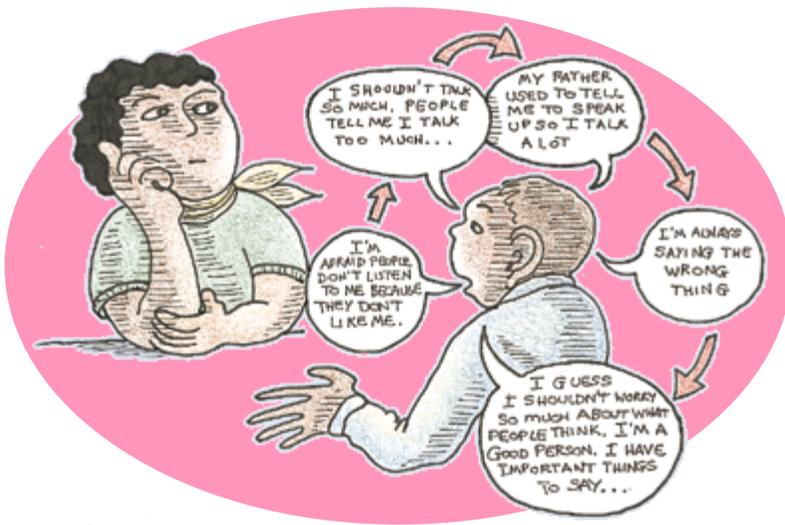
Humanistic Therapies

- Client-centered therapy
 - Nondirective therapy
 - Genuineness, acceptance, and empathy
 - Active listening
 - Paraphrase
 - Invite clarification
 - Reflect feelings
 - Unconditional positive regard



Humanistic Therapy

People have the power to control their fate, ideas, and movements as they move towards self-actualization.



This therapy is now known as person (client) centered therapy.

Therapist and client are considered equal partners in therapy.

In this therapy, the client decides what is to be discussed and what direction the therapy will take.

Humanistic Therapy

- **Client-Centered Therapy**
 - humanistic therapy developed by Carl Rogers
 - therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate clients' growth

Humanistic Therapy

- **Active Listening** - empathic listening in which the listener echoes, restates, and clarifies



Humanistic Therapy (continued)

People need to accept themselves as they are, while working toward fulfilling their potential.

The therapist develops an atmosphere of trust and understanding.

The therapist acts as a mirror to the client, reflecting ideas and concepts.

The therapist does not judge the client. Thoughts, feelings, and ideas represent a person seeking to grow and seeking to be understood.



Humanistic Therapies

- Humanistic perspective emphasizes human potential, self-awareness, and free-will
- Humanistic therapies focus on self-perception and individual's conscious thoughts and perceptions

Gestalt Therapy

- **Gestalt Therapy**

Developed by **Fritz Perls** to combine the psychoanalytic emphasis on bringing unconscious feelings to awareness and the humanistic emphasis on getting “in touch with oneself”

Aims: to help people become more aware of and able to express their feelings, and to take responsibility for their feelings and actions.

Emphasizes the importance of encouraging people to sense and express their own true moment-to-moment feelings.

Behavior Therapies

- [Behavior Therapy](#)
 - Classical conditioning techniques
 - Operant conditioning techniques



Behavior Therapy

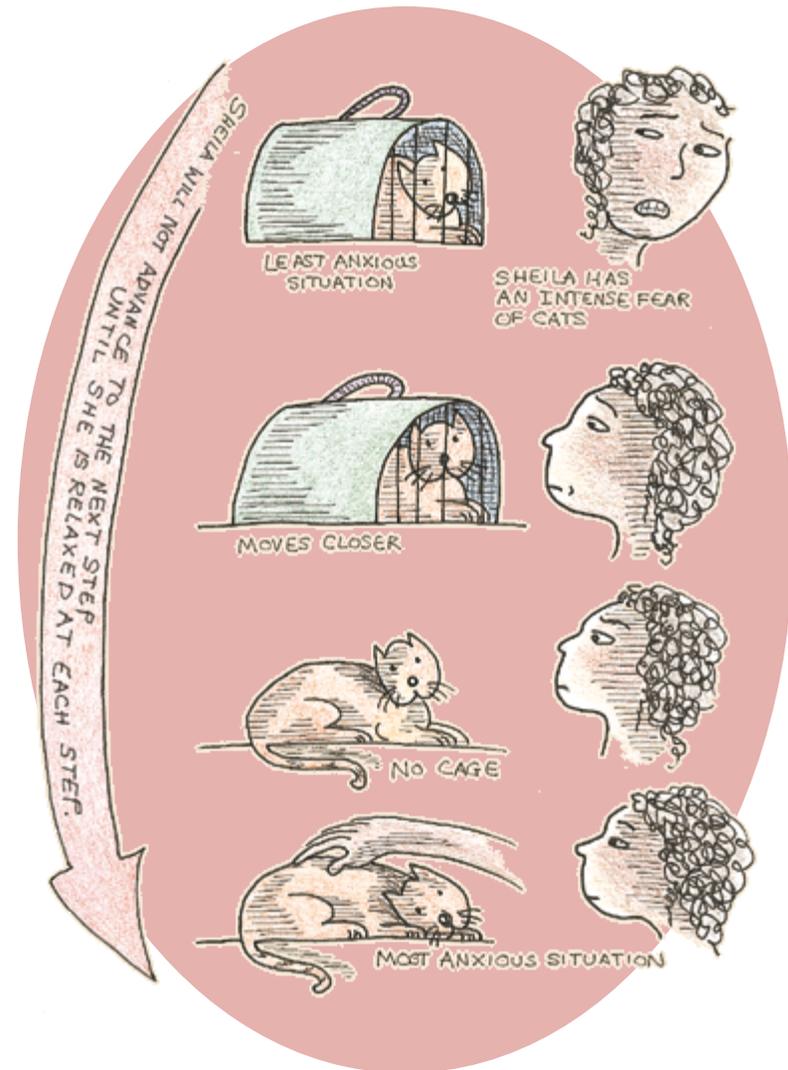
Therapy that applies learning principles to the elimination of unwanted behaviors.

To treat phobias or sexual disorders, behavior therapists do not delve deeply below the surface looking for inner causes.

Behavioral Therapy

Behavioral therapy attempts to change behavior using the techniques of learning.

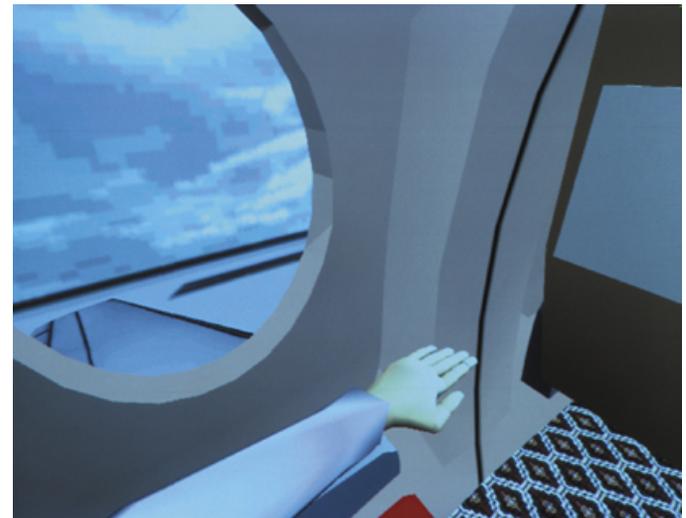
Behaviorists assume that abnormal behaviors are the result of faulty (inappropriate) learning.



Behavior Therapies

Classical Conditioning Therapies

- Counterconditioning
 - Exposure therapies
 - Systematic desensitization
 - Virtual reality exposure therapy
 - Aversive conditioning



Classical Conditioning Techniques

Counterconditioning is a procedure that conditions new responses to stimuli that trigger unwanted behaviors.

It is based on classical conditioning and includes **exposure therapy** and **aversive conditioning**.

Behavior Therapies

Operant Conditioning

- Behavior modification
- [Token economy](#)

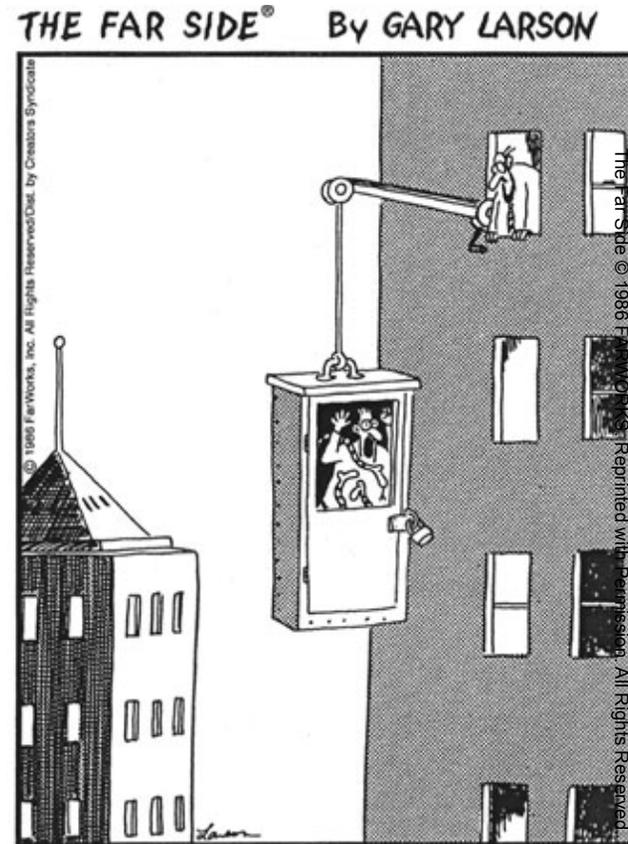
Operant Conditioning

Operant conditioning procedures enable therapists to use **behavior modification**, in which desired behaviors are rewarded and undesired behaviors are either unrewarded or punished.

A number of withdrawn, uncommunicative 3-year-old autistic children have been successfully trained by giving and withdrawing reinforcements for desired and undesired behaviors.

Exposure Therapy

Expose patients to things they fear and avoid. Through repeated exposures, anxiety lessens because they habituate to the things feared.



Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes, and the dark.

Exposure Therapy

Exposure therapy involves exposing people to fear-driving objects in real or virtual environments.



N. Rown/ The Image Works



Both Photos: Bob Mahoney/ The Image Works

Behavior Therapy

- Systematic Desensitization
 - type of counterconditioning
 - associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli
 - commonly used to treat phobias

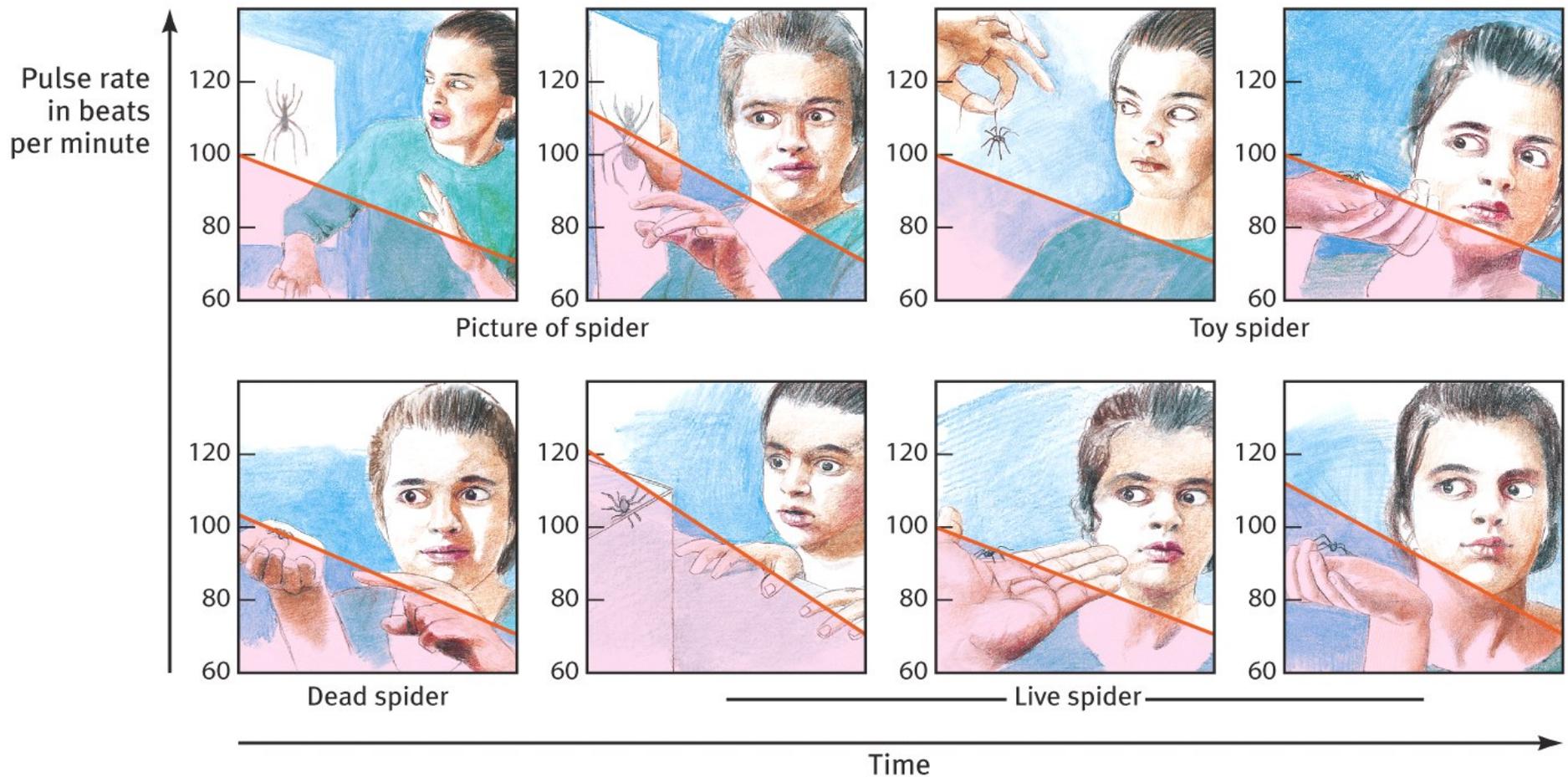
Based on classical conditioning

Uses three steps:

