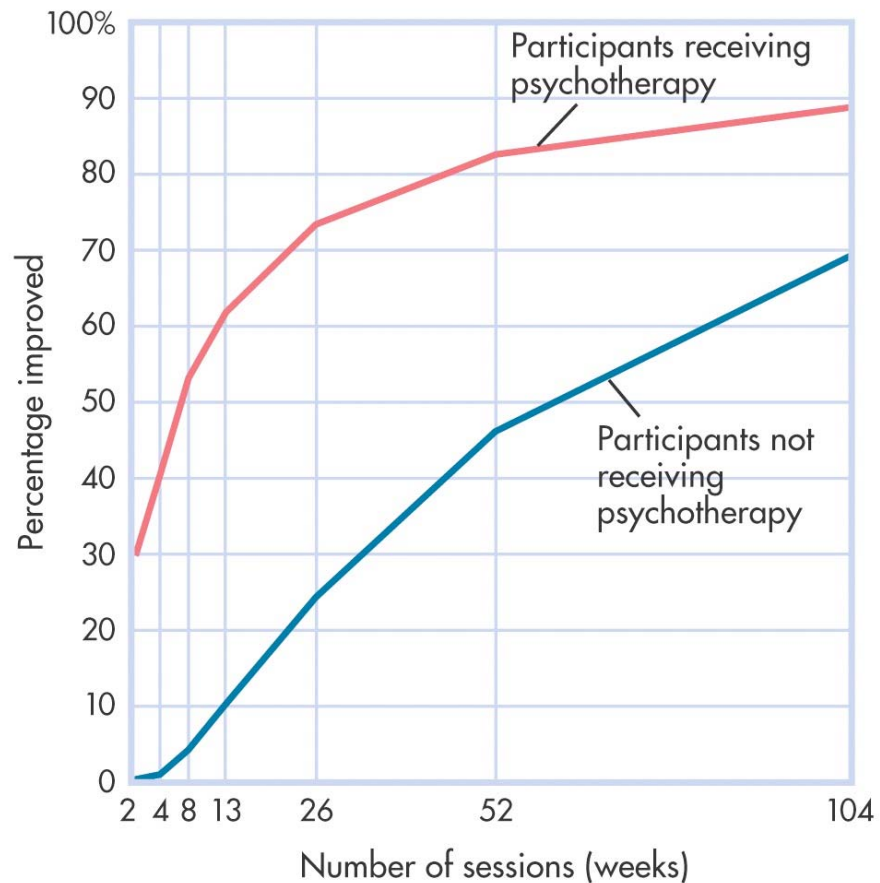


## Is one form of psychotherapy better than the other?

It appears that psychotherapy compared to no psychotherapy does facilitate improvement in dealing with psychological problems.



How do different forms of psychotherapy compare to each other?

- Cognitive therapy and interpersonal therapy are effective in treating depression
- Cognitive, cognitive-behavioral and behavior therapies tend to be more successful than insight-oriented therapies in treating panic disorders, obsessive-compulsive disorder and phobias
- Insight-oriented therapies are also less effective than other therapies in treating disorders that have severe psychotic symptoms like schizophrenia

When a meta-analysis is performed to assess the collective results of the research done to assess the effectiveness of the different types of psychotherapy, there is little or no difference in the effectiveness of different psychotherapies when appropriately applied.

The psychotherapies that are covered in this chapter are all empirically supported treatments. They are based on known psychological principles, have been subjected to controlled scientific trials and have been demonstrated their effectiveness in helping people with psychological problems (p. 653)

In contrast, there are many untested psychotherapies that have yet demonstrated their effectiveness in treating psychological problems in scientific trials. These forms of psychotherapy, in general are not as effective in treating psychological problems.

