

CHAPTER 4: TREATING PSYCHOPATHOLOGY CLINICAL ISSUES

4.1 THE NATURE AND FUNCTION OF TREATMENTS FOR PSYCHOPATHOLOGY

- How important to the success of treatment is helping the client to achieve insight into their problems?
- Practicing clinicians have a professional duty to update their therapeutic skills. What is the best way to achieve this?
- How can therapists be sure that their treatment will have long-term benefits and will generalise to environments other than the therapy situation?
- How important to the success of treatment is the personal relationship between therapist and client?
- Is there any therapeutic advantage to be gained from the therapist acting solely as an understanding listener?
- Under what circumstances might successful treatment be facilitated by trying to understand the relationships and alliances that exist between the client's family members?
- Do GPs oversubscribe medications to their patients who present with psychopathology symptoms?
- In what ways might the long-term prescription of drugs for mental health problems be counter-productive to long-term recovery?
- Is the cost-effectiveness of a treatment a good reason for advocating its use?
- Are there circumstances in which trained counsellors are better suited to treat psychopathology than trained clinical psychologists?
- Under what circumstances might a therapist decide to use email or therapy by telephone as an alternative to face-to-face sessions?
- How successful will IAPT programmes be in helping service providers to offer cost effective evidence-based treatments for clients?

4.2 EVALUATING TREATMENT

- How should an individual therapist make decisions about whether their treatment of a client is effective or not?
- If a therapist is unable to objectively assess that their treatment approach is effective, are they therefore no better than charlatans offering bogus therapies?
- How might a therapist's relationship with a client adversely affect the course of treatment?
- Are there moral and compassionate reasons for wanting to objectively assess whether a treatment is effective?
- How can the therapist develop characteristics that contribute to successful therapy across all treatments regardless of their theoretical orientation?
- Are there some forms of psychotherapy that are harmful to the client?