- Progressive relaxation
- Development of anxiety hierarchy and control scene
- Combination of progressive relaxation with anxiety hierarchy

Behavior Therapy

- Systematic Desensitization



Systematic Desensitization

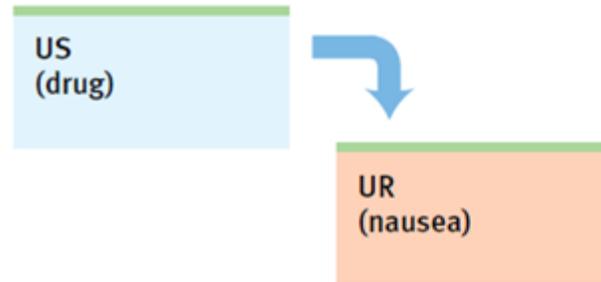
Degree of Fear	Imagined Scene
100	Holding mouth open, eyes closed, listening to the sound of the dental drill as a cavity is repaired
95	Holding mouth open in preparation for an oral injection
90	Lying back in dental chair, eyes closed, as dentist examines teeth
85	Lying back in dental chair, mouth open, listening to the sounds of dental equipment, as dental technician cleans teeth
80	Lying in dental chair, watching dental technician unwrap sterilized dental tools
75	Being greeted by the dental technician and walking back to dental examination chair
70	Sitting in dentist's waiting room
60	Driving to dentist's office for appointment
50	Looking at the bright yellow reminder postcard on the refrigerator and thinking about dental appointment
40	Listening to a family member talk about her last dental visit
30	Looking at television or magazine advertisements depicting people in a dentist's chair
25	Calling dentist's office to make an appointment
20	Thinking about calling dentist's office to set up an appointment
15	Driving past dentist's office on a workday
10	Driving past dentist's office on a Sunday afternoon

Behavior Therapy

- Aversive Conditioning
 - type of counterconditioning that associates an unpleasant state with an unwanted behavior
 - nausea → alcohol

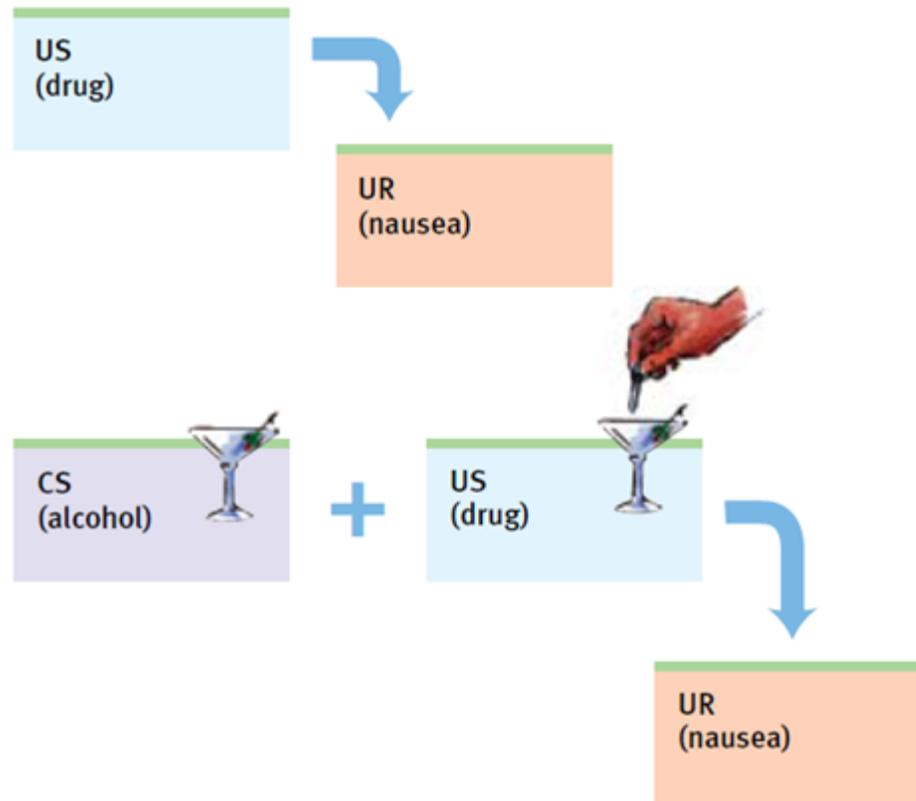
Behavior Therapies

Aversion Therapy



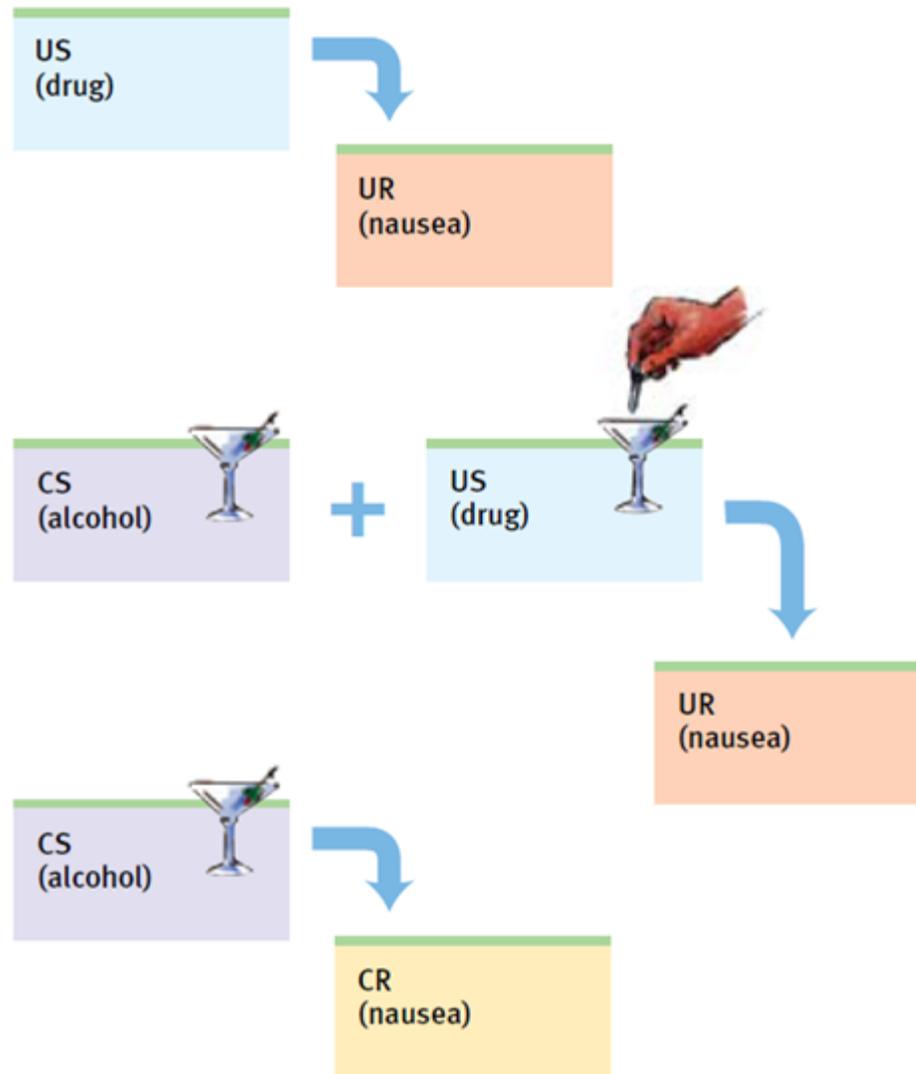
Behavior Therapies

Aversion Therapy



Behavior Therapies

Aversion Therapy



Behavior Therapy

- **Token Economy**
 - an operant conditioning procedure that rewards desired behavior
 - patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats

Cognitive Therapies

- Cognitive therapy
 - Beck's therapy for depression
 - Catastrophizing beliefs
 - Cognitive-behavioral therapy



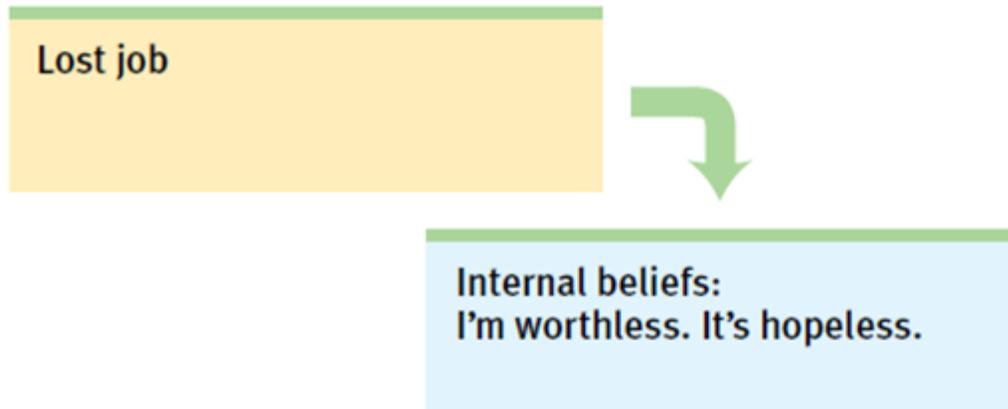
Cognitive Therapy

- Cognitive Therapy
 - teaches people new, more adaptive ways of thinking and acting
 - based on the assumption that thoughts intervene between events and our emotional reactions