## **What factors contribute to the effectiveness of psychotherapy?**

- The most important is the quality of the therapeutic relationship. In effective psychotherapies, the therapist-client relationship is characterized by mutual respect, trust and hope. Both the psychotherapist and client are trying to help the client.
  - Effective therapists have a caring attitude and the ability to listen empathically and genuinely committed to the clients' welfare. Therapists tend to be warm, sensitive, and responsive people. They are perceived as sincere and genuine.
  - Clients who are motivated, committed to therapy and actively involved in the process, psychotherapy tends to be more successful. Other characteristics such as emotional and social maturity, the ability to express one's thoughts and feelings, being optimistic, expecting psychotherapy to be helpful and not having a history of psychological problems are associated with benefiting from psychotherapy.
- The social environment such as a stable living environment and supporting family members are associated with successful outcomes of psychotherapy.

You could be the one receiving psychotherapy or providing the support for a loved one.

## **What should you expect in psychotherapy?**

- Therapy is a collaborative effort
- Don't expect your therapist to make decisions for you
- Your therapist is not a substitute friend
- Therapeutic intimacy does not include sexual intimacy
- Expect therapy to challenge how you think and act
- Don't confuse insight with change
- Don't confuse catharsis with change
- Don't expect change to happen overnight

## Biomedical Treatments

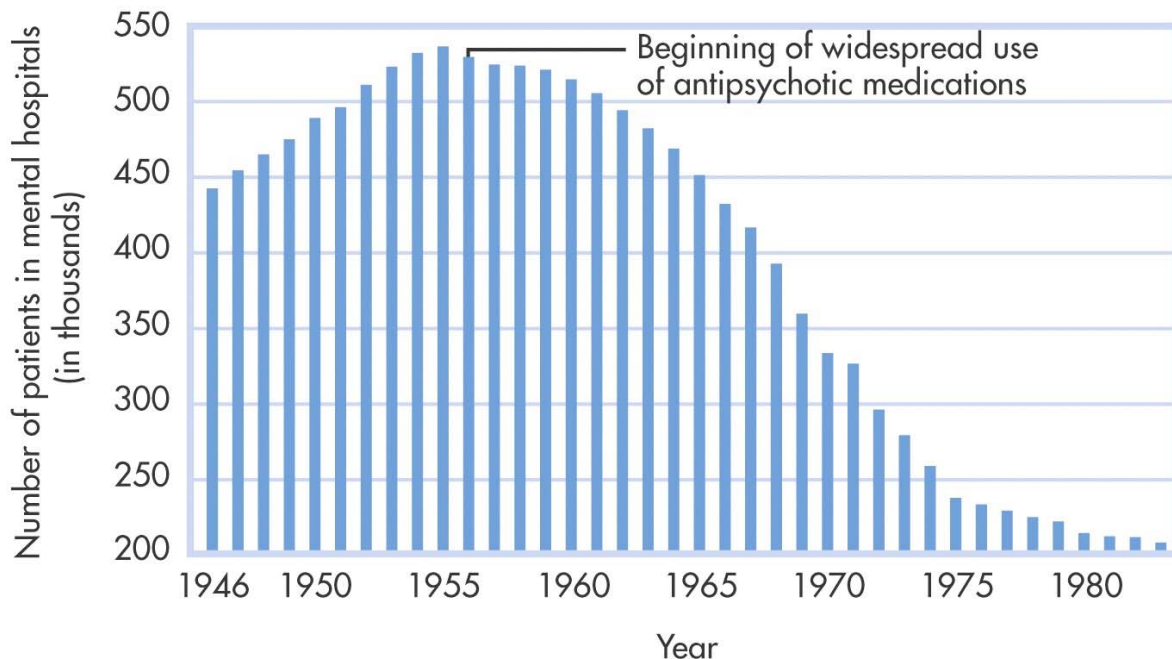
- Antipsychotic medications
  - Drugs used to control the positive symptoms of schizophrenia and other psychotic disorders

Table 15.7

Antipsychotic Drugs		
	Generic Name	Trade Name
<b>Typical Antipsychotics</b>	Chlorpromazine	Thorazine
	Fluphenazine	Prolixin
	Trifluoperazine	Stelazine
	Thioridazine	Mellaril
	Thiothixene	Navane
	Haloperidol	Haldol
<b>Atypical Antipsychotics</b>	Clozapine	Clozaril
	Risperidone	Risperdal
	Olanzapine	Zyprexa
	Sertindole	Serlect
	Quetiapine	Seroquel

