

Psychotherapy

Dr. Najma Iqbal Malik

Department of Psychology

University of Sargodha

Psychotherapy

- **Includes those means by which a therapist attempts to provide new interpersonal experience for another human being**
- **These experiences are designed to enhance one ability to manage subjective distress**

Psychotherapy

- **It can not alter the problem of world in which patient lives**
- **But it can enhance self acceptance, empower the patient to make life changes and help patient to cope with enviroment more effectively**

Classification of Psychotherapy

- according to **who is involved** in the treatment
- an individual
- a group
- a couple
- a family therapy

Classification of Psychotherapy

- according to **the content and methods** used
- analytic
- interpersonal
- cognitive, behavioral, cognitive - behavioral
- All psychotherapies are aimed at changing aspects of the patient

Characteristics common for all psychotherapies

- **Based on interpersonal relationship**
- **used verbal communication between two or more people as healing element**
- **specific expertise on the part of the therapist in using communication and relationship in healing way**

Characteristics common for all psychotherapies

- based on rationale or conceptual structure that is used to understand the patient problem**
- use of the specific procedure in the relationship that is linked to rationale**
- structure relationship**
- expectation of improvement**

Behavior therapy

- **Aim : change the behavior.**
- **derived from British empiricism, Pavlov's studies of conditioning, research on stimulus response relationship conducted by behaviorists (such as Skinner, Wolpe, Eysenck.)**

Behavior therapy

- **work with objective, observable phenomena, referred to as behavior, including physical activities (drinking, eating, talking, completing a serial sequential activities that lead to habit formations and social interaction)**

Behavioral techniques

- **do not necessarily help the patient to understand his motivations and emotions (but some od Bs believes that the change of patient's behavior may lead to changes in how patient think and feels)**
- **symptoms : phobias, obsessions, eating, sexual disorders, general anxiety, mild depression, alcohol abuse**

The forms of behavioral therapy

- **Work on what the patient does**
- **relaxation training**
- **systematic desensitization**
- **flooding**

Relaxation training

- **used to teach patient to control over their bodies**
- **to achieve voluntary control over their feeling of tension**
- **to achieve relaxation (they are instructed to move through the muscle groups of the body and make them tense and relaxed)**

Systematic desensitization

- **Teaching how to reduce or control the fear elicited by specific stimuli**
- **„training“ to reduce tense and anxious response to feared stimuli ,fe therapist may asked the agoraphobic patient to imagine to visist the shopping mall where the patient typically develops panic, the patient is ecourage to use relaxation techniques to diminished panic and place it under voluntary control**

Flooding

- **aim : to extinguish anxiety produced by feared stimuli**
- **how : placing the patients in continuous contact with the stimulus and helping them learn that stimulus does not lead to any feared consequences**

Cognitive therapy

- **cognitive structures or schemata shape the way people react and adapt to a variety of situations that they encounter in their lives**

Cognitive therapy

- **aim** : to abolish negative thoughts which allow symptoms to persist
- (our moods and feelings are influenced by our thoughts and the psychological disturbances are caused by habitual errors in thinking. By correcting these distorted ways of thinking, therapist restructure patients views of themselves)

Cognitive therapy

- **The three major cognitive patterns observed in depression (by Beck)**
 - **- a negative view of oneself**
 - **- a negative interpretation of experience**
 - **- a negative view of future**

Cognitive therapy

- **treatment of depression**
- **the schema that lead to negative interpretations**
- **the goal : to indentify and restructure those negative schemata (that shape p.perception)**

Individual psychotherapy

- **Covers broad range of psychotherapeutic techniques which are usually done individually - single therapist working with single patient**

Psychoanalysis

- **Originally developed by S.Freud (a systemic theory to describe the structure and operations of the human psyche)**
- **reorganization of character structure with emphasis on self understanding and correction of development lags**

Psychoanalysis

- basic concept includes stages of
- **psychosexual development** (oral, anal, phallic)
- **the structures of conscious and unconscious thoughts** (primary versus secondary process thinking)
- **the structures of drive and motivation** (id, ego, superego)

Psychodynamic psychotherapy

- **concepts are embodied in psychoanalytic theory (it does not involve rigidly defined techniques that characterized classical psychoanalysis)**

Psychodynamic psychotherapy

- **based on idea of self exploration and self understanding open up the possibilities for change in personality and behaviour**
- **treatment of : personality disorder, sexual dysfunction, somatoform , anxiety disorders, mild depression**

Types of psychodynamic psychotherapy

- *psychoanalysis*
- *exploratory psychotherapy* - aims at understanding motivations and uncousious forces (focus on current life)

Types of psychodynamic psychotherapy

- *supportive psychotherapy* - lessening of anxiety through reassurance, advice, modifications of social factor (it helps patients to get through difficult situations), it is incorporated into any of the other types of PT
- *short term psychotherapy*

Insight oriented psychotherapy

- based on psychodynamic concept
- focused on interpersonal relationship - **here and now situation**
- the patient are encouraged to achieve an intellectual understanding of the mainspring of their behavior that will assist in changing it as needed

Interpersonal therapy

- **based on idea that mental illness may reflect and be expressed in problems with relationship**
- **emphasizes working on improving interpersonal relationship during the process of psychotherapy**

References

- Waldinger RJ: Psychiatry for medical student, Washington DC : American Psychiatric Press, 1997
- Collier JAB, Longmore JM, Harvey JH : Oxford handbook of clinical specialties, Oxford, 1998