

Chapter 19

METHODS OF THERAPY

Section 1: What Is Therapy?

Section 2: The Psychoanalytic Approach

Section 3: The Humanistic Approach

Section 4: Cognitive Therapy and Behavior
Therapy

Section 5: Biological Therapy

Question: What is psychotherapy, and what are the advantages of each method of psychotherapy?

PSYCHOTHERAPY

- *Psychotherapy* is psychologically based therapy.
- Advantages of each type:
 - Some people do better with individual therapy because they need more personal attention than they would receive as part of a group
 - Group therapy helps people realize that they are not alone and that it enables people to see others benefiting from the therapy

Question: What are the major techniques of psychoanalysis?

MAJOR TECHNIQUES OF PSYCHOANALYSIS

- *Free Association* – the analyst asks the client to relax and then to say whatever comes to mind – taps into unconscious thoughts and feelings
- *Dream Analysis* – analyst interprets the content of clients' dreams to unlock these unconscious thoughts and feelings
- *Transference* – the patient's transfer of emotions associated with other relationships to the therapist

Question: What are the primary goals and methods of humanistic therapy?

GOALS OF HUMANISTIC THERAPY

- Primary goal is to help individuals reach their full potential by developing self-awareness and self-acceptance
- Assumes that people with psychological problems merely need help tapping their inner resources so that they can grow and reach their full potential

Question: What are the primary goals and methods of humanistic therapy?

METHODS OF HUMANISTIC THERAPY

- Person-Centered Therapy – clients receive help finding their true selves and realizing their unique potential
- Nondirective Therapy – the client is seen as an equal of the therapist

Question: How do cognitive and behavior therapists try to help people?

HOW THERAPISTS TRY TO HELP

- Cognitive therapists use *rational-emotive therapy* and *Beck's cognitive restructuring therapy*
- Behavioral therapists use *counter conditioning* and *operant conditioning*

Question: What are the three major biological treatments for psychological disorders?

THREE MAJOR BIOLOGICAL TREATMENTS

- *Drug Therapy* – consists of prescription drugs for the treatment of psychological disorders
- *Electroconvulsive Therapy* – a controversial treatment consisting of electric-shock therapy
- *Psychosurgery* – brain surgery used to treat psychological disorders

Question: What are the goals and techniques of commonly used psychotherapy methods?

