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.
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?

Methods of Psychotherapy

- Psychoanalysis
- Humanistic
- Cognitive and Behavioral
- Biological