



PSYCHOTHERAPY

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DEFINITION

"**Psychotherapy**" also called "**Talking Therapy**" is an umbrella term that describes:(the use of psychological methods, when based on regular personal interaction to help a person change and overcome problems in desired ways)

It is also defined **by**:(the interaction or treatment between a trained professional and a client, patient, family, couple, or group.)

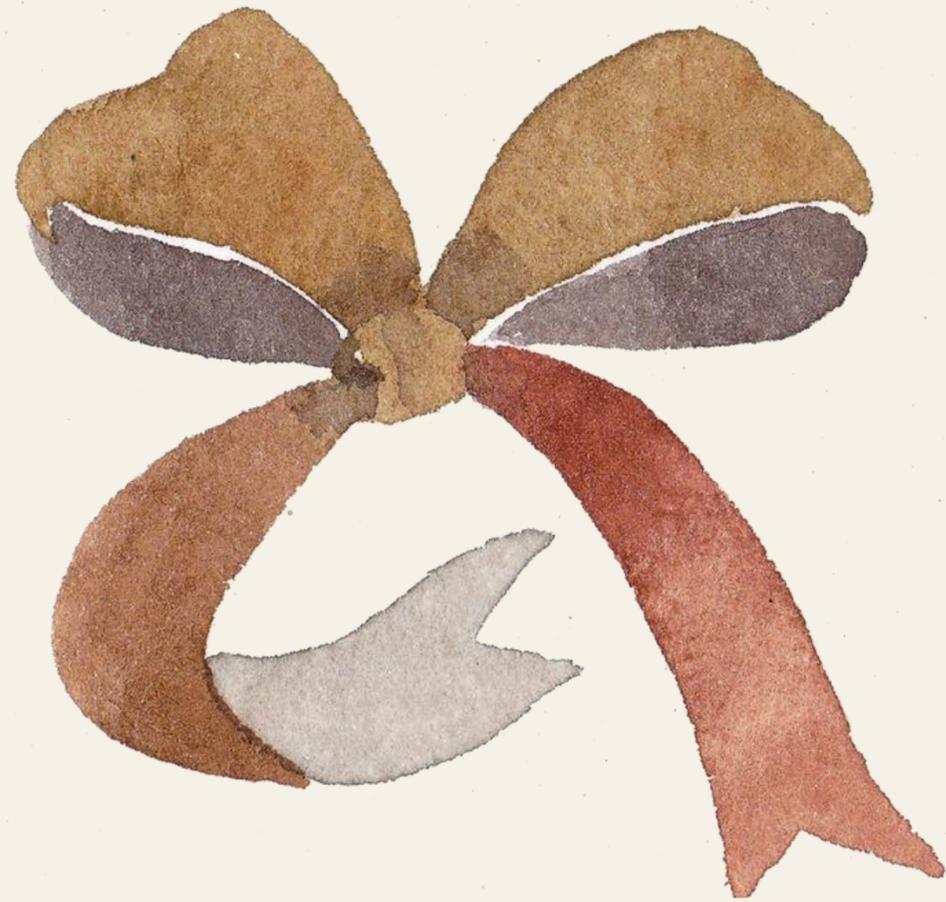
The **Problems** addressed are psychological in nature and can vary in terms of causes, influences, triggers, and resolutions. it increase sense of well-being, reduce discomfort. It could be short term or with many session over years. Can be combined with medication.



It is common to combine **psychotherapy** with **medications**.

Split treatment describes the arrangement where a physician prescribes medication and someone else provides therapy.

In these cases, the physician and therapist should regularly communicate regarding the patient's treatment



Who seeks psychotherapy?



01

Children

➤ behavioral, school, family issues

02

Adolescents

➤ as above and issues of separation and peer relationships

03

Young adults

➤ all of above plus career issues

04

Mature adults

➤ all of above plus issues of changing relationships, family alignments, health, work and social status