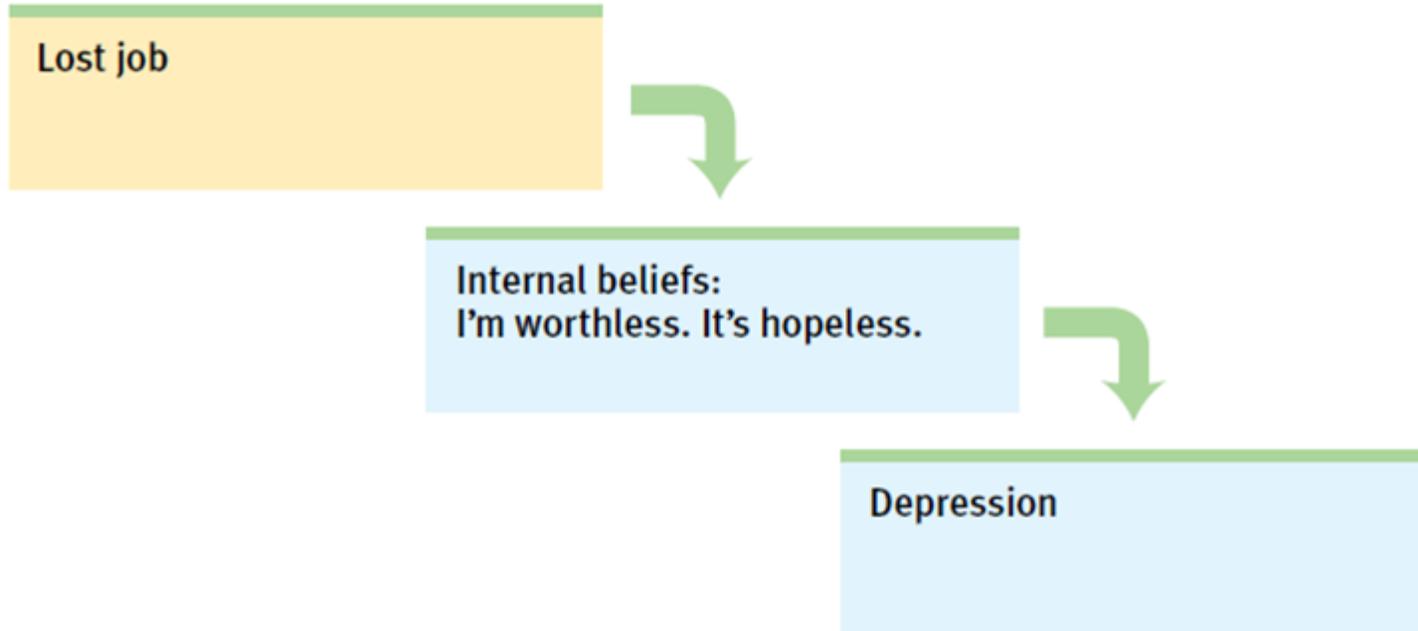
Cognitive Therapies

Lost job

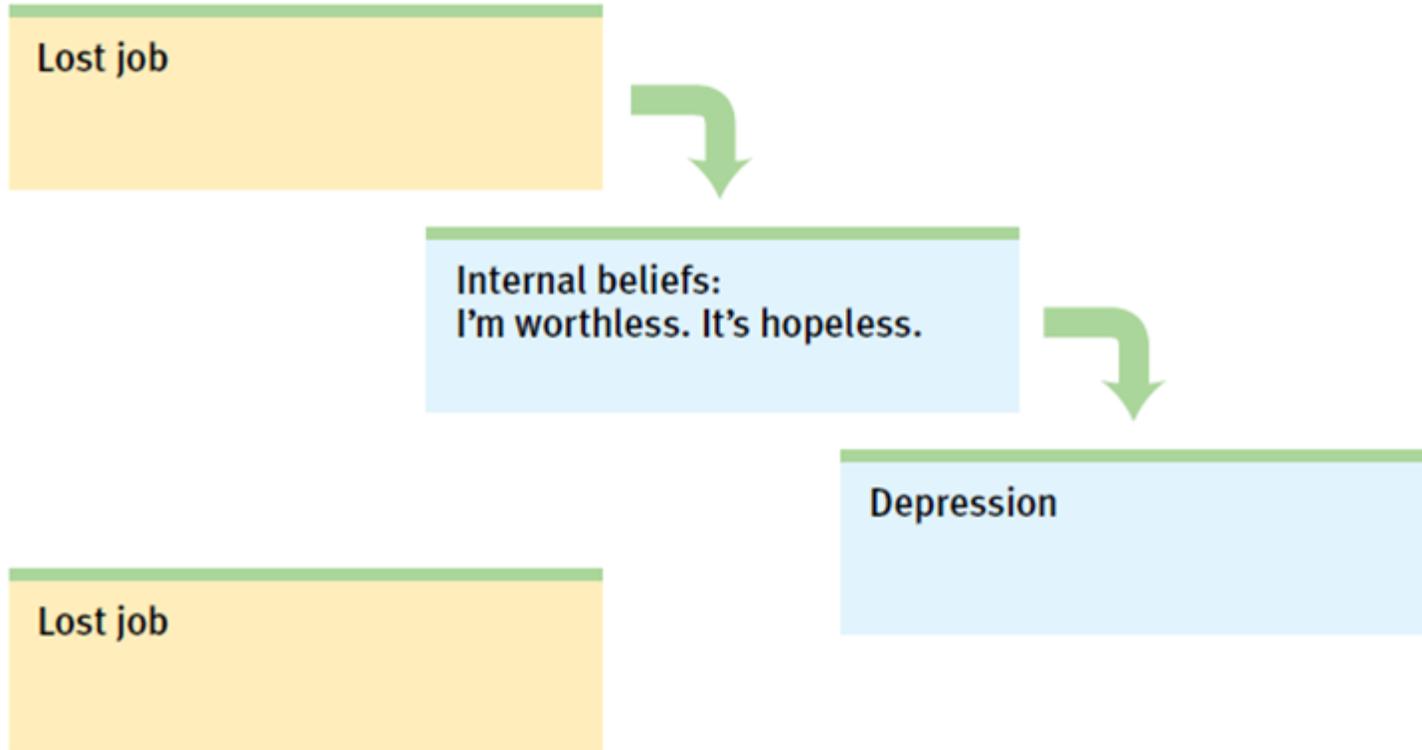
Cognitive Therapies



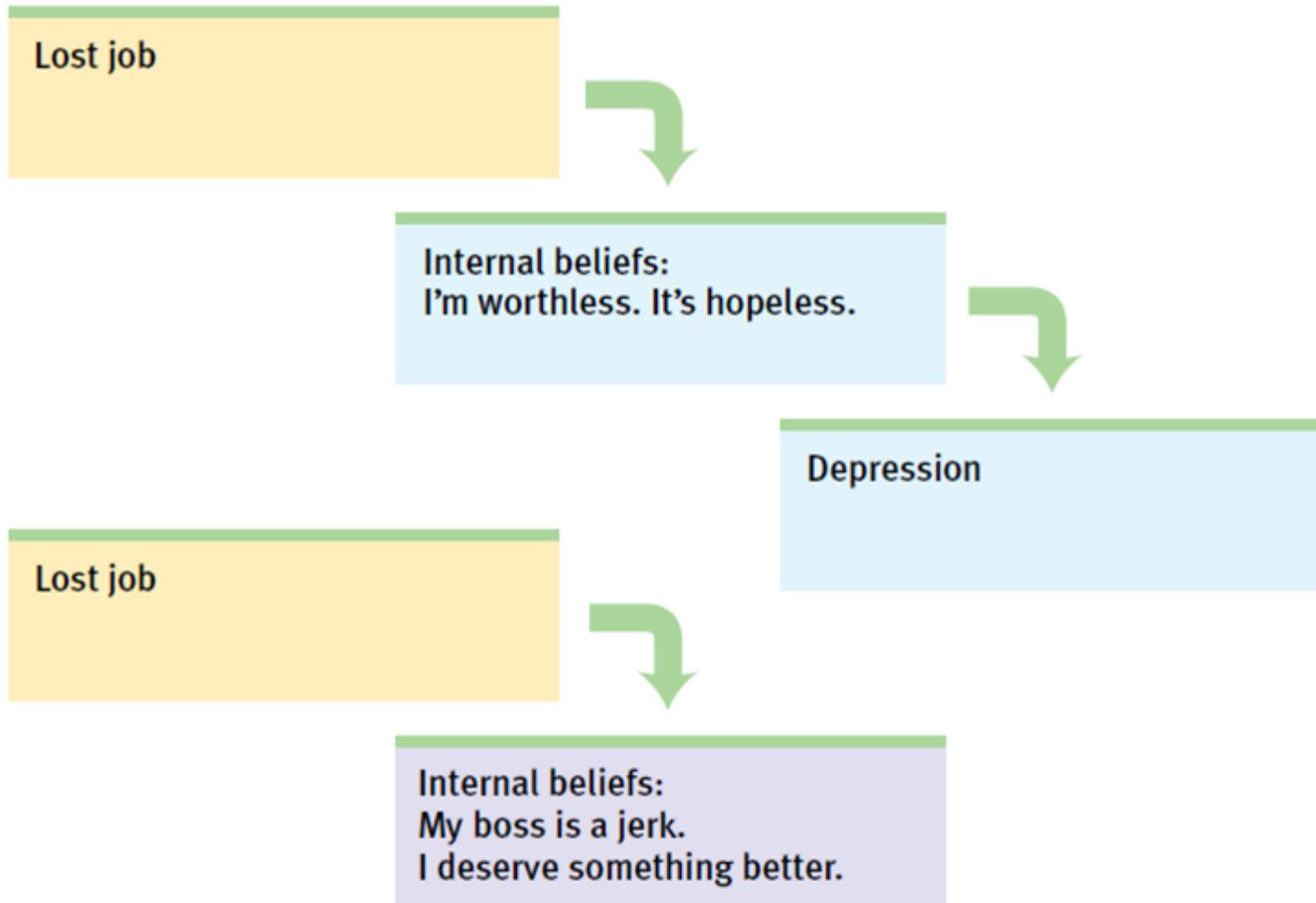
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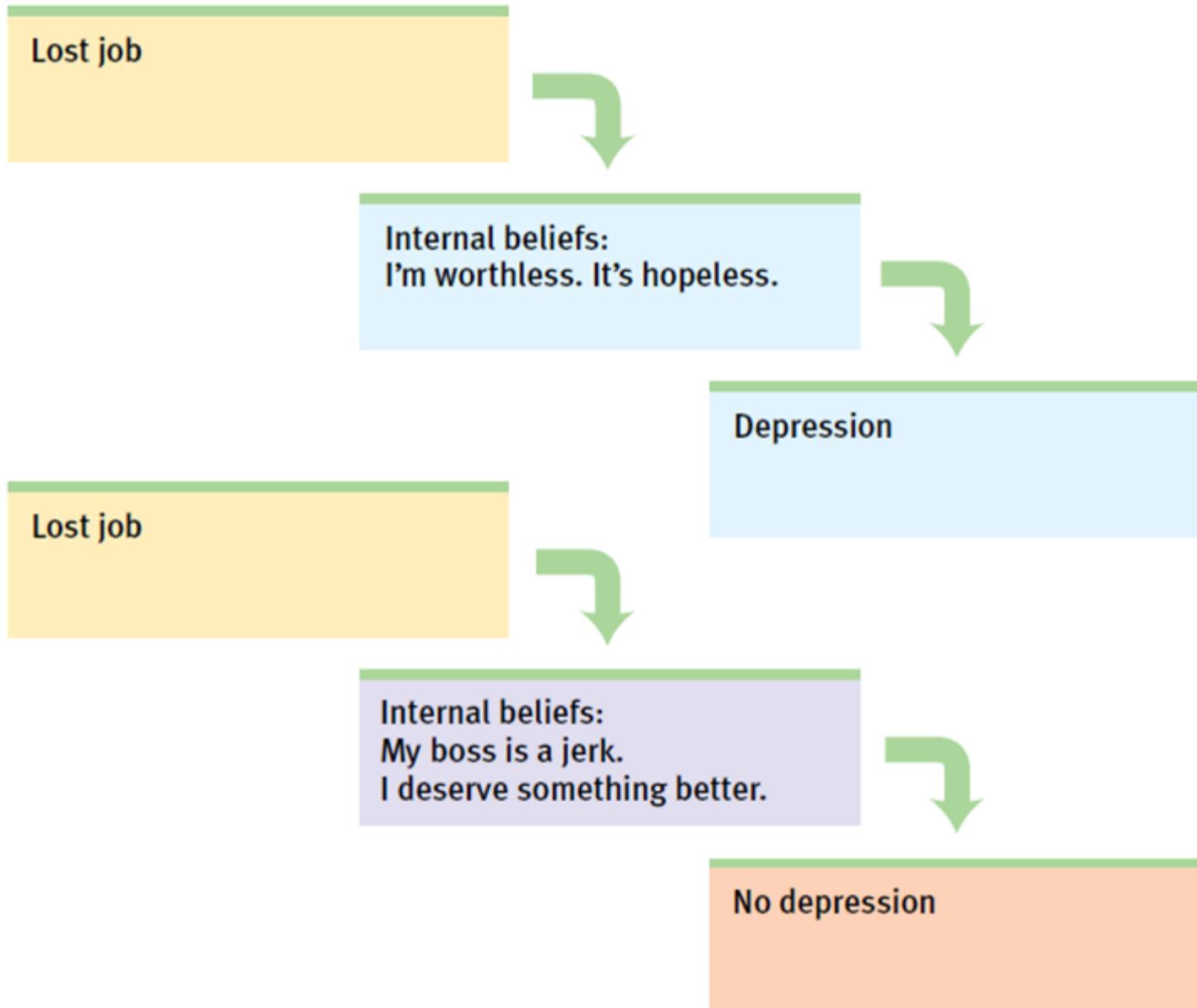
Cognitive Therapies



Cognitive Therapies



Cognitive Therapies



Group and Family Therapies

- Group therapy
- Family therapy



Comparison of Psychotherapies

COMPARISON OF A SAMPLE OF MAJOR PSYCHOTHERAPIES

Therapy

Assumed Problem

Therapy Aims

Method

Therapy	Assumed Problem	Therapy Aims	Method

Comparison of Psychotherapies

COMPARISON OF A SAMPLE OF MAJOR PSYCHOTHERAPIES

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Psychodynamic	Unconscious forces and childhood experiences	Reduced anxiety through self-insight	Analysis and interpretation

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Cognitive	Negative, self-defeating thinking	Healthier thinking and self-talk	Reveal and reverse self-blaming

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Family	Stressful relationships	Relationship healing	Understanding family social system; exploring roles; improving communication

Cognitive Behavioral Therapy

Cognitive behavioral therapy combines learned behaviors with conscious thoughts.

