

Theories and Therapies

Chapter 5

Learning Objectives

Lesson 5.1: Theories and Therapist

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1. Explain how theories can be applied to daily mental health care.
2. Discuss three psychoanalytic therapies that resulted from Freud's work.
3. Identify how developmental, humanistic, and behavioral therapies differ in their viewpoints.
4. Discuss how Maslow's human needs theory can be used in the care of clients with emotional problems.
5. Compare and contrast the main concepts of systems, cognitive, and sociocultural theories.

Learning Objectives

Lesson 5.1: Theories and Therapist

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6. Describe the concept of homeostasis.
7. Explain how Selye's theories of stress and adaptation influence the delivery of health care.
8. Analyze how psychobiology is adding to our knowledge about mental health care.
9. Examine how nursing theories apply to mental health care.
10. Describe three kinds of psychotherapy used in the treatment of mental disorders.
11. Explain the difference between psychotherapies and somatic therapies for treating mental illness.

Theories and Therapies

- A theory is defined as a statement that explains or describes a relationship among events, concepts, or ideas
 - Models explain a theory
- Models and theories about human behavior help to explain various aspects of people

Historical Theories

- Darwin's theory

- Only the fittest organisms will adapt and survive through the process of natural selection
- Created a belief that people who were impaired or unsuccessful were lower on the evolutionary scale

Psychoanalytic Theories

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- Sigmund Freud

- Believed that unconscious thoughts and emotions had a strong impact on behavior
- His approach to therapeutic psychoanalysis explores the unconscious
- His study of the mind's unconscious processes created theories about the development, structure, and dynamics of the personality
- Believed the mind was made of three interacting structures
 - Id
 - Ego
 - Superego

Psychoanalytic Theories

(Slide 2 of 2)

- Sigmund Freud

- Defense mechanisms

- Commonly used defense mechanisms include denial, fantasy, projection, and repression

- Psychoanalysis was the main form of therapy for Freud and many of his followers

Analytical Psychotherapy

- Carl Jung

- Divided the mind into three levels: The conscious ego, the personal unconscious, and the deeper collective unconscious
- Coined the terms *extroversion* and *introversion* to describe outward-going and inward-focused personalities

Other Theories

- Individual psychotherapy

- Alfred Adler

- Adlerian or individual therapy views individuals as total organisms, functioning within the environment
- To understand a person, the therapist “must be able to see with his eyes and listen with his ears”

- Interpersonal psychotherapy

- Harry Stack Sullivan

- Emphasizes social nature of people and the critical role of anxiety in personality formation

Developmental Theories and Therapies

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- Jean Piaget

- Devised a theory of intellectual (cognitive) development
- Personality is the result of interrelated cognitive and emotional (affective) functions
- Piaget's theories have become essential in the understanding of intellectual growth and development

Developmental Theories and Therapies

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- Psychosocial development

- Erik Erikson

- Described the human life cycle in eight stages, each stage marked by a developmental or core task
- As each task (or crisis) is resolved, it leaves an impression that contributes to one's total personality

Behavioral Theories and Therapies

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- The foundation for behaviorism lies in the assumption that all behavior is learned
- Ivan Pavlov
 - Evaluated the responses of dogs to various stimuli
 - Behavior was the response to a given stimulus
 - His work on conditioning laid the foundation for the American behavioral movement

Behavioral Theories and Therapies

(Slide 2 of 2)

- John B. Watson

- Developed the basic viewpoint for behaviorism that psychology is an objective science—the science of behavior

- B.F. Skinner

- Crusader for objective psychology
- All organisms move toward pleasure and away from pain

Humanistic Theories and Therapies

- Humanistic theories are an important part of many of today's therapies because they emphasize the total individual
- Fredrick Perls
 - Developed gestalt therapy
 - Accepted the notion of unresolved past conflicts
 - Stressed the present, freedom, responsibility, and attempts to become whole

Maslow's Influence

● Abraham Maslow

➤ Held ideas about holistic psychology

- Theories of personality, motivation, self-actualization, and human nature

➤ The core concept of Maslow's theories is that human nature is essentially good and contains the inherent potential for self-fulfillment