05

Older adults

➤ all of above plus end of life issues

Freud's
Theories
of the
Mind



TOPOGRAPHIC THEORY



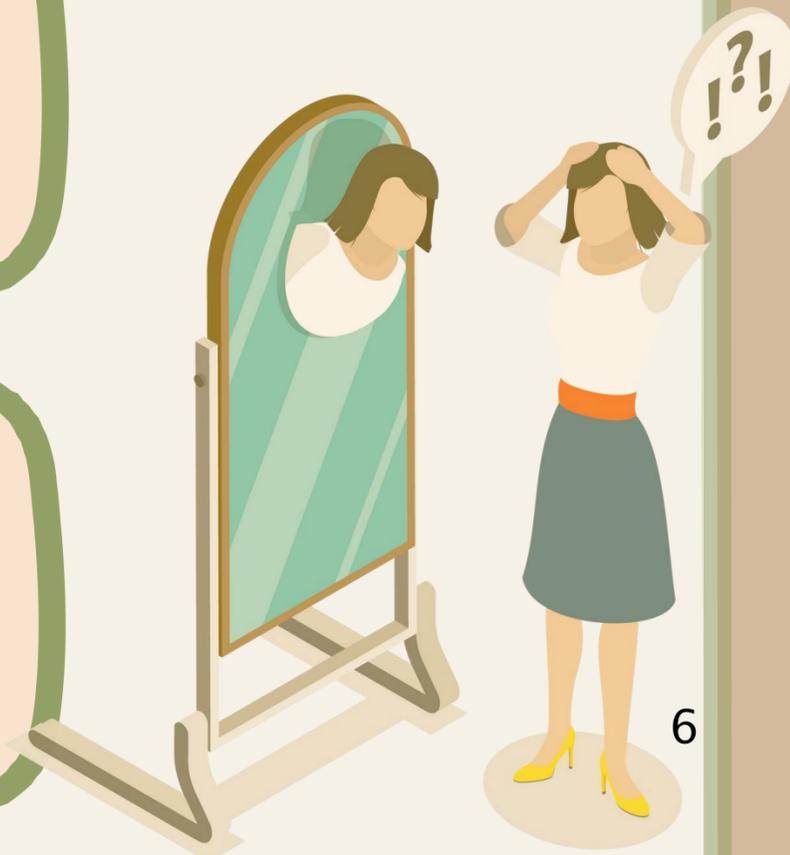
STRUCTURAL THEORY

TOPOGRAPHIC THEORY

Unconscious: Includes repressed thoughts that are out of one's awareness; involves primary process thinking (primitive, pleasure-seeking urges with no regard to logic or time, prominent in children and psychosis). Thoughts and ideas may be repressed into the unconscious because they are embarrassing, shameful, or otherwise too painful

Preconscious: Contains memories that are easy to bring into awareness, but not unless consciously retrieved

Conscious: Involves current thoughts and secondary process thinking (logical, organized, mature, and can delay gratification)



Structural theory

ID

Unconscious; involves instinctual sexual/ aggressive urges and primary process thinking.

