



# PSYCHOLOGICAL TREATMENTS

COURSE 462 PME 4<sup>TH</sup> YEAR

**Mohammed Al-Sughayir**  
Professor, Psychiatry Department,  
College of Medicine, KSU, KSA

# OBJECTIVES

- 1- To know the **concept** of psychological treatment and related **terms**.
- 2- To understand the **main types** of psychological treatment.
- 3- To know the **indications** of each technique.

# PSYCHOLOGICAL TREATMENT

A group of techniques employed by a therapist to ameliorate distress, abnormal patterns of relations or symptoms (= Psychotherapy).

*Psychotherapy* is sometimes used to mean a specific psychological treatment (psychoanalytic type).

*Counseling* is used to refer to a wide range of the psychological treatments ranging from the giving of advice, to structural ways of encouraging problems solving.

# TYPES

## According to the **concept**

- Behavior therapy.
- Cognitive therapy.
- Cognitive-Behavior Therapy.
- Psycho-analytical/Psycho-dynamic therapy.
- Others.

## According to the **aim**

- Maintenance of function, e.g., supportive therapy.
- Readjustment to distress, e.g., problem-solving techniques.
- Restoration of function, e.g., cognitive-behavior therapy.
- Reconstruction of personality, e.g., Psycho-analytic therapy.

## According to the **participants**

- Individual therapy.
- Group therapy.
- Marital therapy.
- Family therapy.

# INDICATIONS

- Depressive disorders (mild-moderate but not severe MDE).
- Generalized anxiety disorder.
- Panic disorder /Agoraphobia.
- Social anxiety disorder.
- Specific phobia.
- Acute & Post-traumatic stress disorders.
- Adjustment disorders.
- OCD.
- Personality disorders.
- Others.



# QUESTIONS

# BEHAVIOR THERAPY

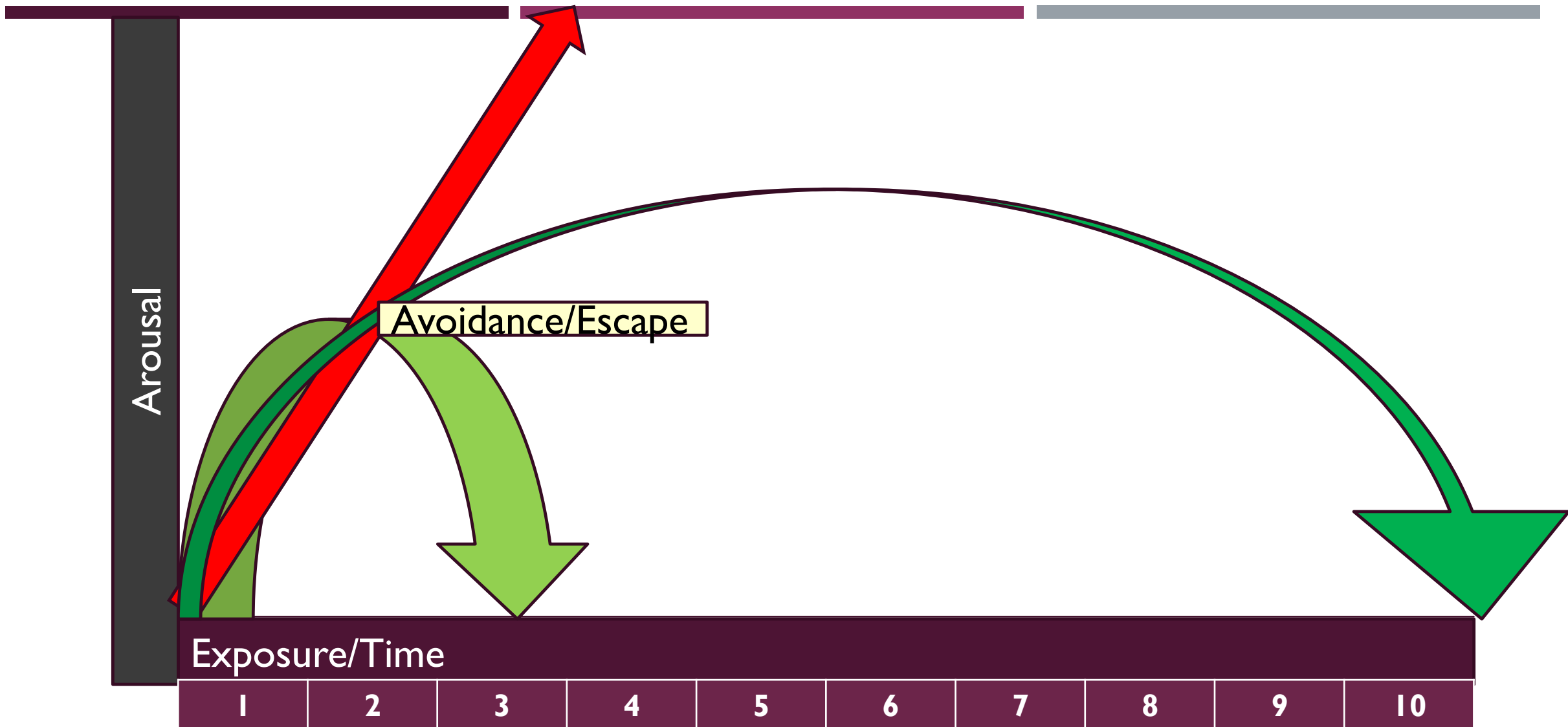
**Concept:** Symptoms diminish through applying certain behavioral techniques.