➤ Maslow grouped human needs into a hierarchy or ranking (Maslow's hierarchy of needs)

- Maslow's hierarchy of needs serves as a basis for planning and prioritizing client care

Rogers' Client-Centered Therapy

- Carl Rogers

- Focused on the positive, achieving side of human nature, which gave people permission to accept themselves
- The efforts of Rogers have benefited the disciplines of nursing, pastoral counseling, and education

Current Humanistic Therapies

- Holism has led to development of a holistic health care model
- Concept of basic needs is used to plan and prioritize health care
- Everett Shostrom developed a system of therapy based on the goal of self-actualization rather than cure
- Viktor Frankl's psychotherapy is based on a person's need to search for meaning and values in life (logotherapy)

Systems Theories

- Systems theorists view humans as functioning within a set of related units
- Royce and Powell: “Open and closed systems” concept
- Kurt Lewin: Behavior must be considered within the total situation
- Maxwell Maltz: “Positive thinking” works by programming one’s behavior to achieve a desired self-image

Cognitive Theories and Therapies

- The main goal of all cognitive therapies is to replace dysfunctional beliefs and thoughts for the purpose of causing a change in personal viewpoints
- Current cognitive therapeutic techniques are grouped into three categories
 - Cognitive restructuring
 - Coping skills
 - Problem-solving skills

Coping Skills Therapies

- Joseph Cautela

- Covert modeling—the act of mentally rehearsing a difficult performance or event before actually doing the activity
- Coping skills are improved by training in anxiety management, assertiveness, progressive relaxation, and techniques to reduce physical responses to stress

Problem-Solving and Reality Therapies

- Problem-solving therapy teaches clients to solve their problems in more constructive and satisfying ways
- Reality therapists help clients examine and evaluate the effectiveness of their behaviors and then develop more effective ways to satisfy their needs

Sociocultural Theories

- George Mead believed that social setting was extremely important in the development of one's self-concept
- Mental illness as a myth
 - Thomas Szasz: People are responsible for their own behavior
- Field of community psychology has evolved to focus on promoting changes in society at community level

Biobehavioral Theories

- Homeostasis

- The tendency of the body to achieve and maintain a steady internal state
- Introduced by Walter Cannon
- Cannon's research on changes in the body's physiology during emotion led to the observation that the body always attempts to stabilize itself

Stress Adaptation Theory

- Hans Selye

- Researched the physical and biochemical changes associated with stress
- Selye described the body's physical responses to stress and the process by which people adapt
- Selye's general adaptation syndrome consists of three stages
 - Alarm
 - Resistance
 - Exhaustion

Psychobiology

- The study of the biochemical foundations of thought, mood, emotion, and behavior
- Research is spawning new fields of study, theories, and therapies
- Psychobiological theories about the causes of mental illness relate to:
 - Genetics
 - Neurotransmitter activity
 - Viruses
 - Fetal development
 - Immune system dysfunction

Psychoneuroimmunology

- For the study of interactions among the body's central nervous system, its immune system, and aspects of the personality
- Research into neurotransmitters uncovered existence of neuropeptides
- Studies are beginning to demonstrate that various interventions have a positive effect on immune system

Nursing Theories

- Florence Nightingale saw illness as the body's attempt to repair itself
- All nursing therapy is designed to assist clients in achieving their highest possible level of wellness

Psychotherapies

- Treating of mental and emotional disorders by psychological, rather than physical, means
 - Online therapies
 - Individual therapies
 - Psychoanalysis
 - Client-centered psychotherapy
 - Cognitive therapy
 - Behavioral therapy
 - Group therapies
 - Self-help groups
 - T-groups
 - Consciousness-raising groups

Somatic Therapies

- Somatic treatment of mental illness is growing with the introduction of new therapies based on biochemical and physiological research
- Examples include:
 - Drug treatment therapy
 - Electroconvulsive treatment therapy
 - Biofeedback
 - Phototherapy
 - Acupuncture
 - Pharmacotherapy

Future Therapies

- Feminist and women's therapy: Grew from feminist movement of the 1970s
- Creative aggression therapy: Teaches clients to redirect their aggression and “fight fairly”
- Movement therapy: Attempts to bring body in line with itself to restore balance

Questions?