Ego

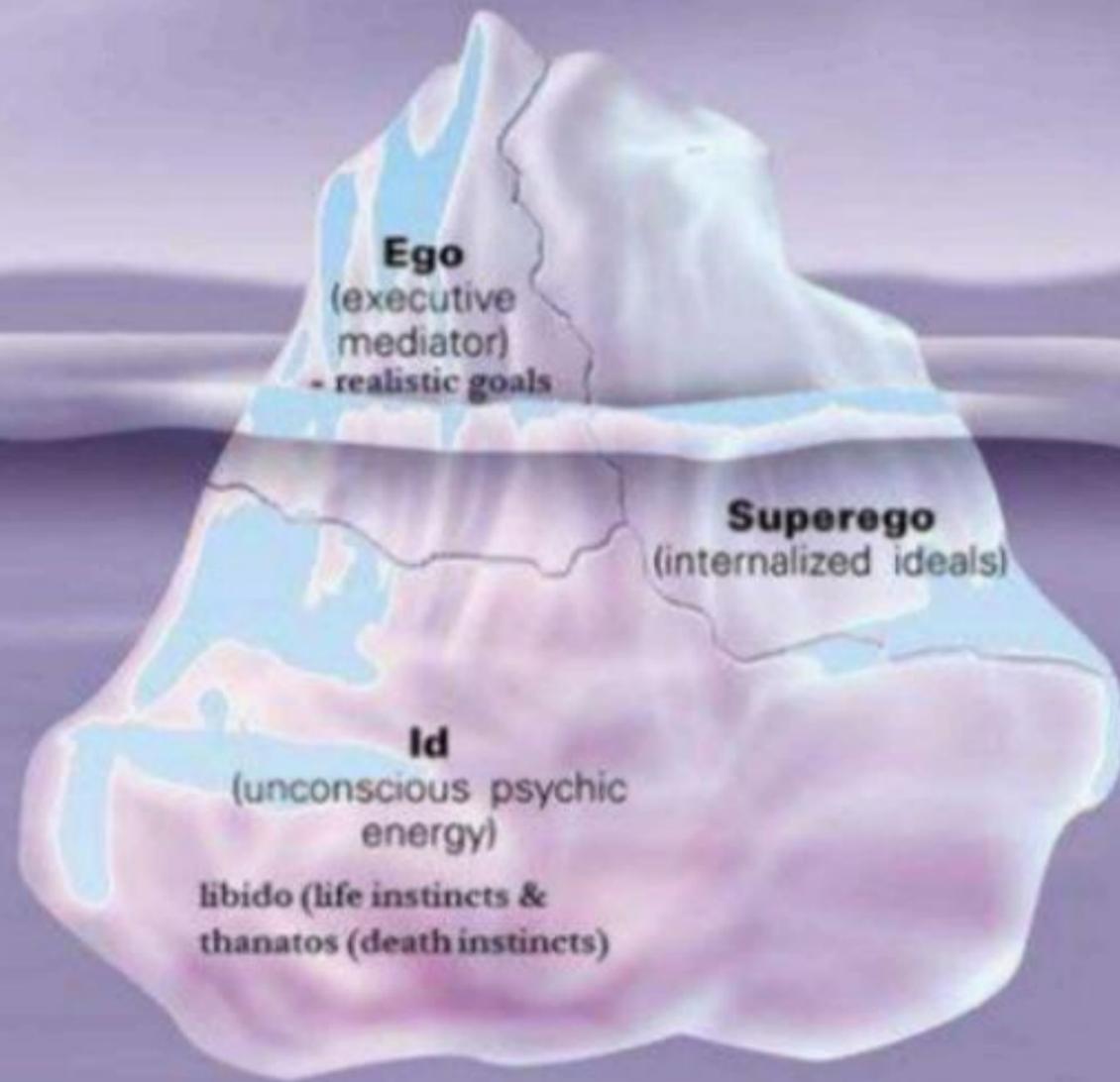
Serves as a mediator between the id, superego, and external environment, and seeks to develop satisfying interpersonal relationships; uses defense mechanisms to control instinctual urges and distinguishes fantasy from reality using reality testing.

Problems with reality testing occur in psychotic individuals

Superego

Moral conscience and ego ideal (inner image of oneself that one wants to become)

Structural and Topographical Models Together



Psychoanalytic theory

Levels of awareness
and

Personality structure

Conscious mind
STM

Preconscious
(outside awareness
but accessible)
LTM

Unconscious mind
(not accessible)
Primary motivations,
unacceptable thoughts,
memories & feelings

Conscious

Preconscious

Unconscious

EGO
SUPEREGO
ID



Defense Mechanisms

Defense mechanisms are used by the ego to protect oneself and relieve anxiety by keeping conflicts out of awareness. They are (mostly) unconscious processes that are normal and healthy if they are mature in nature and used in moderation (i.e., adaptive). They may be unhealthy if immature (i.e., maladaptive). Immature defense mechanisms can be used excessively as seen in some psychiatric disorders.



Defense mechanisms are often classified into:

MATURE DEFENSES

Are healthy and adaptive, and they are seen in normal adults

NEUROTIC DEFENSES

are encountered in obsessive-compulsive patients, patients with other anxiety disorders, and adults under stress

IMMATURE DEFENSES

are seen in children, adolescents, psychotic patients, and some nonpsychotic patients, such as patients with severe personality disorders. They are the most primitive defense mechanisms.

MATURE DEFENSES

Mature ego defenses are commonly found in healthy, high-functioning adults. These defenses often help people integrate conflicting emotions and thoughts.

***Altruism**: Performing acts that benefit others in order to vicariously experience pleasure.

***Humor**: Expressing (usually) unpleasant or uncomfortable feelings without causing discomfort to self or others.

***Sublimation**: Satisfying socially objectionable impulses in an acceptable manner (thus channeling them rather than preventing them)

***Suppression**: Purposely ignoring an unacceptable impulse or emotion in order to diminish discomfort and accomplish a task.

KEY FACT

Suppression, as a defense mechanism, is a *conscious* process that involves avoiding paying attention to a particular emotion.

NEUROTIC DEFENSES

* **Displacement**: Shifting emotions from an undesirable situation to one that is personally tolerable

* **Intellectualization**: Avoiding negative feelings by excessive use of intellectual functions and by focusing on irrelevant details

* **Isolation of affect**: Unconsciously limiting the experience of feelings or emotions associated with a stressful life event in order to avoid anxiety.

