

## Unit - 5

# Psychodynamic & Psychoanalysis Therapy

Psychodynamic Therapy is typically conducted with the patient and the therapist sitting facing or almost facing each other. The patient is encouraged to renew early relationships with parents and significant others, but the therapist also directs attention to the situations facing the patient at present. The patient is expected to do most of the talking while the psychodynamic therapist occasionally interjects clarifications to assist the patient in understanding the dynamic of the problem that led him or her to seek professional help.

~~(This is therapy)~~

Psychoanalysis ~~requires~~ based on Sigmund Freud's theory, requires on average b/w 2 and 5 years, usually with four to five sessions per week. The patient lies on the couch, and the therapist sits out of the patient's line of sight in order to <sup>avoid</sup> distracting the patient. Therapist asks patient to speak fluently anything that comes into the mind (Rambling). This process is called Stage of free association.

Stages

② Stage of resistance. The stage where patient stops or says in controlled way, hesitate to speak.

Now analyst will try to stimulate & nudge him to say <sup>words</sup> or draw.

Here the client will be asked to write or draw something anything and after that the material is analysed.

Still deepest secrets may lie underneath and ego won't let it out.

③ Stage of dream analysis. This stage will come only when the relationship b/w the client & analyst should be strong.

Dreams are analysed in this stage. As to Freud, dreams are the suppressed actions / desires.

Content of dreams → latent content

④ Stage of transference. In this stage the client starts to transfer all the close relationships onto the analyst (mother, father & spouse).  
→ + transference patient feels predominant friendly and affectionate towards the analyst.

- transference hostility predominates  
 counter transference. therapist emotional  
 reactions to a patient.

Stage of Termination Break the contact  
 gradually not suddenly.

Insight It is a major goal of both  
 psychoanalysis and psychodynamic  
 psychotherapy. ~~because of the belief~~  
 It is an awareness of your own  
 potential to solve any problem  
 is called insight.

Behaviour Therapy.

It uses techniques based on operant and  
 classical conditioning in an effort to  
 change maladaptive behaviours.

Focus of learning and behaviour  
 modification

Therapies based on classical conditioning

(SD)

Systematic Desensitization (Satter 1948-1958) Wolpe

It combines behavioural training (muscular  
 relaxation) with cognitive activity.

The theory behind S.D. is that the  
 relaxation response competes with  
 previously learned anxiety responses such  
 as fears and phobias.

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There are 3 stages:  
① Relaxation training  
The therapist teaches the patient relaxation skills, such as tensing and then relaxing muscle groups and also breathing from the diaphragm.

Jacobson 1938 (Relax & tighten muscles)

② — A hierarchy of patient's fear is constructed. The hierarchy ranges from imagined scenes which arouse mild anxiety to scenes that evoke intense fear.

③ — Desensitization procedure - Desensitization begins. The patient relaxes, vividly imagines fear-arousing scene starting with those that are only mildly anxiety provoking. Desensitization proceeds through ~~an~~ intensely fear-arousing scenes.

## ② Aversion Therapy (Negative)

Another way to use classical conditioning is to reduce the frequency of undesirable behaviours, such as smoking by teaching the client to pair an aversive (unpleasant) stimulus with the stimulus that results in desirable response. This process is called aversion therapy.

Eg patient (rapid smoking technique) must take a puff of smoke & every 5-6 seconds. As nicotine is a poison and rapid smoking produce nausea & dizziness, both unpleasant effects.

Differential reinforcement of other responses (positive)

It is a reinforcement procedure in which reinforcement is delivered for any response other than a specific target behaviour.

Eg Reinforcing any hand actions other than nose picking.

Covert Sensitization - Joseph Cautela (mid-1960's)

It is a form of behaviour therapy in which an undesirable behaviour is paired with an unpleasant image in order to eliminate that behaviour.

Eg: 1

Improvise Implosive Therapy

A technique in behaviour therapy that is similar to flooding but distinct in generally involving imagined stimuli and in attempting to enhance anxiety arousal by adding imaginary exposure cues believed by the therapist to be aversive to the clients fear. Also called implosive therapy.