Albert Ellis developed rational-emotive therapy. He believed that emotional upsets occur when people hold irrational ideas (contrary to logic).

Thus people are disturbed not by things but by the view we take of them.

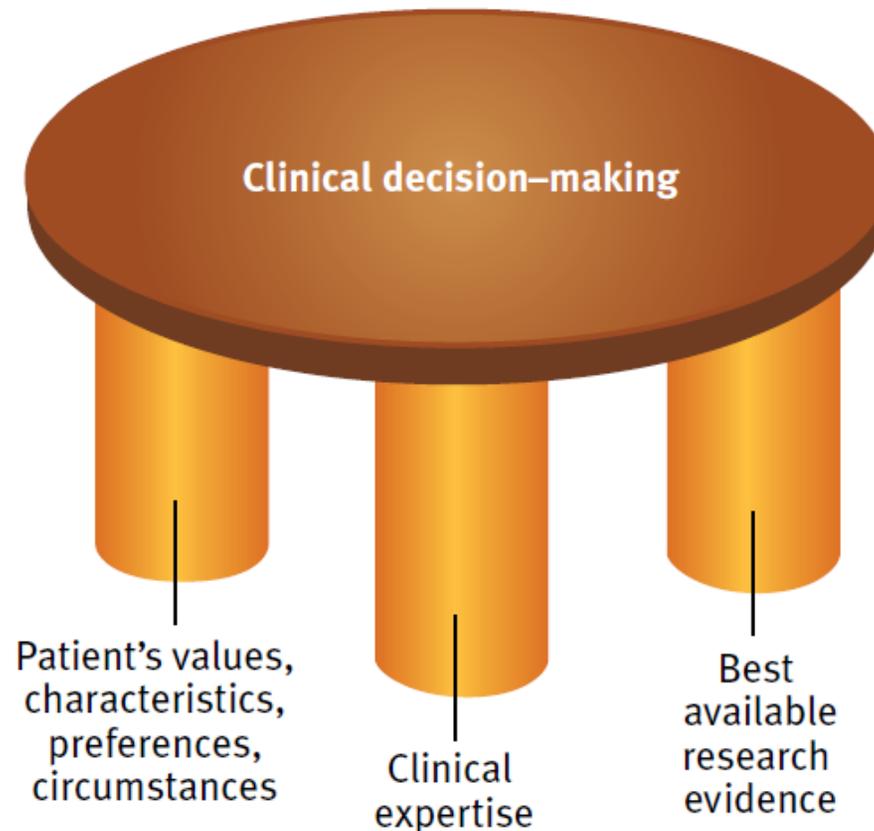
The therapist attempts to give the client a rational or logical view of reality.

Evaluating Psychotherapies

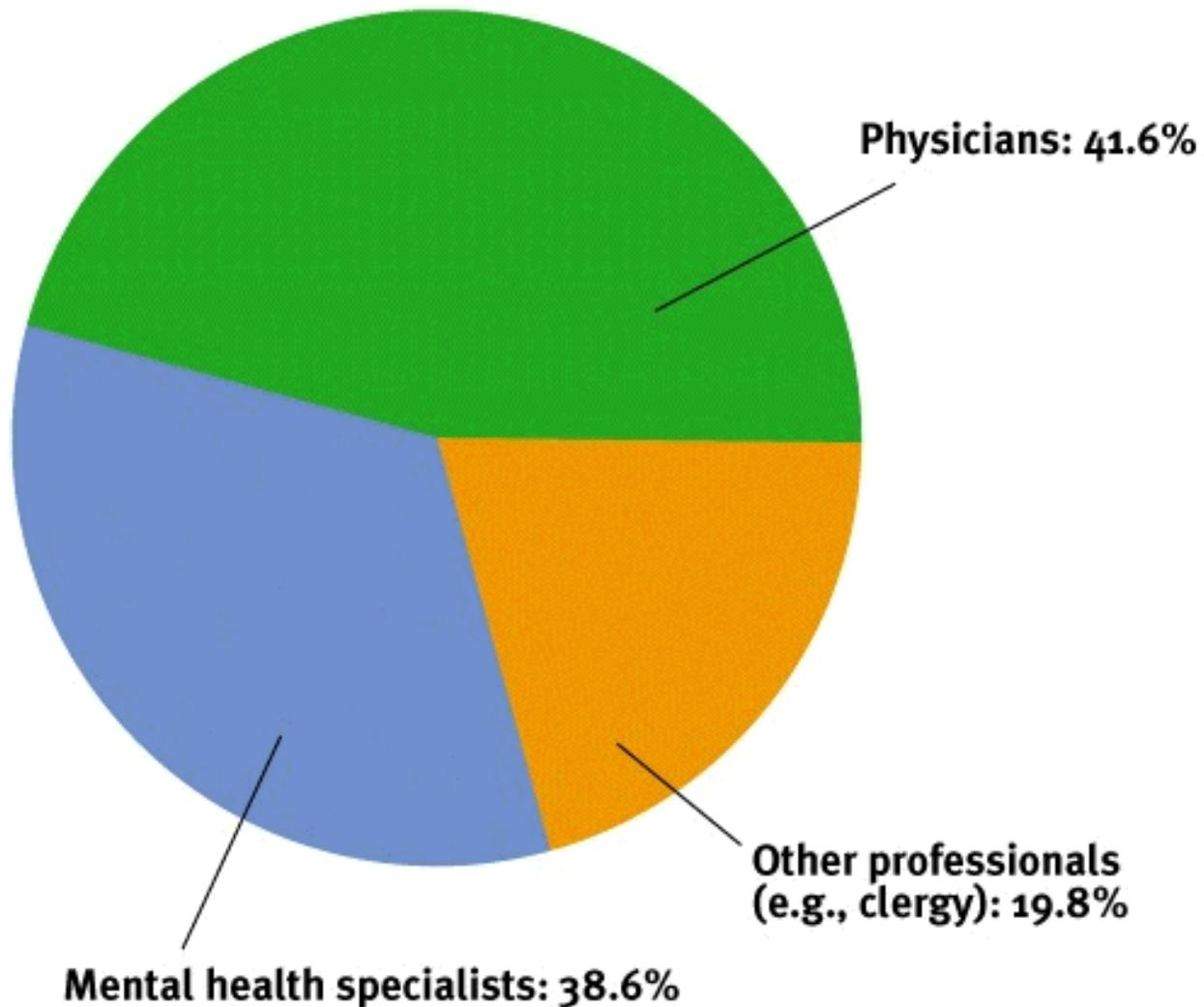


The Relative Effectiveness of Different Therapies

- Evidence-based practice



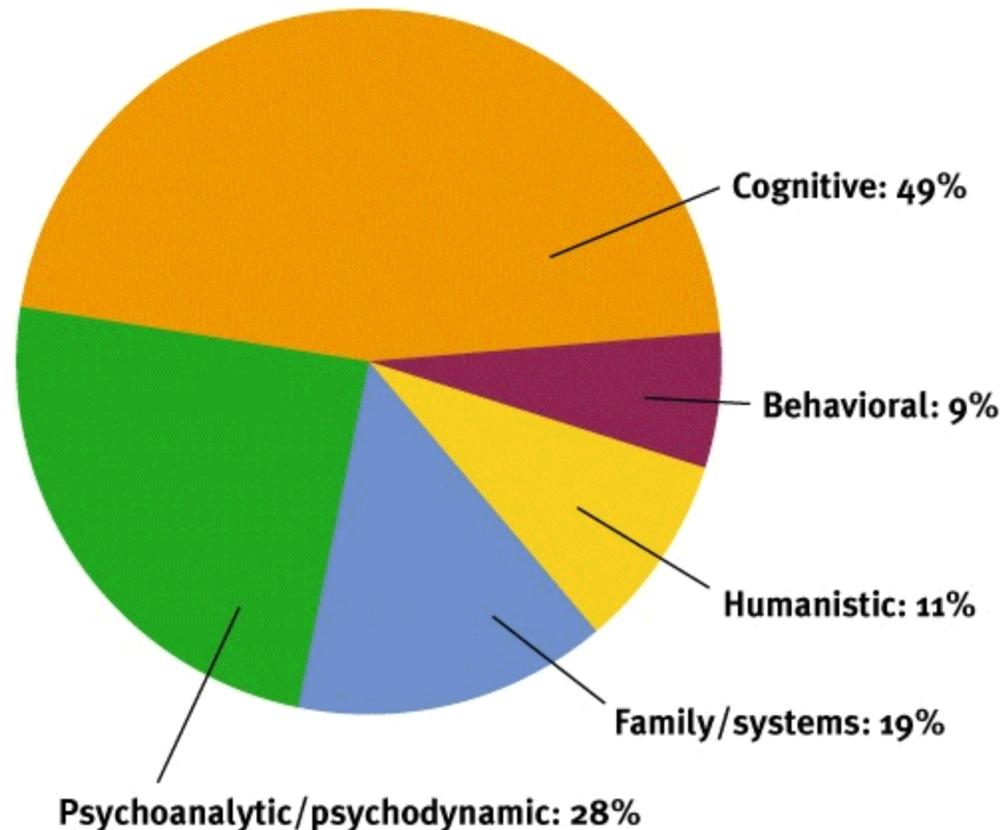
Evaluating Psychotherapies



- To whom do people turn for help for psychological difficulties?

Evaluating Psychotherapies

Within psychotherapies cognitive therapies are most widely used, followed by psychoanalytic and family/group therapies.



Is Psychotherapy Effective?

It is difficult to gauge the effectiveness of psychotherapy because there are different levels upon which its effectiveness can be measured.

1. Does the patient sense improvement?
2. Does the therapist feel the patient has improved?
3. How do friends and family feel about the patient's improvement?

Factors in Successful Therapy

- Therapeutic relationship—caring and mutually respectful
- Therapist characteristics—caring attitude, ability to listen, sensitive
- Client characteristics—motivated, actively involved, emotionally and socially mature

Is Psychotherapy Effective?

- Regression toward the mean
- Client's perceptions
- Clinician's perceptions
- Outcome research
 - Meta-analysis
- Placebo treatments



"If I don't think it's going to work, will it still work?"

Evaluating Psychotherapies

- Regression toward the mean
 - tendency for extremes of unusual scores to fall back (regress) toward their average
- Meta-analysis
 - procedure for statistically combining the results of many different research studies

Client's Perceptions

If you ask clients about their experiences of getting into therapy, they often overestimate its effectiveness. Critics however remain skeptical.

1. Clients enter therapy in crisis, but crisis may subside over the natural course of time (regression to normalcy).
2. Clients may need to believe the therapy was worth the effort.
3. Clients generally speak kindly of their therapists.