* **Rationalization**: Explanations of an event to justify outcomes or behaviors and to make them acceptable.

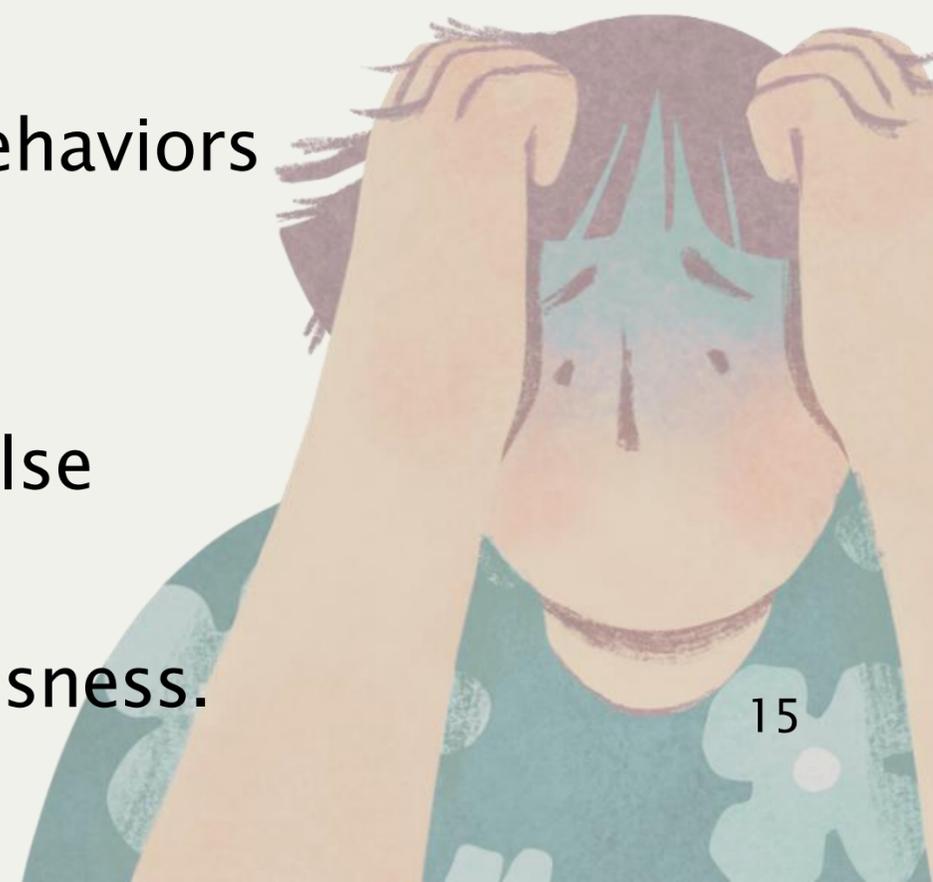
* **Reaction formation**: Doing the opposite of an unacceptable impulse

* **Repression**: Preventing a thought or feeling from entering consciousness. (Repression is unconscious, whereas suppression is a conscious act.)



KEY FACT

Intellectualization is a defense mechanism where reasoning is used to block confrontation with an unconscious conflict or undesirable thought or feeling.



IMMATURE DEFENSES

***Acting out**: Giving in to an impulse, even if socially inappropriate, in order to avoid the anxiety of suppressing that impulse.

***Denial**: Not accepting reality that is too painful.

***Regression**: Performing behaviors from an earlier stage of development in order to avoid tension associated with current phase of development.

***Projection**: Attributing objectionable thoughts or emotions to others.

OTHER DEFENSE MECHANISMS

- 1. Splitting:** Labeling people as all good or all bad; often seen in borderline personality disorder. (Clinical example: Patient who tells their doctor, “You and the nurses are the only people who understand me; all the other doctors are mean and impatient)
- 2. Undoing:** Attempting to reverse a situation by adopting a new behavior(Clinical example: An individual who has had a brief fantasy of killing their spouse by sabotaging their car, takes the car in for a complete checkup.).



WARDS QUESTION

Q: A person accuses their partner of cheating when they themselves are involved in numerous affairs. *What is the defense mechanism?*

A: Projection—Ascribing one's objectional qualities onto others.



