Unit 13- Treatment of Psychological Disorders
(p.604-641 AP Text)

Today's mental health therapies can be classified into two main categories, and the favoured treatment depends on both the disorder and the therapist's viewpoint.
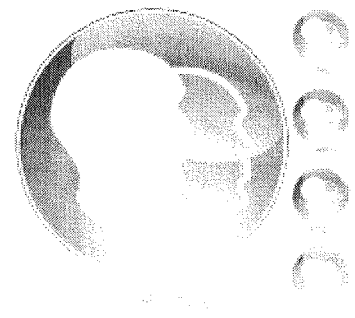1) Psychotherapy
2) Biomedical Therapy

Psychological Therapies

- Psychoanalysis
    - Freud –was the first psychological therapy
    - Uses resistance, interpret, transferring

- Humanistic Therapies
    - Insight Therapies
    - Client-Centered Therapies
    - Active Listening

- Behaviour Therapies
    - Classical Conditioning/Exposure Therapies
    - Systematic Desensitization
    - Virtual Reality Exposure Therapy
    - Aversive Conditioning
    - Operant Conditioning
    - Token Economy

- Cognitive Therapies
    - Beck's Theory
    - Cognitive-Behavioural Therapy

- Group and Family Therapies
    - Family therapy

The Biomedical Therapies
- Drug Therapies
    - Psychopharmacology
    - Anti-Psychotic Drugs
    - Tardive Dyskinesia
    - Anti-anxiety drugs
    - Anti-depressent drugs
    - Mood Stablization Medications

- <u>Brain Stimulation</u>
  - o Electroconvulsive Therapy (Electric Shock) ECT
  - o Magnetic Stimulation (rTMS) p.634

- <u>Psychosurgery</u>
  - o Lobotomy

- <u>Therapeutic Life-Style Change</u>

For all of the different types of therapies, you need to be able to analyze and evaluate them. Be able to discuss the good and bad, pros and cons, AND what disorders they are most commonly used to treat.

ASSIGNMENT:

Complete the 15 Multiple Choice questions on p.640-641.

Answers are below.
1. b
2. e
3. a
4. d
5. a
6. c
7. a
8. c
9. b
10. e
11. c
12. c
13. d
14. a
15. d