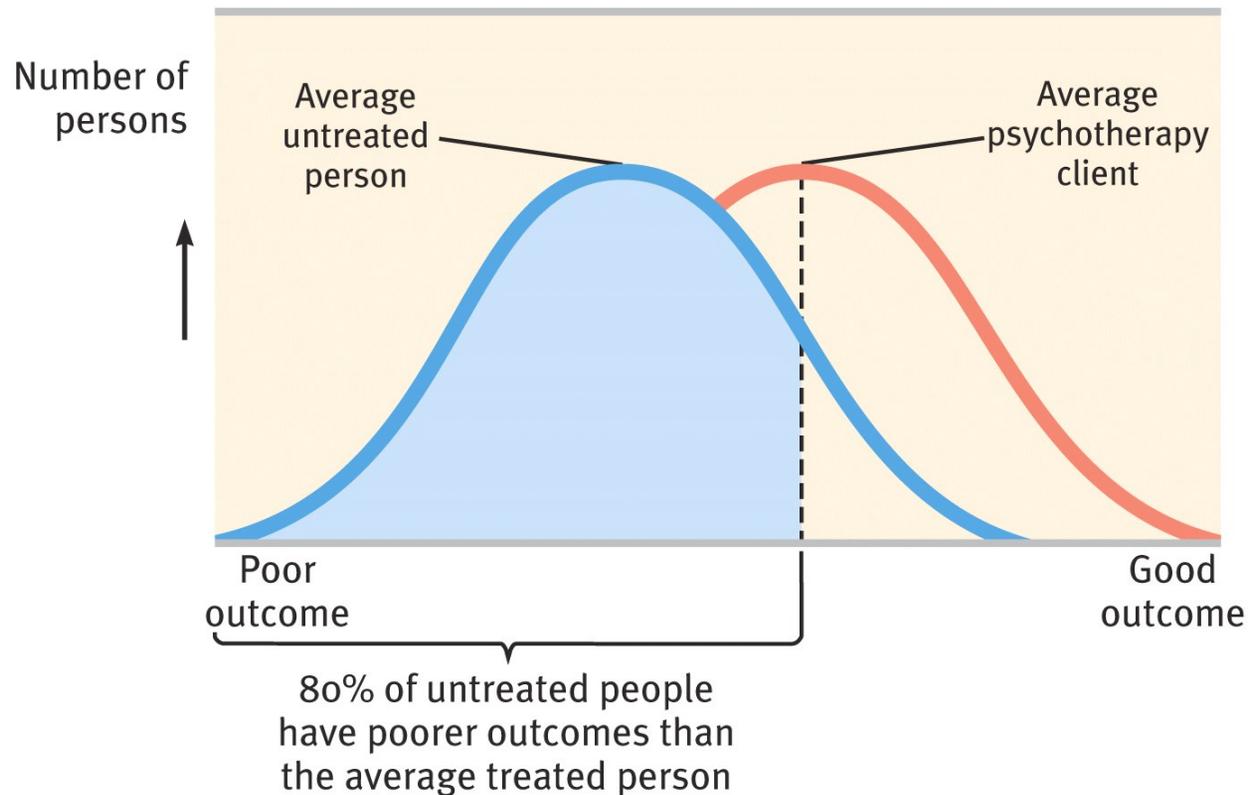
Clinician's Perceptions

Like clients, clinicians believe in therapy's success. They believe the client is better off after therapy than if the client had not taken part in therapy.

1. Clinicians are aware of failures, but they believe failures are the problem of other therapists.
2. If a client seeks another clinician, the former therapist is more likely to argue that the client has developed another psychological problem.
3. Clinicians are likely to testify to the efficacy of their therapy regardless of the outcome of treatment.

Outcome Research

Research shows that treated patients were 80% better than untreated ones.



Evaluating Alternative Therapies

- Eye movement desensitization and reprocessing (EMDR)
- Light exposure therapy
 - Seasonal affective disorder (SAD)



Evaluating Alternative Therapies

Lilienfeld (1998) suggests comparing scientific therapies against popular therapies through electronic means. The results of such a search are below:

COMPARISON OF SCIENTIFIC PSYCHOLOGY CITATIONS AND UNFILTERED WEB SITES

Topic	Psychology Journal Citations*	Web Sites**	Ratio
Systematic desensitization	2,301	56,800	1 to 25
Therapeutic touch	94	383,000	1 to 4,074
St. John's wort (herbal remedy)	200	2,590,000	1 to 12,950
Enneagram (personality typing)	32	775,000	1 to 24,218

*Using PsycINFO, January 2006

**Using Google, January 2006

Eye Movement Desensitization and Reprocessing (EMDR)

In EMDR therapy, the therapist attempts to unlock and reprocess previous frozen traumatic memories by waving a finger in front of the eyes of the client.

EMDR has not held up under scientific testing.

Eye Movement Desensitization and Reprocessing (EMDR)

While people imagined traumatic scenes, Francine Shapiro triggered eye movements by waving her finger in front of their eyes. 84 to 100% of the trauma victims said it worked. ...or is it another placebo effect???

Light Exposure Therapy

Seasonal Affective Disorder (SAD), a form of depression, has been effectively treated by **light exposure therapy**. This form of therapy has been scientifically validated.

Light-Exposure Therapy

Treatment for *Seasonal Affective Disorder* (SAD) – wintertime depression.

Give SAD people a daily dose of intense light and it will relieve symptoms associated with wintertime depression. This does work!



Courtesy of Christine Brune

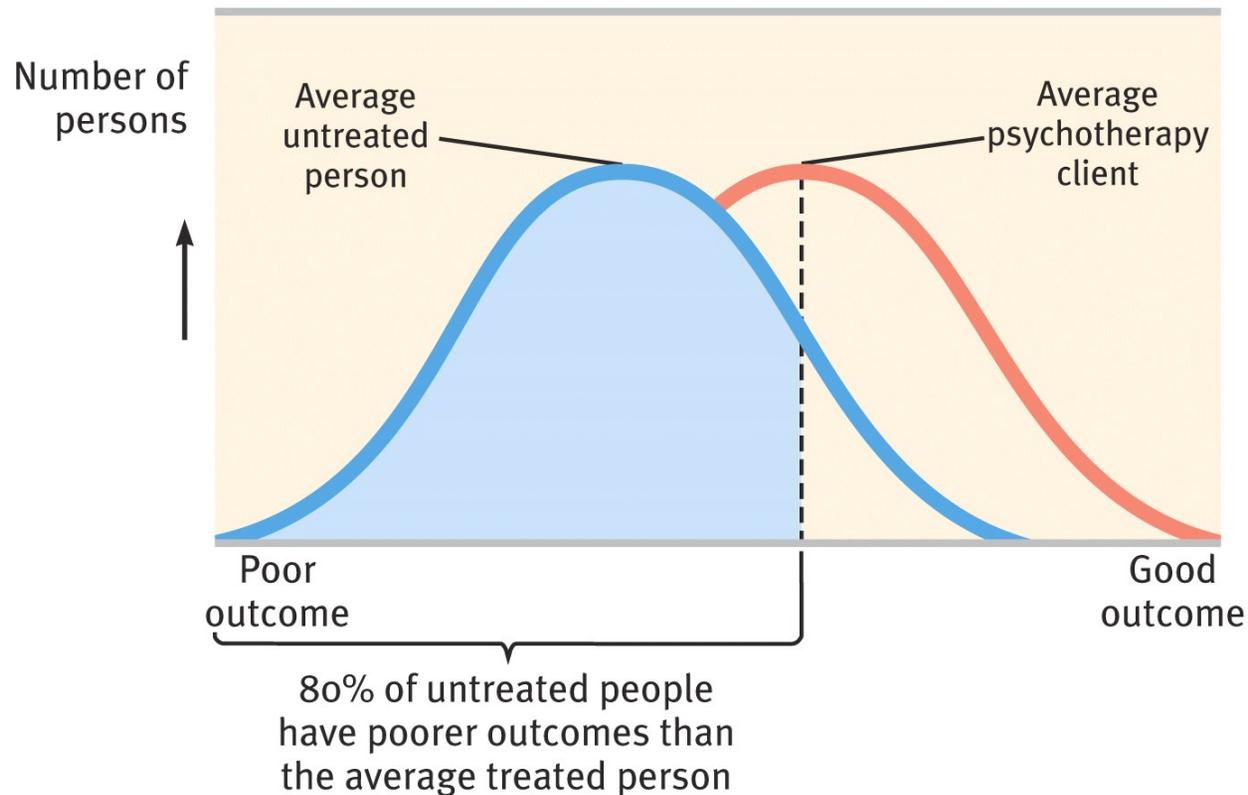
The Relative Effectiveness of Different Therapies

Which psychotherapy would be most effective for treating a particular problem?

Disorder	Therapy
Depression	Behavior, Cognition, Interpersonal
Anxiety	Cognition, Exposure, Stress Inoculation
Bulimia	Cognitive-behavior
Phobia	Behavior
Bed Wetting	Behavior Modification

Outcome Research

Research shows that treated patients were 80% better than untreated ones.



Commonalities Among Psychotherapies

- Hope for demoralized people
- A new perspective
- An empathic, trusting, caring relationship



"Your problems make my fee seem insignificant."

Culture and Values in Psychotherapy

Psychotherapists may differ from each other and from clients in their personal beliefs, values, and cultural backgrounds.

A therapist search should include visiting two or more therapists to judge which one makes the client feel more comfortable.

Commonalities Among Psychotherapies

A New Perspective

Therapy offers new experiences that help people change their views of themselves and their behaviors. They may approach life with a new attitude.

Commonalities Among Psychotherapies

An Empathic, Trusting, Caring Relationship

Effective therapists are empathic people who seek to understand another's experience; whose care and concern the client feels; and whose respectful listening, reassurance, and advice earn the client's trust and respect.

Culture and Values in Psychotherapy

- Similarities between cultures
- Differences between cultures



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Types of Therapists

THERAPISTS AND THEIR TRAINING

Type

Description

Types of Therapists

THERAPISTS AND THEIR TRAINING

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<i>Counselors</i>	Marriage and family counselors specialize in problems arising from family relations. Pastoral counselors provide counseling to countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims.

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<i>Psychiatrists</i>	Psychiatrists are physicians who specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have their own private practice.

Therapists and their Training

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Therapists and their Training

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Therapists and their Training

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Therapists and their Training

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The Biomedical Therapies



Introduction

- Biomedical therapy
 - Drugs
 - Electroconvulsive therapy
 - Magnetic impulses
 - Psychosurgery
 - Psychiatrist

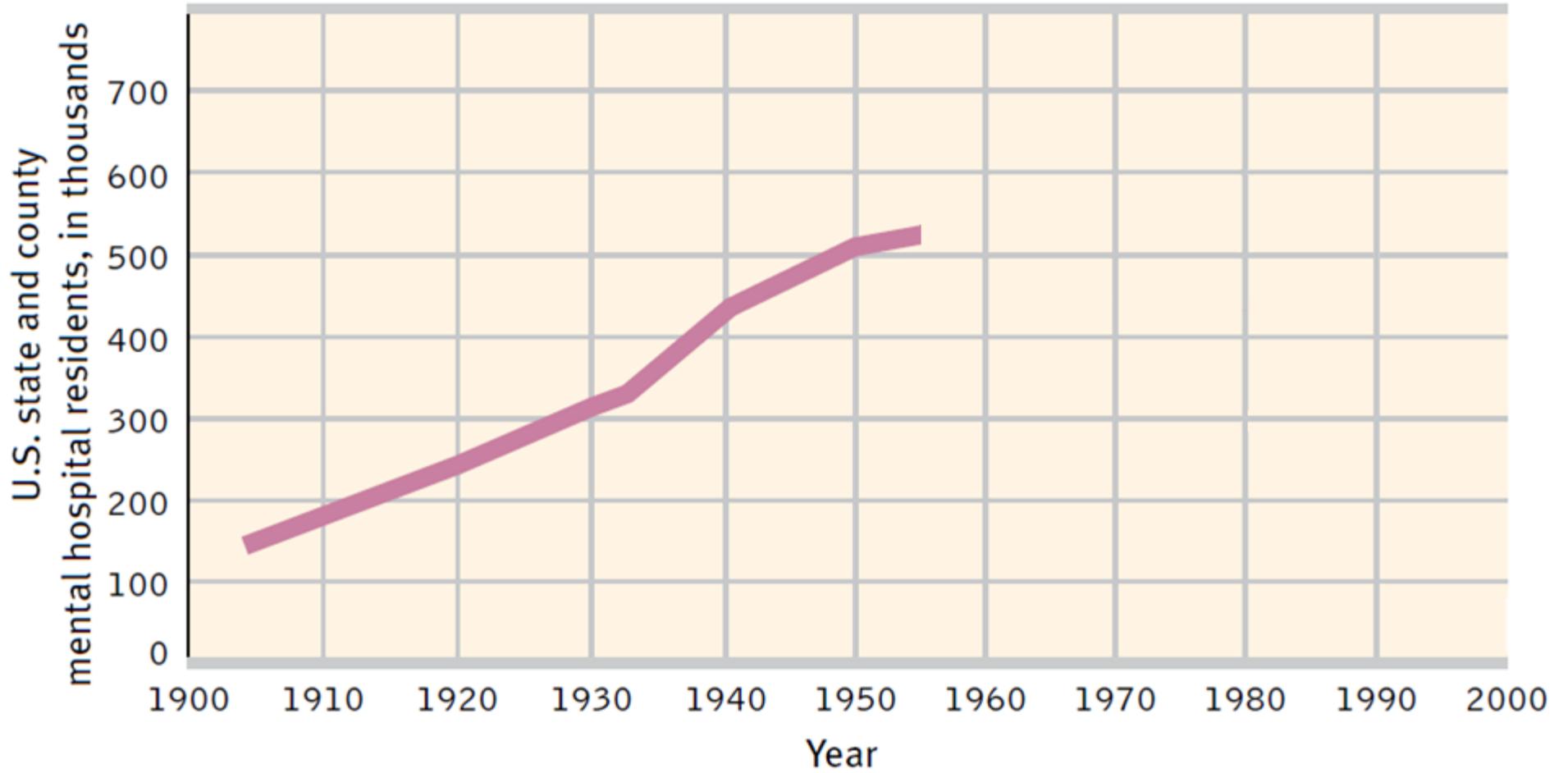
Drug Therapies

- [Psychopharmacology](#)
- Factors to consider with drug therapy
 - Normal recovery rate of untreated patients
 - Placebo effect
 - Double blind procedure