WARDS QUESTION

Q: An individual buys an unreasonably expensive new watch and tells their friends that they needed it because their old one was not reliable enough and they have to make sure to get to appointments on time. *What is the defense mechanism?*

A: Rationalization—Attempting to justify behavior to make it acceptable.



WARDS QUESTION

Q: A former gang member becomes a police officer working in the intercity to prevent gang violence. *What is the defense mechanism?*

A: Sublimation—The channeling of destructive impulses to create something constructive.

Types of Psychotherapy

Psychoanalysis

**Cognitive behavioral
therapy**

Behavioral therapy

Group therapy

Cognitive therapy

Family therapy

Couple therapy



PSYCHOANALYSIS

Freud proposed that behaviors, or symptoms, result from unconscious mental processes including defense mechanisms and conflicts between one's ego, id, superego, and external reality.

goal of *psychoanalysis* is to resolve unconscious conflicts by bringing repressed experiences and feelings into awareness and integrating them into the patient's conscious experience.

Psychoanalysis is therefore considered insight oriented.

Treatment is usually 3-5 days per week for many years.

During therapy sessions, the Portfolio patient Designed usually lies on a couch with the therapist seated out of view.



psychoanalysis can be useful in the treatment of:

- Clusters B and C personality disorders
- Anxiety disorders
- Problems coping with life events
- Sexual disorders



WARDSTIP

Psychoanalysis is not indicated for people who have problems with reality testing, such as actively psychotic or manic patients.



An illustration at the top of the slide shows a man on the left and a woman on the right. The man has brown hair and is wearing a white shirt, looking towards the woman. The woman has short red hair, wears glasses, and a blue top, looking back at the man. A speech bubble is positioned between them, containing the title text.

Contraindications

- *Acute psychosis* (due to increasing expressed emotion and the inherent neuropsychological deficits associated with this mental state).
- *Severe depressive illness* (because of psychomotor retardation).
- *Dementia/delirium* (where treatment of organic pathology is first line).
- Some individuals where there is *acute suicide risk*.



Important concepts & techniques used in psychoanalysis

- **Freeassociation:** The patient is asked to say whatever comes into his or her mind during therapy sessions. The purpose is to bring forth thoughts and feelings from the unconscious so that the therapist may interpret them.
Dream interpretation: Dreams are seen to represent conflict between urges and fears. Interpretation of dreams by the psychoanalyst is used to help achieve therapeutic goals.
- **Therapeutic alliance:** This is the bond between the therapist and the patient, who work together toward a therapeutic goal.
- **Transference:** Projection of unconscious feelings regarding important figures in the patient's life onto the therapist. Interpretation of transference is used to help the patient gain insight and resolve unconscious conflict.
- **Countertransference:** Projection of unconscious feelings about important figures in the therapist's life onto the patient. The therapist must remain aware of countertransference issues, as they may interfere with his or her objectivity

