Psychotherapy-techniques for treating psychological disorders.

Psychoanalytic – Froid; unconscious prophecies.
Techniques:
1. **Free association:** totally relaxed; inclined.
2. **Word association:** stimulus word.
3. **Dream analysis:** dream journal.
    Manifest Content: Obvious content of a dream.
    Latent Content: Symbolic content. Reveals dream wishes.
4. **Transference:** the patient response to the therapist as if he or she was an important person in the past.
5. **Interpretation:** therapist points out the underlined problem at the right time.
    Neurotics respond better.

Phenomenological – Humanistic
Humanistic – the conscious determince of behavior.
    Client-centered — Rogers.
    The client is the expert.
    Therapist is reflective.
Characteristics of therapist
1. Must create a safe nonthreatening environment.
2. Create a feeling of unconditional positive regard.
    Client feels loved regardless of what they're saying.
    Mildly disturbed respond better.

Behavior therapy: Focuses on behavior. Technique to change behavior.
    Systematic Desensitization: a calm response to a fearful stimuli is substituted for a negative response.
Best for treating:
1. Phobias
2. Obsessions
3. Compulsions

Aversive Conditioning: Trying to substitute a negative response to something you find too compelling, too attractive.
    To stop smoking, drinking, overeating.
In order to revoke a negative response you have to use something that is painful.
    (e.g. electric shocks)
2 Problems!
1. Involves pain
2. Eventually you're gonna get extinction.

Covert sensitization: Aversive conditioning through imaginization.

Operant Conditioning: Shaping behaviors through rewards and punishment.
Very common in sale's offices.
Token Economies: When you reward desired behavior through the use of tokens that can be exchanged for rewards.
Effective when you have total control of the environment.

1 Problem!
  1. Good for short term more than long term.

Participant Modeling: When you demonstrate the desired behavior. Works pretty well

Cognitive-Behavior Therapy: Focuses on changing the way you think.
Rational-Emotive ⟶ Ellis
Type of cognitive behavior therapy.
Def. When you substitute irrational thoughts with rational ones.

Evaluation of Therapy: Across disorders therapy is better than no therapy. No therapy is best over all but for some disorders there is a best therapy. The most important variable is not the particular therapy but the therapist.