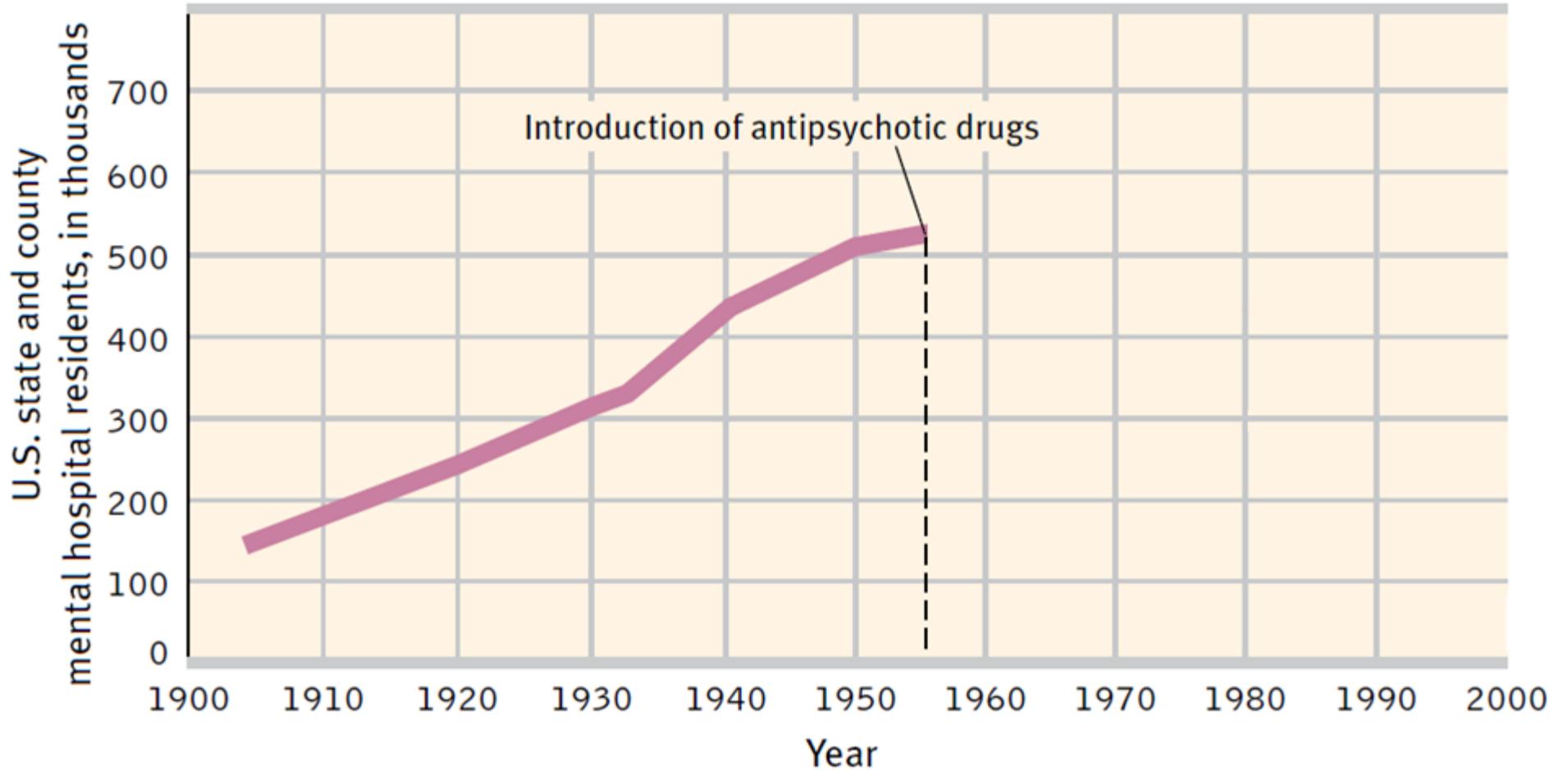
Biomedical Therapies

- **Psychopharmacology**
 - study of the effects of drugs on mind and behavior

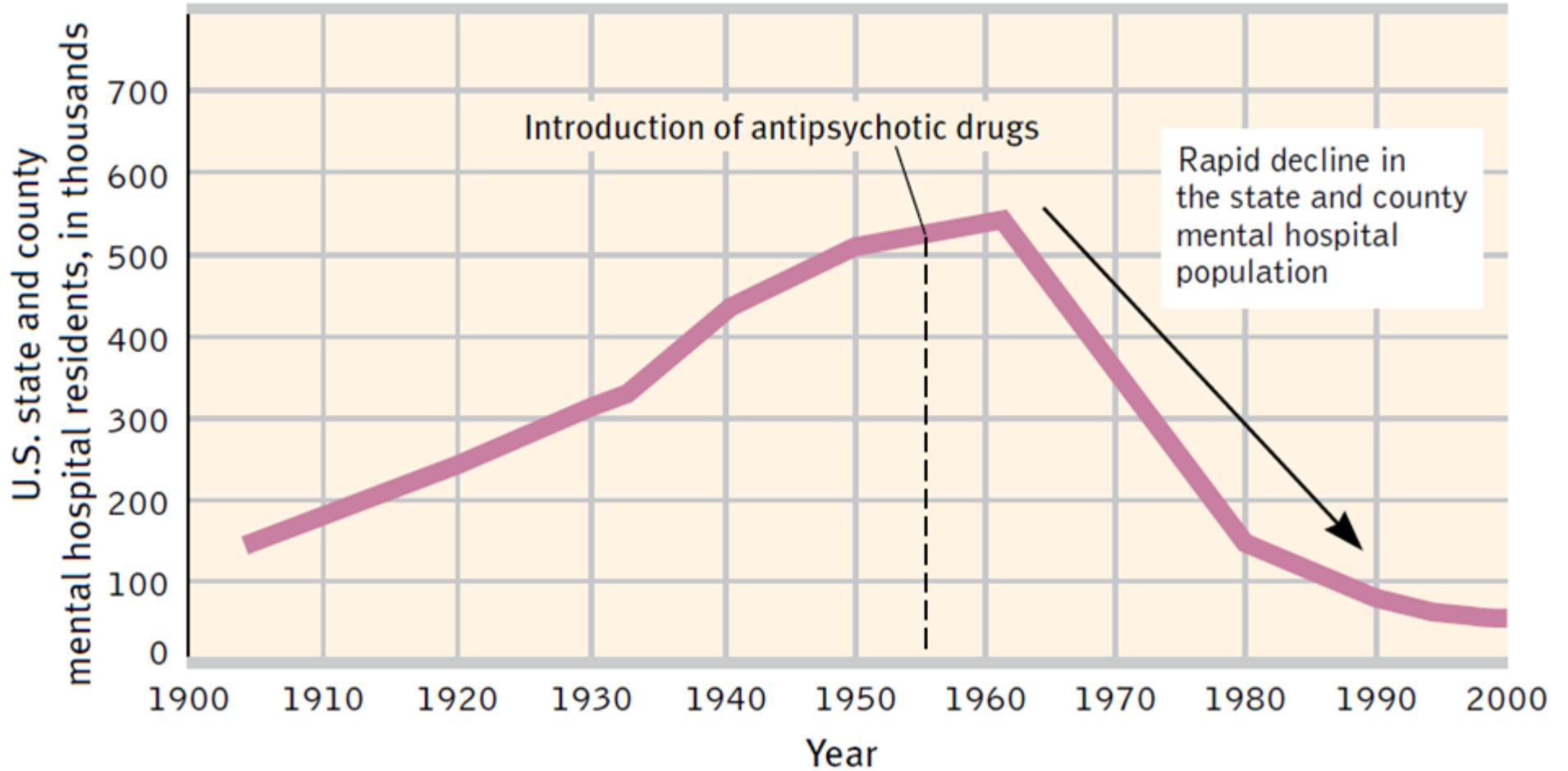
Drug Therapies



Drug Therapies



Drug Therapies



Antipsychotic Drugs

- **Antipsychotic Drugs**

The molecules of antipsychotic drugs are similar enough to molecules of the neurotransmitter dopamine to occupy its receptor sites and block its activity.

(Thorazine, Clozapine)

Drug Therapies

Antipsychotic Drugs

- Antipsychotic drugs

- Psychoses
- Chlorpromazine (Thorazine)
- Dopamine



- Tardive dyskinesia
- Atypical antipsychotics (Clozaril)
 - Positive and negative symptoms

Antianxiety Drugs

- **Antianxiety Drugs**

Valium, Xanax, Lithium – depress nervous system activity.

Drug Therapies

Antianxiety Drugs

- Antianxiety drugs
 - Xanax, Ativan, D-cycloserine
 - Physiological dependence



"If this doesn't help you don't worry, it's a placebo."

Table | 14.8

Antianxiety Drugs

	Generic Name	Trade Name
Benzodiazepines	Diazepam	Valium
	Chlordiazepoxide	Librium
	Lorazepam	Ativan
	Triazolam	Halcion
	Alprazolam	Xanax
Non-benzodiazepine	Buspirone	Buspar

SOURCE: Based on Julien (2001).

Antidepressant Drugs

- **Antidepressant Drugs**

Most antidepressants work by increasing the availability of the neurotransmitters norepinephrine or serotonin, which elevate arousal and mood and appear scarce during depression.

Table | 14.9

Antidepressant Drugs

	Generic Name	Trade Name
First-Generation Antidepressants		
Tricyclic antidepressants	Imipramine	Tofranil
	Desipramine	Norpramin
	Amitriptyline	Elavil
MAO inhibitors	Phenelzine	Nardil
	Tranlycypromine	Parnate
Second-Generation Antidepressants		
Selective Serotonin Reuptake Inhibitors (SSRIs)	Trazodone	Desyrel
	Bupropion	Wellbutrin
	Fluoxetine	Prozac
	Sertraline	Zoloft
Dual-Action Antidepressants	Paroxetine	Paxil
	Fluvoxamine	Luvox
	Nefazodone	Serzone
Dual-Reuptake Inhibitors	Mirtazapine	Remeron
	Citalopram	Celexa
	Venlafaxine	Effexor

SOURCE: Based on Julien (2001).

Antidepressant Drugs

- **Lithium**— a chemical that provides an effective drug therapy for the mood swings of bipolar (manic-depressive) disorders.
- **Prozac**— (fluoxetine) blocks the reabsorption and removal of serotonin from synapses.
- **Zoloft**— cousin to Prozac; blocks reabsorption of serotonin.
- **Paxil**— cousin to Prozac; serotonin-uptake-inhibitor.