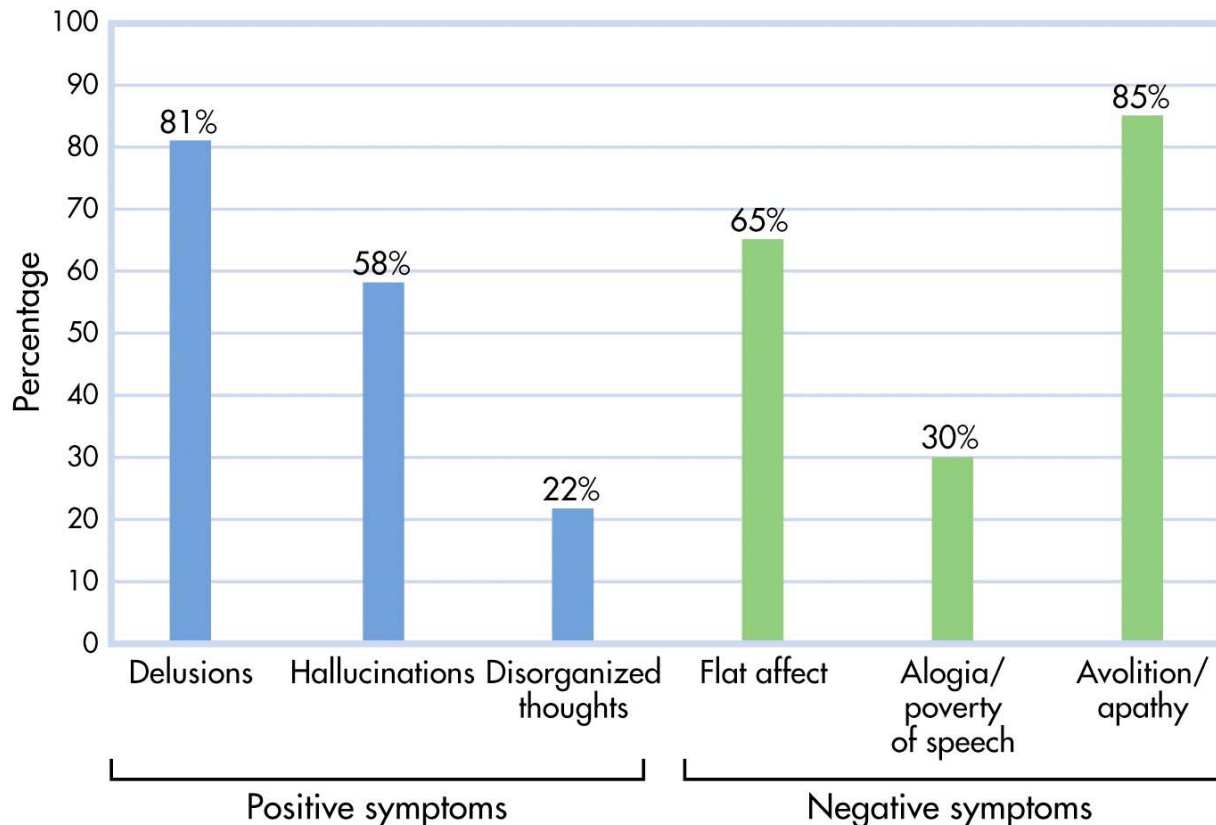
SOURCE: Adapted from Julien (2001).

- These drugs reduce levels of dopamine levels in the brain



## Drawbacks of Antipsychotic Medications

1. These medications don't cure schizophrenia. Once a person stops taking the medication, psychotic symptoms return.
2. Early antipsychotic medications were not very effective in eliminating the negative symptoms of schizophrenia (social withdrawal, apathy and lack of emotional expressiveness. In some cases it made them worse (page 659)



3. The antipsychotic medications often produced unwanted side effects such as dry mouth, weight gain, constipation, sleepiness and poor concentration.