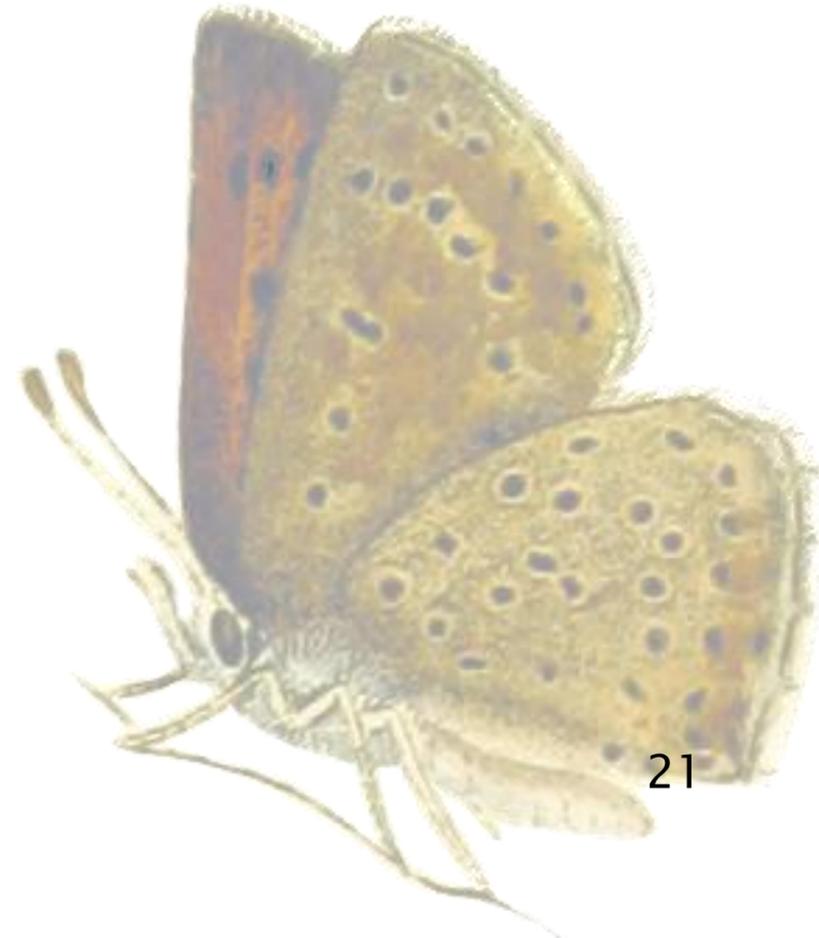
KEY FACT

An example of transference would be when a patient who has repressed feelings of abandonment by their parent becomes angry when their therapist is late for the appointment.

PSYCHOANALYSIS-RELATED THERAPIES

Examples of psychoanalysis-related therapies include:

1. **Psychoanalytically oriented psychotherapy** and **brief dynamic psychotherapy**: These employ similar techniques and theories as psychoanalysis, but they are less frequent, less intense, usually briefer (weekly sessions for 6 months to several years), and involve face-to-face sessions between the therapist and patient (no couch).
2. **Interpersonal therapy**: Attachment-focused psychotherapy that centers on the development of skills to treat certain psychiatric disorders. Treatment is brief (once-weekly sessions for 3–4 months). The idea is to improve interpersonal relations. Sessions focus on reassurance, clarification of emotions, improving interpersonal communication, and testing perceptions. It has demonstrated efficacy in the treatment of depression and has been modified for use in adolescents.
3. **Supportive psychotherapy**: Purpose is to help patient feel safe during a difficult time and help to build up the patient's healthy defenses. Treatment is not insight oriented but instead focuses on empathy, understanding, and education. Supportive therapy is commonly used as adjunctive treatment in even the most severe mental disorders.



Behavioral therapy



Behavioral therapy is based on learning theory, which states that behaviors are learned by conditioning and can similarly be unlearned by deconditioning.

treat psychiatric disorders by helping patients change behaviors that contribute to their symptoms. It can be used to extinguish maladaptive behaviors (such as phobic avoidance, compulsions, etc.) by replacing them with healthy alternatives. The time course is usually brief, and it is usually combined with cognitive therapy as CBT

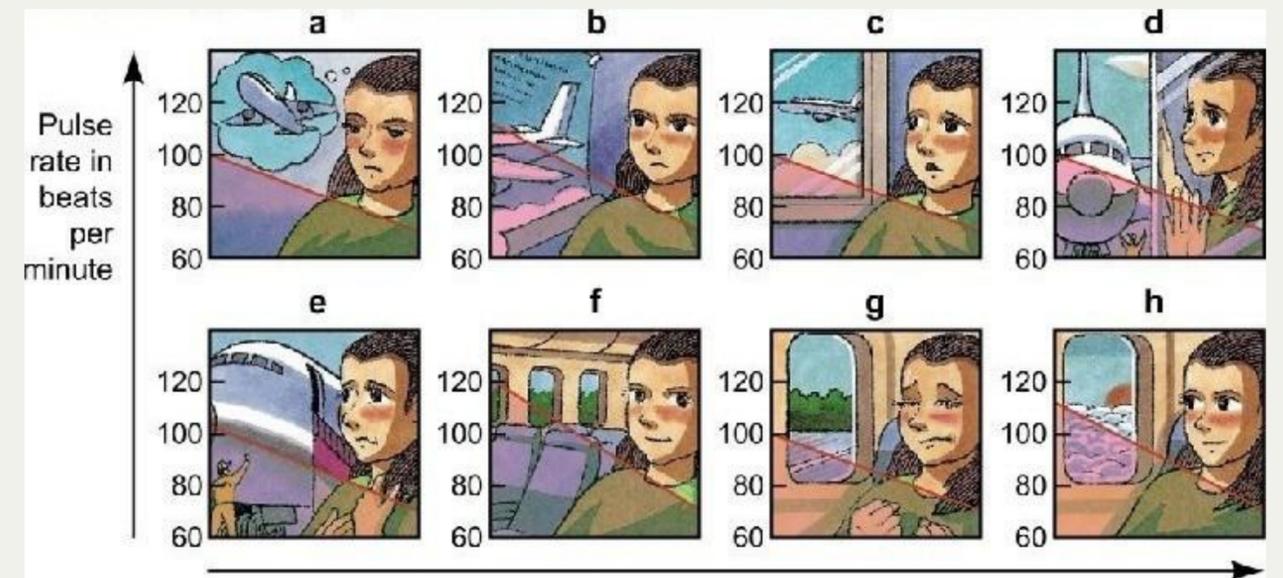
Some techniques used in behavioral therapy:

