PSY 327 – Abnormal Psychology

Module 8 Outline

I. An Overview of Treatment
   A. Why Do People Seek Therapy?
   B. Who Provides Psychotherapeutic Services?
   C. The Therapeutic Relationship

II. Measuring Success in Psychotherapy
   A. Assessing treatment change typically depends on more than one source
   B. Objectifying and Quantifying Change
   C. Would Change Occur Anyway?
   D. Can Therapy be Harmful?

III. What Therapeutic Approaches Should Be Used
   A. Evidence-Based Treatments
   B. Medication or Psychotherapy?
   C. Combined Treatments

IV. Psychosocial Approaches to Treatment
   A. Behavior Therapy
   B. Cognitive and Cognitive-Behavior Therapy
   C. Humanistic-Experiential Therapies
   D. Psychodynamic Therapies
   E. Couple and Family Therapy
   F. Eclecticism and Integration

V. Sociocultural Perspectives
   A. Social Values and Psychotherapy
   B. Psychotherapy and Cultural Diversity

VI. Biological Approaches to Treatment Instead of Pharmacological Approaches to Treatment
   A. Antipsychotic Drugs
   B. Antidepressant Drugs
   C. Antianxiety Drugs
   D. Lithium and Other Mood-Stabilizing Drugs
   E. Electroconvulsive Therapy
   F. Neurosurgery

VII. Perspectives in Prevention
   A. Universal Interventions
   B. Selective Interventions
   C. Indicated Interventions are directed to high-risk individuals who are identified as having minimal but detectable symptoms
   D. The Mental Hospital as a Therapeutic Community
   E. Deinstitutionalization

VIII. Controversial Legal Issues and Mentally Ill People
   A. Civil Commitment
   B. Assessment of "Dangerousness"
   C. The Insanity Defense
IX. Organized Efforts for Mental Health
   A. U.S. Efforts for Mental Health
   B. International Efforts for Mental Health

X. Challenges for the Future
   A. The Need for Planning
   B. Individual’s Contribution