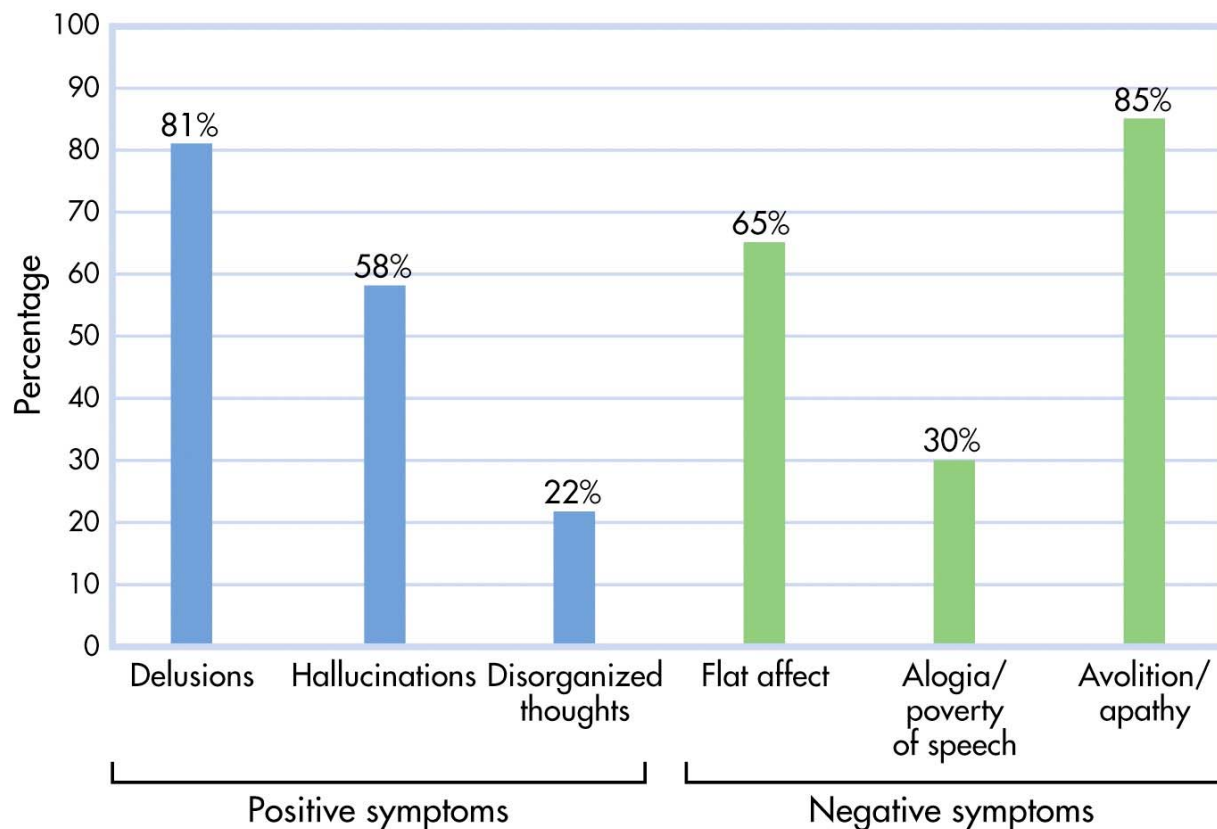
4. Early antipsychotic medications globally altered levels of dopamine in the brain. Muscle tremors, rigid movements and a shuffling gait and a masklike facial expression often resulted.

The long-term use caused a small percentage of people to develop a potentially irreversible motor disorder called tardive dyskinesia that is characterized by severe, uncontrollable facial tics and grimaces, chewing movements and other involuntary movements of the lips, jaw and tongue.

5. Since the antipsychotic medications do not cure schizophrenia, the person may become rehospitalized when they do not continue to take their medications for a variety of reasons that include unpleasant side effects, inadequate medical follow-up or lack of access to medications.

A second generation of atypical antipsychotic medications have been developed that affect levels of dopamine and serotonin.

