

## CHAPTER 4: TREATING PSYCHOPATHOLOGY

### KEY TERMS

#### **Acceptance & Commitment Therapy (ACT)**

A third wave CBT intervention that adopts some aspects of mindfulness, but has developed more from the Skinnerian approach to understanding behavior.

#### **Antidepressant drugs**

Drug treatments intended to treat symptoms of depression and mood disorder.

#### **Antipsychotic drugs**

Drug treatments intended to treat symptoms of psychosis and schizophrenia.

#### **Anxiolytic drugs**

Drug treatments intended to treat symptoms of anxiety and stress.

#### **Aversion therapy**

A treatment based on classical conditioning which attempts to condition an aversion to a stimulus or event to which the individual is inappropriately attracted.

#### **Beating the Blues**

A computer-based CBT programme used in the management of mild and moderate depression.

#### **Beck's cognitive therapy**

Theory that argues that depression is maintained by a 'negative schema' that leads depressed individuals to hold negative views about themselves, their future and the world (the 'negative triad').

#### **Befriending**

A form of control condition for attention, understanding and caring used in treatment outcome studies.

#### **Behaviour analysis**

An approach to psychopathology based on the principles of operant conditioning (also known as behaviour modification).

#### **Behaviour modification**

Behavioural treatment methods based on classical conditioning principles, which assumed that learned psychopathology could be 'unlearned' using normal learning processes. See also *behaviour therapy*.

#### **Behaviour therapy**

See *Behaviour Modification*.

#### **Behavioural self-control**

The personal use of operant conditioning principles to change or control one's own behavior.

#### **Benzodiazepines**

A group of anxiolytics which have their effect by increasing the level of the neurotransmitter GABA at synapses in the brain.

#### **Client-centred therapy**

An approach to psychopathology stressing the goodness of human nature, assuming that if individuals are unrestricted by fears and conflicts, they will develop into well-adjusted, happy individuals.

### **Clinical significance**

The percentage of participants in a study who exhibited recovery or clinically significant change to the point where they no longer meet the criteria for a clinical diagnosis.

### **Cognitive Behaviour Therapy (CBT)**

An intervention for changing both thoughts and behaviour. CBT represents an umbrella term for many different therapies that share the common aim of changing both cognitions and behaviour.

### **Cognitive therapies**

Therapeutic interventions which seek to help the patient overcome difficulties by identifying and changing dysfunctional thinking, behaviour, and emotional responses. They include rational emotive therapy (RET), Beck's cognitive therapy, and cognitive behaviour therapy (CBT).

### **Computerised CBT (CCBT)**

Developed as an alternative to therapist delivered CBT, CCBT consists of highly developed software packages that can be delivered via an interactive computer interface on a personal computer, over the Internet or via the telephone using interactive voice response (IVR) systems.

### **Conditioning**

The basis of behaviour therapies. The approach stressed the need to treat symptoms of psychopathology as behavioural problems occurring as a result of 'faulty learning', and that symptoms were acquired through classical and operant conditioning processes.

### **Continuing professional development (CPD)**

The demonstration by accredited therapists that they regularly update their knowledge of recent developments in treatment techniques.

### **Counselling**

A profession that aims both to promote personal growth and productivity and to alleviate any personal problems that may reflect underlying psychopathology.

### **Counterconditioning**

A behaviour therapy technique designed to use conditioning techniques to establish a response that is antagonistic to the psychopathology.

### **Dodo bird verdict**

A phrase taken from Lewis Carroll's "Alice's Adventures in Wonderland" implying that all psychotherapies are more effective than no treatment, but produce equivalent benefits.

### **Dream analysis**

The analysis of dream content as a means of accessing unconscious beliefs and conflicts.

### **Empathy**

An ability to understand and experience a client's own feelings and personal meanings, and a willingness to demonstrate unconditional positive regard for the client.

### **Encounter groups**

Group therapy which encourages therapy and self-growth through disclosure and interaction.

**E-therapy**

A treatment method which involves the use of email and internet technology.

**Experimental group**

A group of participants who experience the independent variable in an experimental study.

**Exposure therapy**

Treatment in which sufferers are helped by the therapist to confront and experience events and stimuli relevant to their trauma and their symptoms.

**Extinction**

The classical conditioning principle which assumes emotional problems can be 'unlearned' by disrupting the association between the anxiety-provoking cues or situations and the threat or traumatic outcomes with which they have become associated.

**Family therapy**

A form of intervention involving family members that is helpful as a means of dealing with psychopathology that may result from the relationship dynamics within the family.

**Fear Fighter**

A computer-based CBT used in the management of panic and phobia.