- **Systematic desensitization:**

The patient performs relaxation techniques while being exposed to increasing doses of an anxiety-provoking stimulus. Gradually, he or she learns to associate the stimulus with a state of relaxation. Commonly used to treat phobic disorders.

Example: A patient who has a fear of spiders is first shown a photograph of a spider, followed by

- exposure to a stuffed toy spider, then a videotape of a spider, and finally a live spider. At each step, the patient learns to relax while exposed to an increasing dose of the phobia



Flooding and implosion:

Through habituation, the patient is confronted with a real (flooding) or imagined (implosion) anxiety-provoking stimulus and not allowed to withdraw from it until he or she feels calm and in control. Relaxation exercises are used to help the patient tolerate the stimulus. Less commonly (than systematic desensitization) used to treat phobic disorders.

Example: A patient who has a fear of flying is made to fly in an airplane [flooding] or imagine flying [implosion].



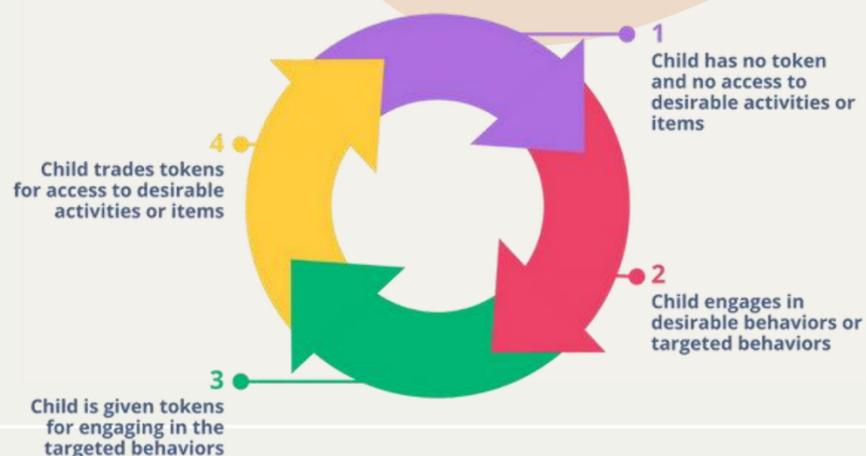
Token economy:

- Rewards are given after specific behaviors to positively reinforce them. Commonly used to encourage showering, shaving, and other positive behaviors in disorganized patients or individuals on addiction rehabilitation units

Aversion therapy:

