

Psychotherapy



Dr. Layali Abbasi
Psychiatrist

Al-Balqa Applied University
3rd year/Faculty of Medicine
2019-2020

Psychotherapy

- A nonmedical process that helps individuals with psychological disorders recognize and overcome their problems.

may given alone or in combination with psychotropic medication to treat the condition



Psychodynamic Therapies

- Treatments that stress the importance of the unconscious mind, extensive interpretation by the therapist, and the role of early childhood experiences in the development of an individual's problems.

the goal of psychodynamic therapy is to help individual recognize the maladaptive ways which they have coping with their problems and the source of their unconscious conflict



- Psychoanalysis

Freud's therapeutic technique for analyzing an individual's unconscious thoughts.



only by questioning and analyzing to put the pieces of client personality and help individual to become aware of how these early experiences affecting present behavior
the psychoanalysis goal is to bring the unconscious conflict to the conscious awareness .and to give the client access to his core problem and freeing the individual of unconscious conflict

freud does believe that early childhood experience and unresolved sexual conflict early in the person life can affect person current behavior

the new approach focusing on having a fewer session and the therapist taking this approach and the therapists don't accept all of a Freud ideas but do believe that

people have underlying conflict that should be resolved such as their relationship with others

**psychodynamic therapy is effective in treatment of depression, eating disorder and substance abuse

#it is not clear weather the psychodynamic therapy is superior to other approaches of therapy such as simple talking about personal problem

**the opportunity of talks about one's problem to someone who will listen the play a role in all therapeutic

• Free association

A psychoanalytic technique that involves encouraging individuals to say aloud whatever comes to mind, no matter how trivial or embarrassing.

in early forms of psychoanalysis the patient would lie on a couch and the psychiatrist sat out of view .this method was aim to reduce the client inhibition

the client would say whatever come to his mind and the therapist would look for sign of unconscious conflict especially when the client appear to resist discussing certain topics



the therapist later reformulate some of freud ideas and these adaption are called collectively as psychodynamic therapy .in using this approach the therapist aims to help his client examine his need ,defenses and motives as way to understanding

they have replaced the couch with a chair and the talking become more conversational .a new approach consist fewer session , focusing more in current relationship and in early childhood experiences ..

the traditional psychodynamic therapy is expensive and time consuming sometimes take many years

- Interpretation

A psychoanalyst's search for symbolic, hidden meanings in what the client says and does during therapy.

so the analyst doesn't take the patient statement and behavior as a face value. so that therapist try to understand what the patient say and try to find the hidden meanings



- Dream analysis

A psychoanalytic technique for interpreting a person's dreams.

so the analyst doesn't take the patient statement and behavior as a face value... so that therapist try to understand what the patient say and try to find the hidden meanings

psychoanalysts believe that dreams contain information about unconscious thought, wishes and conflict from that the perspective dreams give us an outlet to Express our unconscious wishes



According to Freud every dream, even our worst nightmare contain hidden wishes

Freud believed that dreams are the royal road to the unconscious

- Transference Freud believed that transference is essential for the analyst patient relationship

A client's relating to the psychoanalyst in ways that reproduce or relive important relationships in the individual's life.



- Resistance

A client's unconscious defense strategies that interfere with the psychoanalyst's understanding of the individual's problems.



#resistance occur because it is painful for the patient to bring conflict into conscious awareness. by resistance analysis the patient doesn't have to face the truth underlying their problem

#example : missing session or showing up late. arguing with a psycho analyst or showing fake Association

Behavior therapies

> #the promise of behavioral therapist is that behavior are learned and so they can be unlearned by using classical and operant conditioning

- Treatments, based on the behavioral and social cognitive theories of learning, that use principles of learning to reduce or eliminate maladaptive behavior

#behavioral therapy they do not search on the unconscious but they are concerned with behavior changing



#behavioral therapist offer action-oriented therapy to change people's behavior not the underlying thought or emotion

#Behavior therapist assume that the other symptoms are the central problem and even if the patient discovered why they are depressed it doesn't mean that depression will cease.. to alleviate depression Behavior therapist focus on eliminating the problematic symptoms or behavior rather than the individual gain an understanding why they are depressed

- Systematic desensitization

A method of behavior therapy that treats anxiety by teaching the client to associate deep relaxation with increasingly intense anxiety-producing situations.





- 1** A month before an examination
- 2** Two weeks before an examination
- 3** A week before an examination
- 4** Five days before an examination
- 5** Four days before an examination
- 6** Three days before an examination
- 7** Two days before an examination
- 8** One day before an examination
- 9** The night before an examination
- 10** On the way to the university on the day of an examination
- 11** Before the unopened doors of the examination room
- 12** Awaiting distribution of examination papers
- 13** The examination paper lies facedown before her
- 14** In the process of answering an examination paper

- Flooding

Exposing an individual to feared stimuli to an excessive degree while not allowing the person to avoid the stimuli



- Aversive conditioning consists of repeated pairings of an undesirable behavior with aversive stimuli to decrease the behavior's positive associations.



Cognitive therapies

- Treatments that point to cognitions (thoughts) as the main source of psychological problems and that attempt to change the individual's feelings and behaviors by changing cognitions.



- Cognitive Restructuring

A therapy that strives to help clients recognize maladaptive thought patterns and replace them with ways of viewing the world that are more in tune with reality



- BECK'S COGNITIVE THERAPY

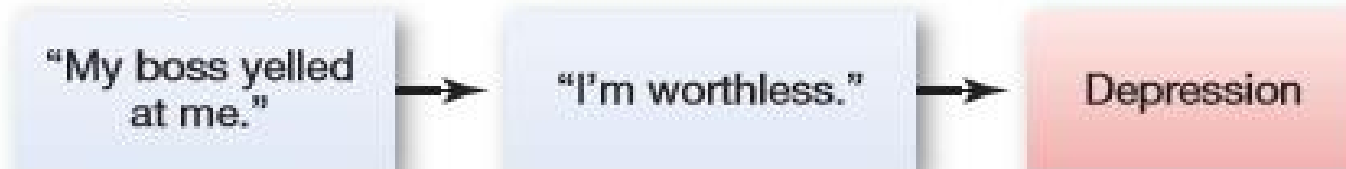
Aaron Beck is one of the pioneers of cognitive therapy for psychological disorders, especially depression.

He began with the basic assumption that a psychological problem such as depression results when people think illogically about themselves, their world, and the future

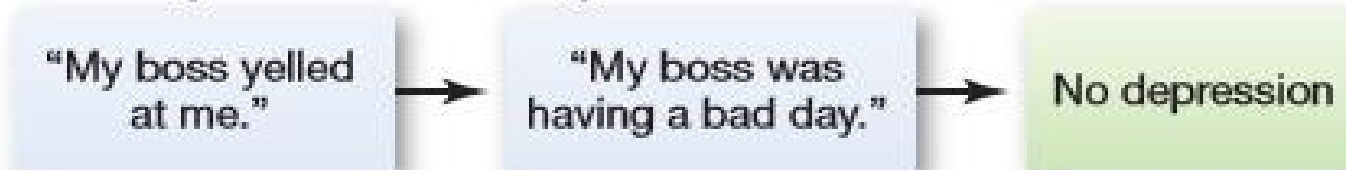


Cognitive Restructuring

Maladaptive pattern:



After cognitive restructuring:



Cognitive-behavioral therapy (CBT)

- A therapy that incorporates techniques from cognitive therapy and behavior therapy to correct faulty thinking and change maladaptive behaviors.



THE END