Anti-Depressant Medication

- First generation—tricyclics and MAO inhibitors
 - Effective for about 75% of patients
 - Produce troubling side effects
 - MAO inhibitors can have serious physiological side effects when taken with some common foods
 - Tricyclics caused weight gain, dry mouth, dizziness, sedation

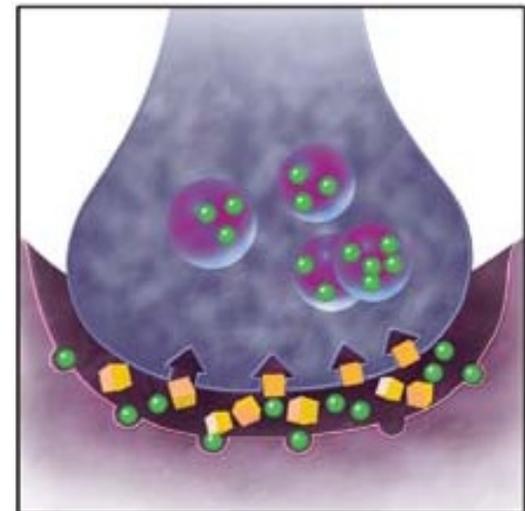
Anti-Depressant Medication

- Second generation—chemically different but no more effective than earlier drugs (Wellbutrin, Desyrel)
- **Selective serotonin reuptake inhibitors (SSRI)**— have fewer undesirable side effects than earlier drugs
(Prozac, Paxil, Zoloft)

Drug Therapies

Antidepressant Drugs

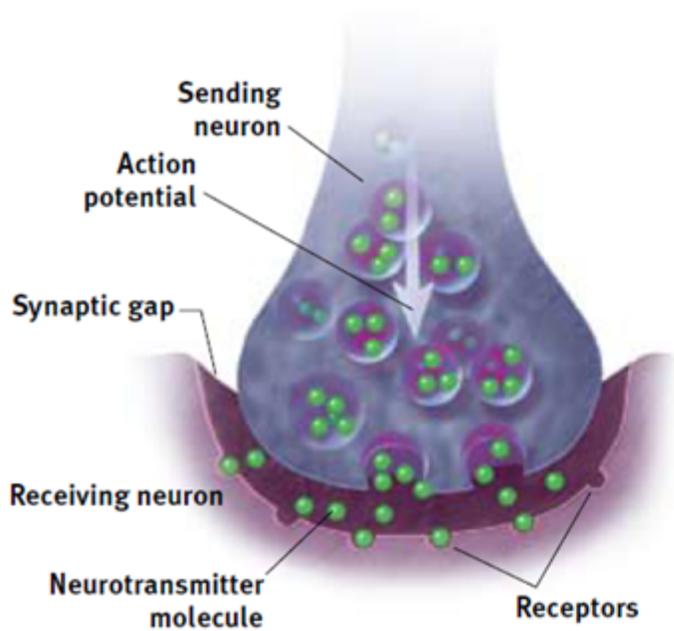
- Antidepressant drugs
 - Use with mood and anxiety disorders
 - Fluoxetine (Prozac), Paxil
 - Selective-serotonin-reuptake inhibitors
 - Neurogenesis
 - Side effects of antidepressants



Drug Therapies

Antidepressant Drugs

Message is sent across synaptic gap.

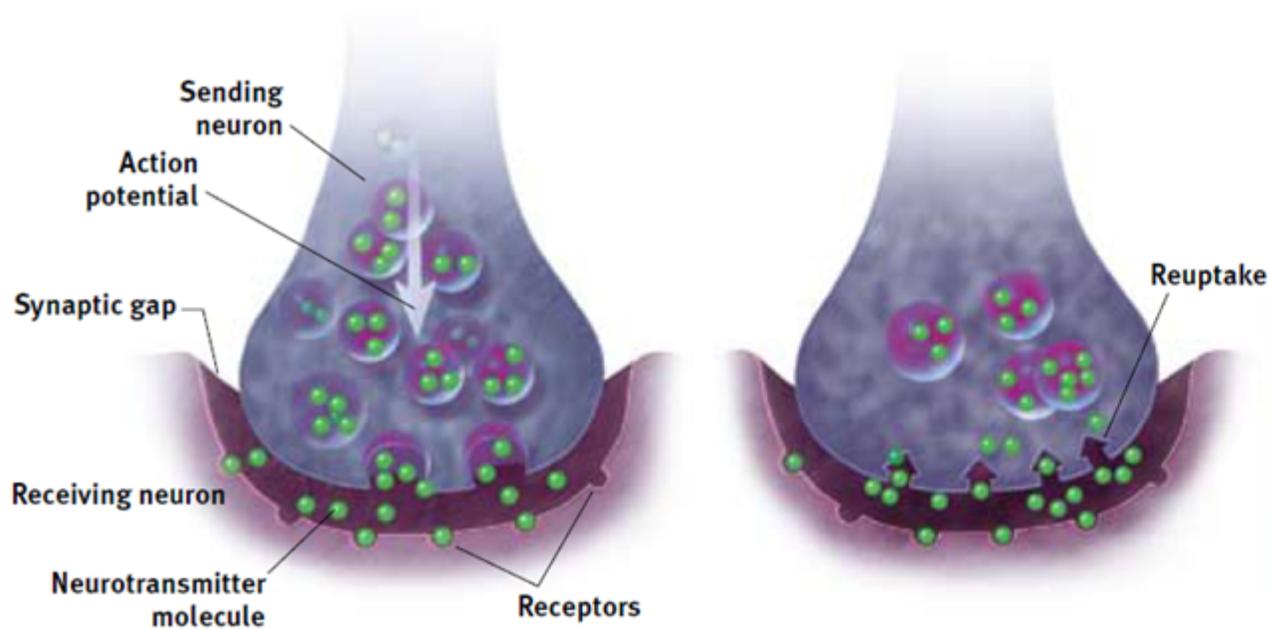


Drug Therapies

Antidepressant Drugs

Message is sent across synaptic gap.

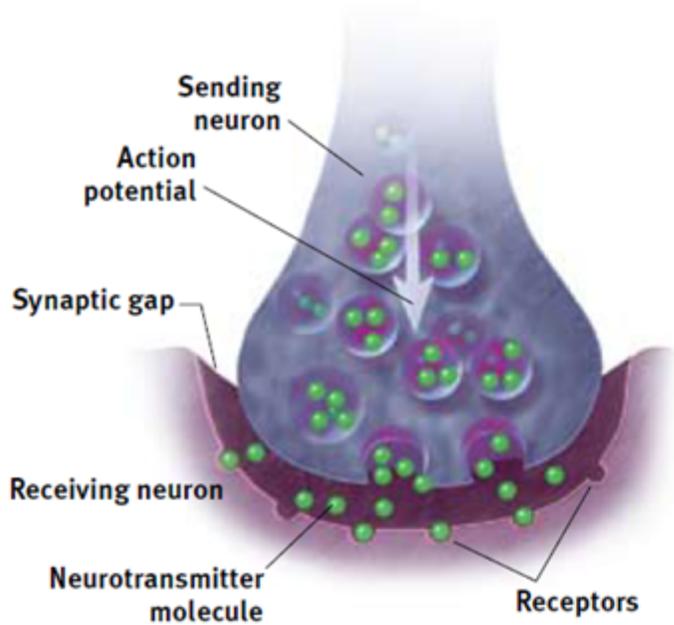
Message is received; excess neurotransmitter molecules are reabsorbed by sending neuron.



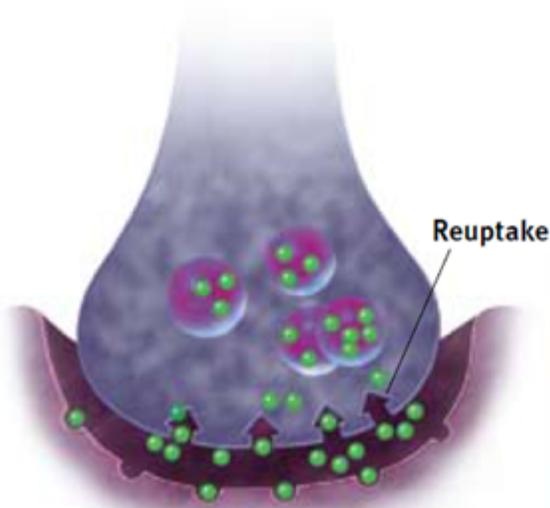
Drug Therapies

Antidepressant Drugs

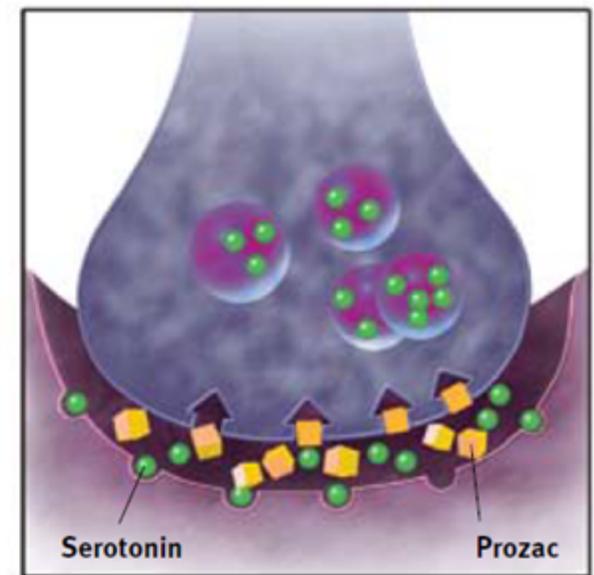
Message is sent across synaptic gap.



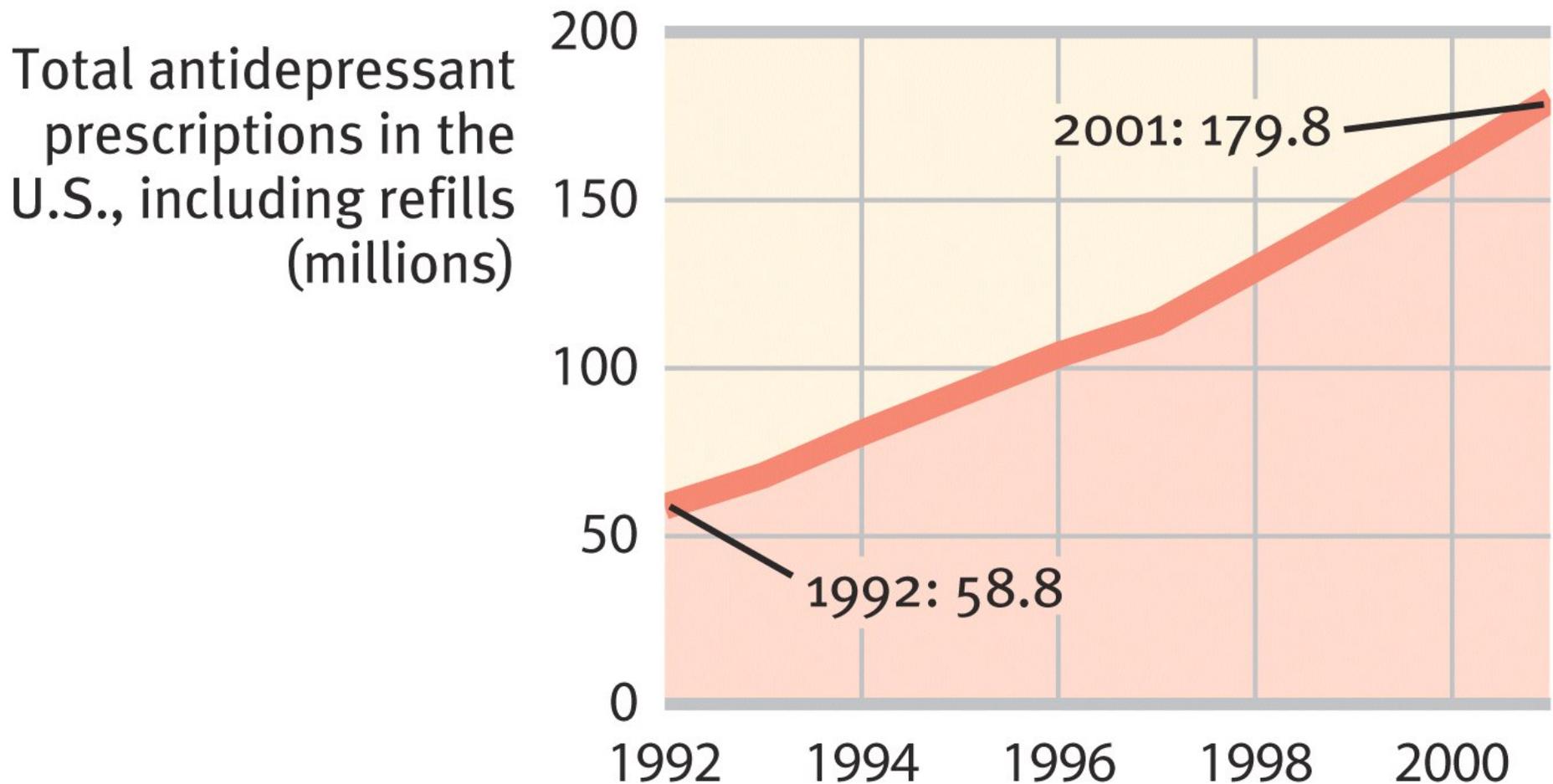
Message is received; excess neurotransmitter molecules are reabsorbed by sending neuron.



Prozac partially blocks normal reuptake of the neurotransmitter serotonin; excess serotonin in synapse enhances its mood-lifting effect.