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Assertive Therapy  
It is specifically designed to enhance the interpersonal skills one needs to stand up for one's rights, such as refusing unwanted requests, expressing opinions and making requests.

### Stages

- Awareness about aggression & submission
- Rights about others & self
- Understanding the cognitive obstacles for behaviours and solve them
- Assertive behaviour demonstration

Therapies based on Operant Conditioning

Shaping is the use of reinforcement of successive approximations of a desired behaviour. Specifically when using a shaping technique, each approximate desired behaviour that is determined demonstrated is reinforced, while behaviours that are not approximations of the desired behaviours are not reinforced.

Time out is a form of behavioural modification that involves temporarily separating a person from an environment where an unacceptable behaviour has occurred. The goal is

to remove that person from an enriched, enjoyable ~~an~~ environment and therefore lead to extinction of the offending behaviour.

### Contingency Contracting

It is a type of intervention that is used to increase desirable behaviour or decrease undesirable ones. A contingency contract specifies the target behaviour, the conditions under which the behaviour will occur and the benefits or consequences that come with meeting or failing to meet the target (reward) (punishment).

The contract may be entered into by a (teacher & student) (parent & child) or a (therapist & client)

### Response Cost (Punishment)

It is a punishment technique that involves the loss of tokens, points or privileges following the occurrence of some inappropriate behaviour or failure to meet some specified goal.

Token Economy is a combination of punishment <sup>(unreinforcement)</sup> & reward procedures. It consists mainly of giving a reinforcer (coins tokens etc) when issued a desirable response or withdrawn when the target behaviour is inappropriate.

Primack Principle (Grandma's Rule)  
It is a principle of reinforcement which states that an opportunity to engage in more probable behaviours (or activities) will reinforce less probable behaviours (or activities).

Modelling is a method used in certain therapies of psychotherapy, whereby the client learns by imitating alone without any specific verbal direction by the therapist.

A general process in which persons serve as models for others, exhibiting the behaviours to be imitated by the others.

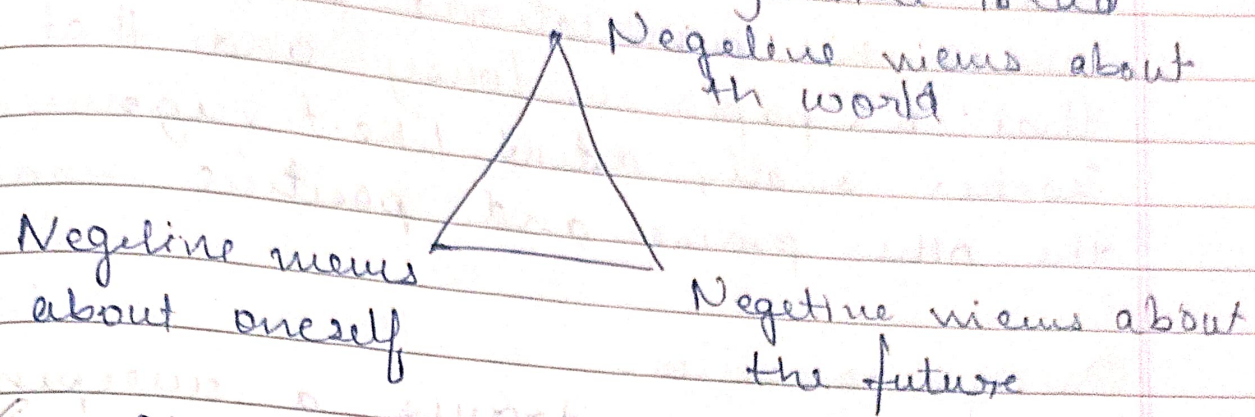
Biofeedback Method It is a mind-body technique that involves using visual & auditory feedback to gain control over involuntary bodily functions. This may include gaining voluntary control over such things as heart rate, muscle tension, blood flow, pain perception & blood pressure.