**Flooding**

A form of desensitization for the treatment of phobias and related disorders in which the patient is repeatedly exposed to highly distressing stimuli.

**Free association**

A technique used in psychoanalysis where the client is encouraged to verbalize all thoughts, feelings and images that come to mind.

**Group therapy**

Therapy taken in the form of a group, usually when individuals share similar problems or psychopathologies.

**Holistic therapies**

Therapies which emphasize the need to consider the 'whole' person, not just those 'bits' of the person that manifest psychopathology.

**Humanistic therapies**

Therapies that attempt to consider the 'whole' person and not just the symptoms of psychopathology.

**Improving Access to Psychological Therapies (IAPT)**

NHS programme providing services across England for treating people with depression and anxiety disorders.

**Internal validity**

Determining whether a treatment works because of the principles it contains.

**Interpretation**

In psychoanalysis, helping the client to identify important underlying conflicts.

**Marriage counsellor**

A counsellor who specializes in marriage problems.

**Mental health counsellor**

A counsellor who specializes in mental health problems.

**Meta-analyses**

Statistically accepted ways of assessing the strength of a particular finding across a number of different studies.

**Mindfulness-Based Cognitive Therapy (MBCT)**

A direct extension of traditional CBT in which treatments emphasize achieving a mental state characterized by present-moment focus and non-judgmental awareness

**Monoamine Oxidase Inhibitors (MAOIs)**

Antidepressants which are effective for some people with major depression who do not respond to other antidepressants.

**National Institute for Health & Clinical Excellence (NICE)**

An independent UK organisation responsible for providing national guidance on promoting good health and preventing and treating ill health.

**No treatment control condition**

The allocation of participants to a control condition, in which they do not receive the treatment under investigation.

**Palliative effect**

The reduction of the severity of symptoms and alleviation of distress.

**Placebo effect**

The effect when participants in a clinical trial show improvement even though they are not being given a theoretically structured treatment.

**Psychoanalysis**

An influential psychological model of psychopathology based on the theoretical works of Sigmund Freud.

**Psychodynamic approaches**

Forms of therapy which attempt to reveal unconscious conflicts that may be causing psychopathology.

**Psychological Wellbeing Practitioners (PWPs)**

People trained under the IAPT initiative to deliver psychological therapies such as CBT.

**Randomised Controlled Trials (RCTs)**

Comparison of the effectiveness of a treatment being assessed with a variety of control conditions, and with other forms of therapy and treatment (if necessary).

**Rational Emotive Therapy (RET)**

A cognitive technique developed by Albert Ellis (1962) which addresses how people construe themselves, their life and the world.

**Reciprocal inhibition**

A principle of behaviour therapy in which an emotional response is eliminated not just by extinguishing the relationship between the emotion-inducing cue and the threatening consequence, but also by attaching a response to the emotion-inducing cue which is incompatible with anxiety.

**Recovery rates**

The percentage of people that are no longer diagnosable once they have finished treatment.

**Response shaping**

A reinforcement procedure that is used to develop new behaviours.

**Selective Serotonin Reuptake Inhibitors (SSRIs)**

A recent group of antidepressant drugs that selectively affect the uptake of only one neurotransmitter – usually serotonin.

**Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)**

A recent group of drugs for anxiety-based symptoms which selectively inhibit norepinephrine and serotonin reuptake and have been shown to be effective and well tolerated in individuals with anxiety disorders.

**Self-help groups**

Group therapy which brings together people who share a common problem in an attempt to share information and help and support one another.

**Spontaneous remission**

The fact that many people who have psychological disorders will simply get better anyway over a period of time, even without therapy.

**Student counsellor**

A counsellor who specializes in students' problems.

**Systematic desensitisation**

A behaviour therapy based on classical conditioning used in the treatment of phobias and anxiety disorders, during which the client overcomes their fears through gradual and systematic exposure.

**Systems theory**

Approach that attempts to understand the family as a social system.

**Telepsychiatry**

Therapy facilitated by telephone or videoconference.

**Token economy**

A reward system which involves participants receiving tokens for engaging in certain behaviours which at a later time can be exchanged for a variety of reinforcing or desired items.

**Transference**

A technique used in psychoanalysis where the analyst is used as a target for emotional responses: clients behave towards the analyst as they would have behaved towards an important person in their lives.

**Tricyclic antidepressants**

Antidepressant drugs developed in the 1960s which have their effect by increasing the amount of norepinephrine and serotonin available for synaptic transmission.

**Unconditional positive regard**

Valuing clients for who they are without judging them.

**Waiting list control**

Participants in a RCT who will receive no treatment); often difficult to achieve because of the ethical issues involved in withholding treatment from clinically distressed individuals.