- These new drugs are less likely to cause movement-rated side effects
- Atypical antipsychotic medications are more effective in treated the negative symptoms of schizophrenia



- There appears to be lower rates of relapse and rehospitalization of people on atypical antipsychotic medication



## Biomedical Treatments

- Antianxiety medications

Table 15.8

<b>Antianxiety Drugs</b>		
	<b>Generic Name</b>	<b>Trade Name</b>
<b>Benzodiazepines</b>	Diazepam	Valium
	Chlordiazepoxide	Librium
	Lorazepam	Ativan
	Triazolam	Halcion
	Alprazolam	Xanax
<b>Non-benzodiazepine</b>	Buspirone	Buspar

SOURCE: Based on Julien (2001).

- Tranquilizing medications used in the treatment of anxiety by calm jittery feelings and relax the muscles and promote sleep
- Antianxiety medications that are benzodiazepines (e.g. Valium and Xanax) have some potentially dangerous side effects:
  - They can reduce coordination, alertness and reaction time
  - Their effects can be intensified (including death) when combined with alcohol and many other drugs such as antihistamines.
  - Some can become physically addictive if taking in large quantities or over a long period of time

## **Biomedical Treatments**

- Lithium
  - A drug used to control mania and mood swings in people with bipolar disorder
  - Calms acute mania; may reduce bipolar mood swings. However, lithium levels need to be carefully monitored.
    - If lithium levels are too low, mania symptoms may continue
    - If lithium levels are too high, lithium poisoning may occur with symptoms such as vomiting, muscle weakness, and reduced muscle coordination.

## Biomedical Treatments

- Antidepressant medications
  - Drugs that relieve depression by increasing the supply of norepinephrine, serotonin, or dopamine
  - Generally, these medications counteract symptoms of hopelessness, guilt, dejection, suicidal thoughts, difficulty concentrating and disruptions in sleep, energy, appetite and sexual desire associated with major depression.

Table 15.9

<b>Antidepressant Drugs</b>		
	<b>Generic Name</b>	<b>Trade Name</b>
<b>First-Generation Antidepressants</b>		
Tricyclic antidepressants	Imipramine	Tofranil
	Desipramine	Norpramin
	Amitriptyline	Elavil
MAO inhibitors	Phenelzine	Nardil
	Tranylcypromine	Parnate
<b>Second-Generation Antidepressants</b>		
<b>Selective Serotonin Reuptake Inhibitors (SSRIs)</b>	Trazodone	Desyrel
	Bupropion	Wellbutrin
	Fluoxetine	Prozac
	Sertraline	Zoloft
<b>Dual-Action Antidepressants</b>	Paroxetine	Paxil
	Fluvoxamine	Luvox
	Nefazodone	Serzone
<b>Dual-Reuptake Inhibitors</b>	Mirtazapine	Remeron
	Citalopram	Celexa
	Venlafaxine	Effexor

SOURCE: Based on Julien (2001).

### First Generation: tricyclics and MAO inhibitors

- They increase serotonin and norepinephrine
- It can take up to 6 weeks before symptoms of depression are reduced, even though the levels of serotonin and norepinephrine in the brain increase.
- 75% of patients who take these antidepressants seem to alleviate the symptoms.
- Side effects include weight gain, dizziness, dry mouth and eyes and sedation
- Tricyclics affect the cardiovascular system and an overdose can be fatal
- MAO inhibitors can interact with many chemicals found in foods that include cheese, smoked meats, and red wine. Eating these foods while taking an MAO inhibitor can result in dangerously high blood pressure, leading to stroke or even death.

### Third group of antidepressants, the SSRIs (selective serotonin reuptake inhibitors)

- They are just as effective as the tricyclics and MAO inhibitors, but have fewer and milder side effects.
- Side effects of Prozac include headaches, nervousness, difficulties sleeping, loss of appetite and sexual dysfunction (reduced sexual desire and can interfere with orgasms).

- Electroconvulsive Therapy (ECT)
  - Electric-shock treatments that often relieve severe depression by triggering seizures in the brain