EMG - Electro MyoGraph

EKG - Electro Cardiovascular recording

EEG - Electro Encephalo Graph.

Cognitive Therapy (focuses on thinking)  
Developed By Aaron T Beck  
He focused on on Cognitive triad



Cognitive therapy focused on helping people change their way of thinking. The goal is to help clients test, in more ~~sub~~ objective, scientific way, the way the truth of their beliefs and assumptions as well as their attitudes concerning both their own behaviour and the behaviour of others in their lives. There are some types of irrational thinking which are as follows

Arbitrary inference This refers to "jumping to conclusion" without any evidence. Arbitrary means to decide something based on nothing more than personal whims  
Eg. Suzy cancelled our lunch date, she is seeing someone else.

Selective thinking In this person focus only on one aspect of a situation, leaving out other relevant facts that might ~~take~~ make

things seem less negative  
Eg Teacher praise of Peter's paper but made one comment about needing to check his punctuations. Peter assumes that his paper is lousy and that the teacher really didn't like it, ignoring the other praise and positive comments.

### Overgeneralisation

Here a person draws a sweeping conclusion from one incident and then assumes that the conclusion applies to areas of life that have nothing to do with the original event.  
Eg. I got yelled at by my boss. My <sup>husband</sup> ~~boy~~ is going to leave me.

### Magnification & Minimization

Here a person blows bad things out of proportion while not emphasizing good things.

Eg. A student who got a good grade on every other exam believes that the C she got on the last quiz means she's not going to succeed in college.

Personalization In this, an individual takes responsibility or blame for events that are not ~~set~~ usually connected to the individual.

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Example, when Sandy's husband came home in a bad mood because of something that happened at work, she immediately assumes that he is angry with her.

Rational Emotive Therapy (RET)  
Albert Ellis proposed RET, in which clients are taught a way to challenge their own irrational beliefs and to use more rational helpful statements.

Cognitive Rehearsal a technique in which a client imagines those situations that tend to produce anxiety or self-defeating behaviours and then repeat positive coping statements or mentally rehearses more appropriate behaviour.

Stress inoculation therapy

It is a cognitive-behavioural approach to stress management developed by Donald Meichenbaum (1977). He argued that just as people can be inoculated against a flu virus, they could also be inoculated against stress and become stress-resistant. Stress inoculation therapy involves three phases: 1) Conceptualization - using the cognitive interview to identify & clarify the nature of the person's stress and to

educate them about the nature and effects of stress, and how stress inoculation works

## 2) Skill Acquisition

where a person learns a ~~skill~~ series of skills for dealing with stressful situations; and

## 3) Rehearsal & follow through or application

where the person puts into practice what they have learned.

Social problem Solving therapy approach, It is considered a key set of coping abilities and skills (SPC) is defined as cognitive-behavioural process by which individuals attempt to identify or discover effective solutions for stressful problems in living.

Multimodal therapy (MMT) It is an approach to psychotherapy devised by Arnold Lazarus, who originated the term behaviour therapy in psychotherapy. It is based on the idea that humans are biological beings that think, feel, act, sense, imagine, and interact and that psychological treatment should address each of these modalities

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Multimodal follows seven dimensions of personality (or modalities) known by their acronym BASIC ID. Behaviour, Affect, Sensation, Imagery, and Cognition, Interpersonal relationships and Drugs!

Multimodal therapy is based on the idea that the therapist must address these multiple modalities of an individual to identify and treat a mental disorder.

### Client Centered Therapy [CCT]

It is also known as person centered, non-directive or Rogerian's therapy, is a counseling approach that requires the client to take an active role in his or her treatment with the therapist being non-directive and supportive. In client centered therapy, the client determines the course & direction of treatment, while the therapist clarifies the client's response to promote self-understanding.

The goals of CCT are increased self-esteem and openness to experience. Client centered therapists work to help clients had full lines of self understanding and reduce defensiveness, guilt and insecurity. As well as have more positive

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and comfortable relationships with others and can increase capacity to experience and express their feelings.

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