**Indications:** Anxiety, phobic disorders, and OCD.

**Techniques:**

**Relaxation Training.**

**Exposure & Response Prevention: *Flooding vs. Desensitization.***





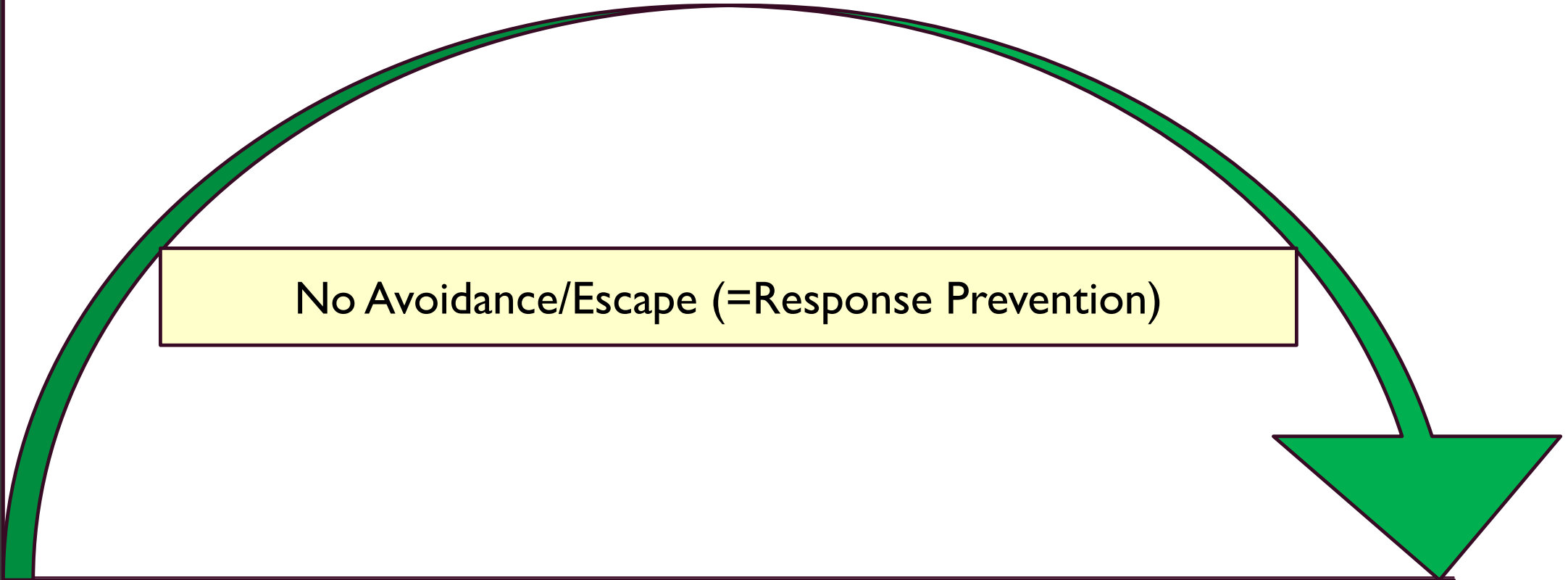
# Flooding

Arousal

No Avoidance/Escape (=Response Prevention)