Biomedical Therapies



Drug Therapies

Mood-Stabilizing Medications

- Mood-stabilizing medications
 - Lithium
 - Depakote

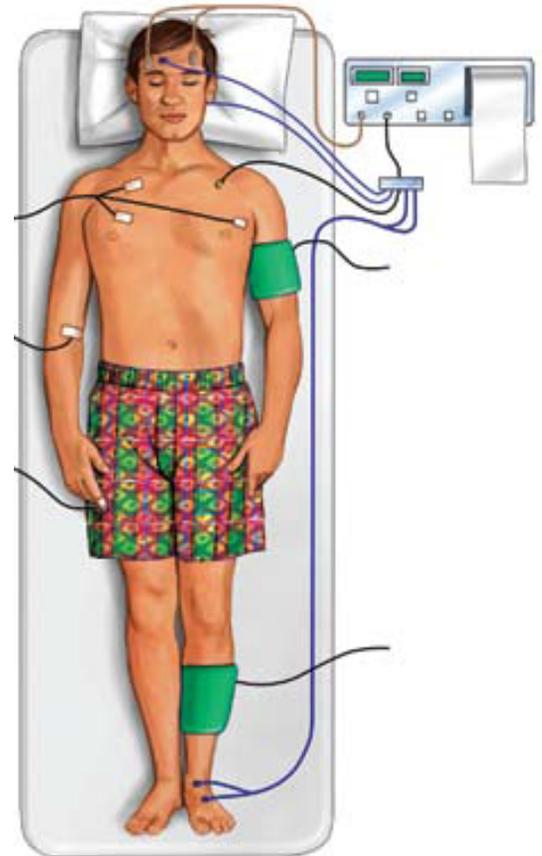


"First of all I think you should know that last quarter's sales figures are interfering with my mood-stabilizing drugs."

Brain Stimulation

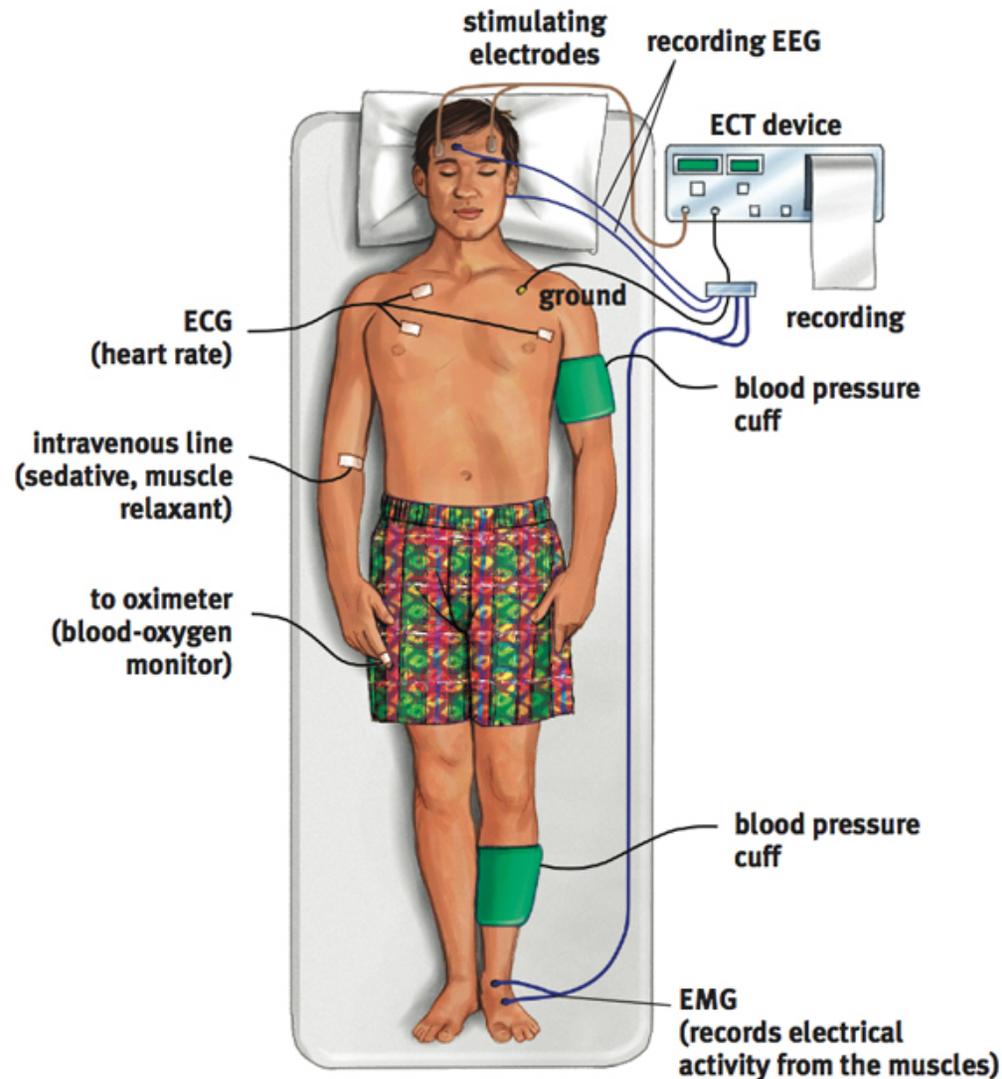
Electroconvulsive Therapy

- Electroconvulsive therapy
 - Procedure
 - Severe depression
 - Problems/side effects



Brain Stimulation

Electroconvulsive Therapy



Electroconvulsive Therapy

- Used for severe depression
- Very effective for quick relief of symptoms of severe depression (can be used until medication begins to work)
- May have cognitive side effects such as memory loss
- Very controversial treatment

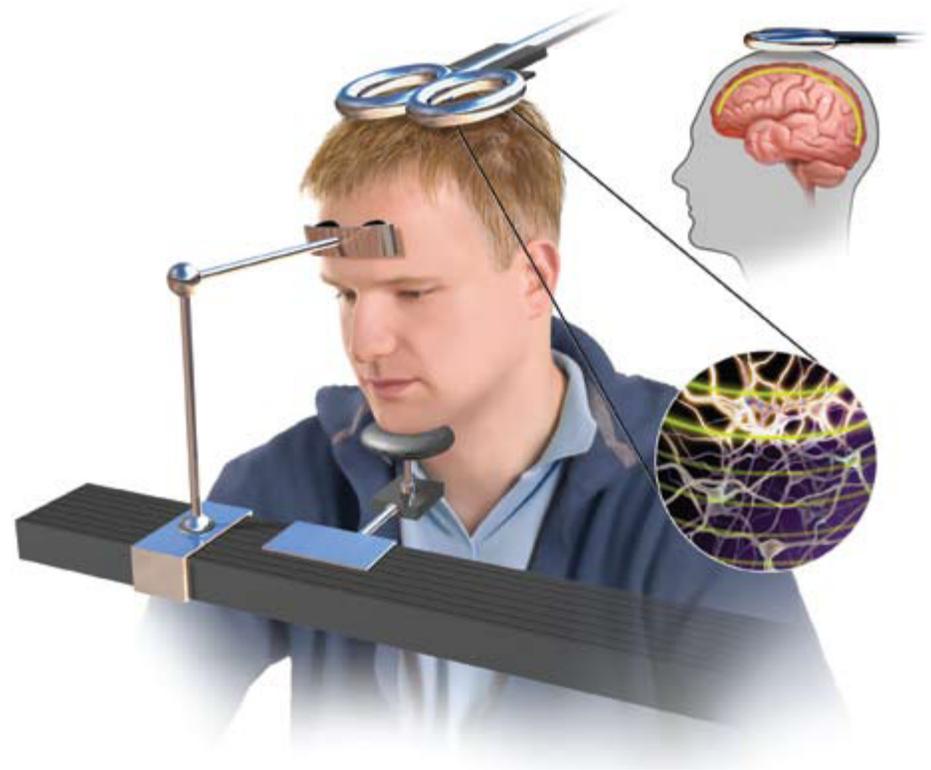
Biomedical Therapies

- **Electroconvulsive Therapy (ECT)**
 - therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient
- **Psychosurgery**
 - surgery that removes or destroys brain tissue in an effort to change behavior
 - **lobotomy**
 - now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients

Brain Stimulation

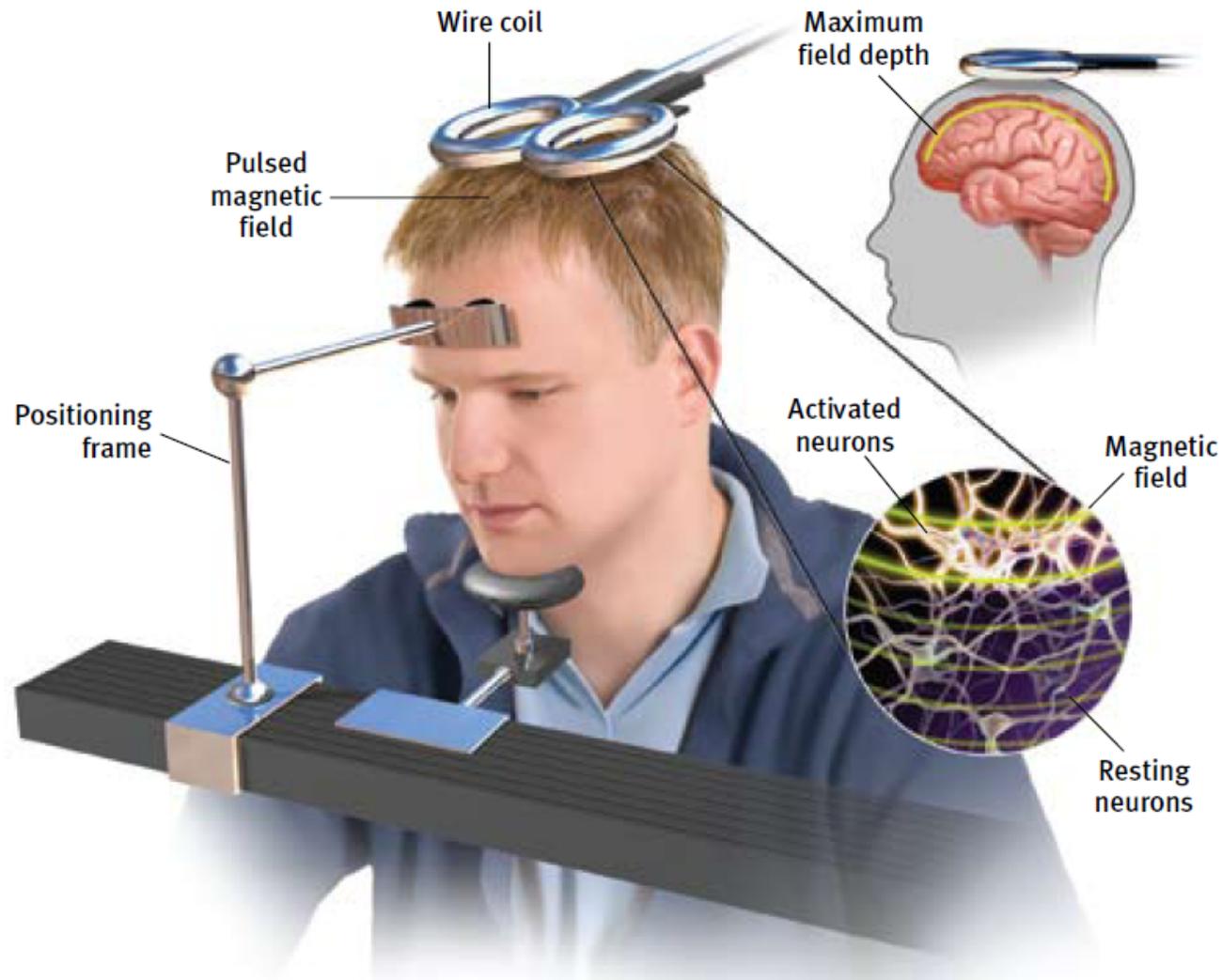
Alternative Neurostimulation Therapies

- Magnetic Stimulation
 - Repetitive transcranial magnetic stimulations (rTMS)
- Deep-Brain Stimulation



Brain Stimulation

Alternative Neurostimulation Therapies



Psychosurgery

- Psychosurgery
 - Lobotomy
 - History
 - Procedure
 - Side effects
 - Use today

Therapeutic Life-Style Change

- Integrated biopsychosocial system
- Therapeutic life-style change
 - Aerobic exercise
 - Adequate sleep
 - Light exposure
 - Social connection
 - Anti-rumination
 - Nutritional supplements



Preventing Psychological Disorders



Preventing Psychological Disorders

- [Resilience](#)
- Preventing psychological disorders

Preventing Psychological Disorders

- **Preventing Psychological Disorders**

Advocates of preventive mental health argue that many psychological disorders could be prevented. Their aim is to change oppressive, esteem-destroying environments into more benevolent, nurturing environments that foster individual growth and self-confidence

The End