

Treatment of Psychological Disorders

Treatment of Psychological Disorders – Historical Perspectives

- Trepanning

Treatment of Psychological Disorders

- What types of professions provide competent assistance for persons with mental illness?

Treatment of Psychological Disorders

- Psychotherapy
- Biological treatment

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- How frequently are different types of psychotherapy used to treat persons with psychological disorders?
- Behavioural therapy
- Cognitive therapy
- Psychodynamic
- Humanistic
- Eclectic

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- What types of individuals benefit from psychotherapy?

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- Psychodynamic therapies
- aggressive and sexual urges
- Insight
- repression

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- What are some techniques that a psychoanalyst might use to help a person gain insight into his or her psychological problems?
- Resistance
- Transference

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- Alfred Adler
- Melanie Klein

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- Interpersonal psychotherapy
- Grief
- Conflicts
- Role Transitions

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- Criticisms of Psychodynamic theories

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- Behavioural therapies

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- What is Antabuse and how does it work?

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- Token economies
- Exposure therapies
- Systematic desensitization

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- Cognitive-Behavioural Therapy (CBT)
- Cognitive restructuring
- mindfulness meditation

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- Humanistic therapies
- Person-centered therapy
- Gestalt therapies

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- Biological approaches:
- Electroconvulsive Therapy (ECT)
- Transcranial magnetic stimulation (TMS):

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- Psychosurgery :
 - Sub-caudate tractotomy
 - Cingulotomy
 - Anterior Capsulotomy
 - Deep brain stimulation

Treatment of Psychological Disorders

- How effective are treatments we currently use to mitigate psychological disorders?
- Is the treatment actually accounting for any improvement we may notice in the patient?

Treatment of Psychological Disorders

- How do we develop and validate new treatments for psychological disorders?