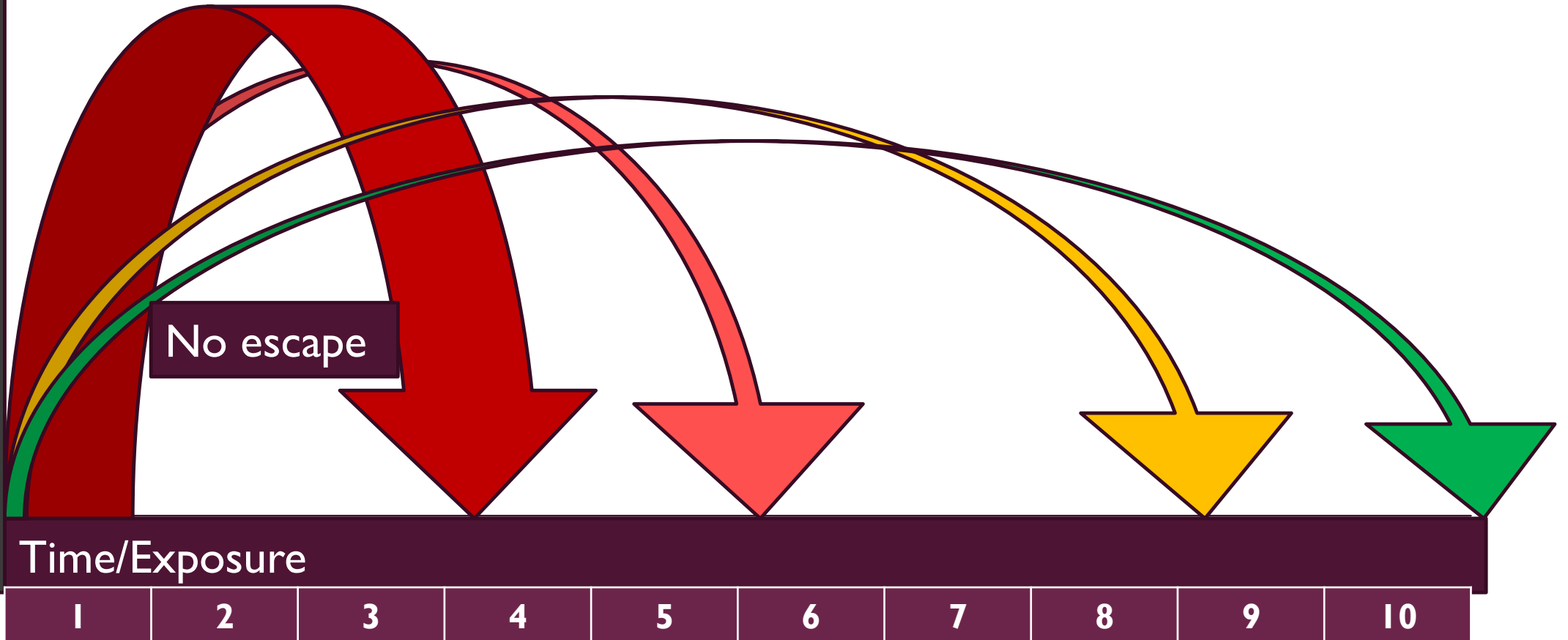
Exposure/Time

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



# Desensitization

Arousal





VIDEO



# QUESTIONS

# COGNITIVE THERAPY

**Concept:** Correcting maladaptive thinking processes reduces patient's problems.

**Indications:** Depressive disorders (mild – moderate), anxiety, and phobic disorders.

**Process:** Identification of faulty thinking processes through records of events > analysis > challenging > finding alternative more adaptive ways of thinking > testing the effect on emotion/behavior > encouraging positive thinking.

Date	Event	Automatic Thoughts	Emotion	Behavior
2/8	Got grade <b>D</b> in a subject.	I'm a bad student	Sadness	Absence
8/8	My mother shouted at me.	She hates me	Anger	Disobedience
12/8	My father didn't allow me to go with my friends.	He always controls me	Hatred	Rebellion

# COGNITIVE THERAPY-2

## Common cognitive errors (faulty automatic thoughts):

***Magnification and minimization*** of events out of proportion to their actual significance, e.g., depressed patient magnifies his faults and minimizes his achievements.

***Overgeneralization***: Forming a general rule from few instances and applying this rule to all situations no matter how inappropriate.

***Arbitrary (non-sense) reasoning***: Making an inference without evidence.

***Selective abstraction***: Reaching a conclusion out of event based on an isolated fact while ignoring other significant facts.

***Dichotomous thinking***: Thinking about events or people in terms of opposite extremes (all or none).

***Personalization***: Relating events to themselves where such events have no personal significance.

## COGNITIVE THERAPY-3

Date	Event	Alternative Thoughts	Emotion	Behavior
2/8	Got grade <b>D</b> in a subject.	The exam was very hard	Neutral	Extra effort
8/8	My mother shouted at me.	She was sick	Sympathy	Overobedience
12/8	My father didn't allow me to go with my friends.	He wanted to protect me	Neutral	Cooperation



# QUESTIONS



# COGNITIVE BEHAVIOR THERAPY (CBT)

**Cognitive  
Therapy**

