

21. Therapies for Mental Health

Objectives

- Explain what is meant by therapy
- Explain the two main types of mental health treatment, with advantages of each
- Explain differences between psychoanalytic, behavioral, cognitive-behavioral, humanistic, and biomedical therapy
- Discuss ethical issues of therapy

Vocabulary

active listening	cognitive restructuring	lobotomy	psychosurgery
aversive conditioning	counterconditioning	modeling	psychotherapy
behavior modification	flooding	person-centered therapy	systematic desensitization
biologically based therapy	Gestalt	phenomenology	

Background

In recent years, great advancements have been made in the field of psychotherapy, which now can more effectively treat the kinds of problems that people historically have had to struggle with on their own. Students will learn that there are a variety of therapeutic approaches (and mental health professions) that can effectively treat things like phobias, anxiety, and mental disorders either in individual or in group settings.

Students first review the two types of psychotherapy—individual and group—and the different aspects and benefits of both. Students familiarize themselves with changing attitudes about mental health, which has come a long way from the days of confining the mentally ill in asylums.

Students consider the five major types of therapy—psychoanalysis, behavioral, cognitive-behavioral, humanistic, and Gestalt—in depth, as each is scrutinized and compared with the others. Students should learn the primary goals, techniques, and issues involved in each of these evolving fields of psychotherapy.

Students examine biomedical therapy and the use (and effects) of drug therapies to treat specific mental disorders. As compared to the past use of “shock treatment” and psychosurgery, students learn that drug therapies and other biomedical approaches are used but limited to the most serious cases.

Students evaluate the issue of whether society has become too drug-dependent. They contrast this view against recent research that shows the effectiveness of psychotherapy to achieve overall wellness.

Finally, students study ethical issues for therapists—and tips on choosing a therapist, useful information to those who might someday wish to talk with a supportive mental health professional about what is troubling them.

Further Resources

Belkin, G. S. *Contemporary Psychotherapies*. Monterey, Calif.: Brooks/Cole Publishing, 1987.

Rogers, C. *On Becoming a Person: A Therapist's View of Psychotherapy*. Boston: Houghton Mifflin, 1970.

For Discussion

Review

1. What are the two main types of psychotherapeutic treatment?
2. What are five of the psychoanalytic techniques developed by Sigmund Freud?
3. What are four approaches to behavioral counterconditioning?
4. What is the ABCD theory of Rational Emotive Therapy?

Critical Thinking

1. It is 1936 and you are suddenly stricken with a debilitating mental illness. What are your options and what is likely to happen to you?
2. Why are high ethical standards for therapists important in individual therapy?
3. Which of the psychotherapeutic techniques discussed in this chapter do you think could be the most hurtful if applied improperly? Why?
4. What kinds of issues keep people with problems from seeking psychotherapy?
5. If you had the opportunity to use one of the psychotherapies described in this chapter, which would you prefer? Why?

Activities

1. Treating the Condition

Divide students into six groups with one group to act as clients and the other five groups to act as psychoanalytical, behavioral, cognitive-behavioral, humanistic, and Gestalt therapists. Clients take turns coming up with specific problems or disorders, and therapy groups suggest approaches and techniques they would use to help the person.

2. Debate: For and Against Therapy

Divide the class into two teams with one side standing "for" and the other "against" the idea of seeking a person with mental health issues seeking therapy. As each side defends its position, three student judges determine which was the more effective debate team and why.

3. Internet: Mental Health Drug Sites

Direct the students in pairs to research promotional Web sites for new drug therapies. Have them evaluate the supposed usefulness of the drugs and analyze the advertising approaches used to market the "products."

4. Special Sources: Technique Specialization

Ask students to use the library to select and research one aspect of the five psychotherapies presented in the chapter. Students should write short reports on their findings.

Name _____

21. Therapies for Mental Health

As you read Chapter 21, write an answer to each question below.

1. What are some of the advantages of individual and group therapy?

2. In what ways does psychodynamic therapy today differ from its Freudian psychoanalytic roots?

3. What is the difference between behavioral and cognitive-behavioral therapy?

4. In the humanistic therapy field, what do people-centered therapy and Gestalt therapy have in common?

5. When are biomedical therapies appropriate to use rather than psychotherapy?

Name _____

21. Therapies for Mental Health

Find the best answer for each item. Then circle that answer.