**Concept:** Combination of cognitive and behavioral techniques.

**Indications:** Depressive disorders (mild-moderate), anxiety disorders/phobic disorders, adjustment disorders, and stress-related disorders.

**Behavior  
Therapy**

## Supportive Therapy:

Careful listening to the patient's problems, facilitating emotional ventilation, sharing emotions with the patient, giving reasonable advice, and improving self-esteem.

It is indicated to relieve distress during a short period of personal misfortune, a short episode of illness, or in the early stages of treatment before specific measures have had time to act. To sustain a patient who has stressful life problems that cannot be resolved completely or a medical disease that cannot be treated.

## Counseling

It helps persons to solve stressful problems through *decision making*. The counselor's role is not to provide solutions to the client's problems, instead he assists the client to choose a decision among alternative courses of actions. Pros and cons of each alternative are considered before selecting one. Counseling process requires empathy (understanding the client's feelings) and unconditional positive regard of the client.

## Psychodynamic/Insight-Oriented Psychotherapy

**Concept:** Current problems arise from unresolved unconscious conflicts originating in early childhood. Problems will be reduced or resolved through the client attaining insight (greater understanding of aspects of the disorder) as a mean to gaining more control over abnormal behavior.

**Indication:** The main indication is personality problems. However, it might help in many other conditions.



**Marital  
Therapy**  
(Husband/Wife)

**Family Therapy**  
(Multiple family  
members)

**Group Therapy**  
(Patients with  
similar problems,  
e.g., social anxiety  
disorder)

## PREDICTIONS OF GOOD OUTCOME

- Early intervention.**
- Willingness and motivation.**
- Reasonable intelligence.**
- Capacity to verbalize feelings and tolerate frustration.**
- Efficient and committed therapist.**