1. What is the treatment of psychological problems through interaction between a client and mental health professional?
 - a. aromatherapy
 - b. psychopharmaceuticals
 - c. psychosurgery
 - d. psychotherapy
2. What is the treatment of psychological disorders through the use of drugs and other medical procedures?
 - a. biologically-based therapy
 - b. psychosurgery
 - c. phenomenology
 - d. lobotomy
3. What is the term for changing a behavior by changing the response a person receives for that behavior?
 - a. biological modification
 - b. behavioral modification
 - c. cognitive restructuring
 - d. counterconditioning
4. What is the approach of extinguishing an undesirable behavior by placing the positive reinforcement for it with a punishment?
 - a. modeling
 - b. flooding
 - c. systematic desensitization
 - d. aversive conditioning
5. What is the approach for observing how another person deals successfully with a situation?
 - a. modeling
 - b. flooding
 - c. channeling
 - d. centering
6. What is the approach of exposing a client to a harmless stimulus until the fear response to the stimulus is gone?
 - a. modeling
 - b. flooding
 - c. interpretation
 - d. transference
7. What is the approach for identifying and changing irrational statements that are part of one's ongoing "self-talk"?
 - a. cognitive restructuring
 - b. cognitive listening
 - c. active listening
 - d. active restructuring
8. What is the approach in which the client talks and the therapist listens but doesn't interpret?
 - a. individual therapy
 - b. family therapy
 - c. person-centered therapy
 - d. self-help group therapy
9. What is the theory that subjective experience is equally important as objective knowledge?
 - a. phenomenology
 - b. psychoanalysis
 - c. pharmacology
 - d. Gestalt
10. What is the removing or disconnection of parts of the brain?
 - a. psychotherapy
 - b. psychosurgery
 - c. operant conditioning
 - d. aversive conditioning

Name _____

21. Therapies for Mental Health

Read each description, and write the letter of the correct term on the line.

1. A _____ has an M.D. and can prescribe medications for mental disorders.
 - a. psychologist
 - b. psychiatrist
 - c. counseling psychologist
 - d. clinical psychologist
2. _____ help(s) people who share problems like alcoholism, drug addiction, and abuse.
 - a. Individual therapy
 - b. Couples therapy
 - c. Family therapy
 - d. Self-help groups
3. _____ is a problem that continues to affect the quality of mental health care today.
 - a. The practice of trephining
 - b. Chaining patients in asylums
 - c. Neglecting to care for severe mental disorders
 - d. Deinstitutionalization
4. In _____, a patient sees a therapist as a parent figure.
 - a. free association
 - b. transference
 - c. interpretation
 - d. resistance
5. _____ is the counterconditioning technique using a step-wise process to extinguish a fear response.
 - a. Modeling
 - b. Flooding
 - c. Systematic desensitization
 - d. Aversive conditioning
6. _____ deals with what is happening in the moment and the whole of the person's experience.
 - a. Psychoanalysis
 - b. Psychodynamic therapy
 - c. Behavioral therapy
 - d. Gestalt therapy
7. _____ focuses on helping individuals explore their potential and promotes mental health.
 - a. Humanistic therapy
 - b. Behavioral therapy
 - c. Cognitive-behavioral therapy
 - d. Psychoanalysis
8. _____ is a drug therapy often used to treat bipolar disorder.
 - a. Antianxiety tranquilizers
 - b. Antidepressants
 - c. Lithium
 - d. Antipsychotics
9. A 1955 *Consumer Reports* study of the effectiveness of psychotherapy did NOT say that _____.
 - a. patients benefited substantially from therapy
 - b. Short-term was more effective than long-term therapy
 - c. Regular therapy did not differ in effectiveness from medication plus psychotherapy
 - d. No specific approach was preferable
10. When choosing a therapist, it is important to do each of the following, EXCEPT _____.
 - a. ask about credentials and licensing
 - b. discuss training and approaches used
 - c. discuss cost and estimated duration of therapy
 - d. ask for immediate diagnosis and medication

Essay Question

What individual, family, or cultural issues cause people today to become reliant on drugs to solve their psychological problems?