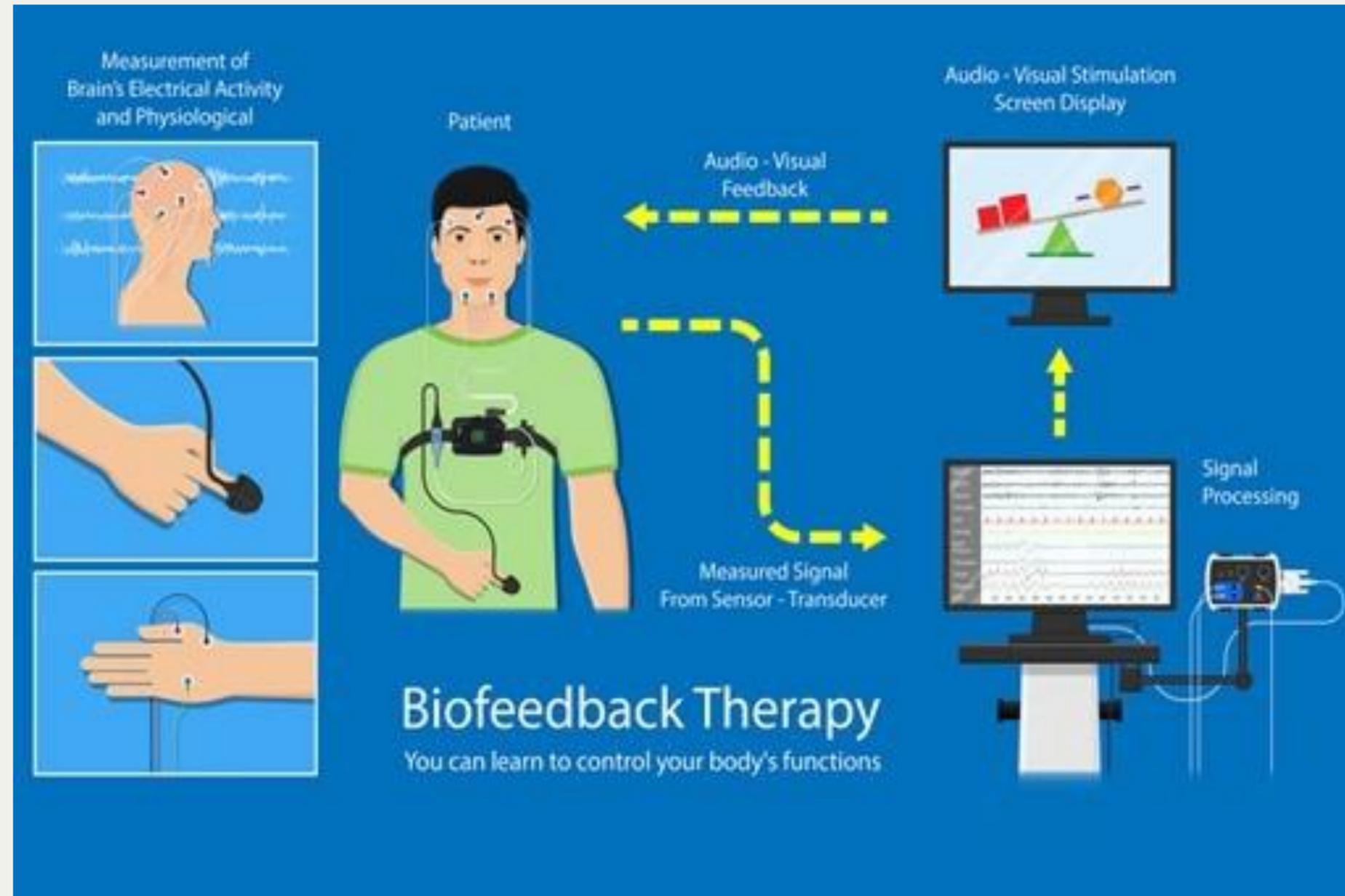
- A negative stimulus (such as an electric shock) is repeatedly paired with a specific behavior to create an unpleasant response. Used to treat addictions or paraphilias.
- Example:
alcoholic patient is prescribed Antabuse which makes him ill every time he drinks alcohol

Basic Token Economy "Cycle"



Biofeedback:

- Physiological data (such as heartrate and bloodpressure measurements) are given to patients as they try to mentally control physiological states.
- Can be used to treat anxiety disorders, migraines, hypertension, chronic pain, asthma, and incontinence. Example: A patient is given her heart rate and blood
- pressure measurements during a migraine while being instructed to mentally control visceral changes that affect her pain.



Cognitive therapy



- .seeks to ***correct*** faulty assumptions and negative feelings that exacerbate psychiatric symptoms.
- The patient is taught to identify maladaptive thoughts and replace them with positive ones.
- Most commonly used to treat :
 - depressive and anxiety disorders
 - paranoid personality disorder
 - obsessive-compulsive disorder
 - somatic symptom disorders eating disorders.

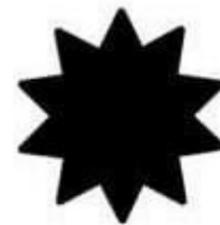
It is usually combined with behavioral therapy as CBT.

Date	Event	Automatic Thoughts	Emotion	Behavior
2/8	Got grade D in a subject.	I'm a bad student	Sadness	Absence
8/8	My mother shouted at me.	She hates me	Anger	Disobedience
12/8	My father didn't allow me to go with my friends.	He always controls me	Hatred	Rebellion

Date	Event	Alternative Thoughts	Emotion	Behavior
2/8	Got grade D in a subject.	The exam was very hard	Neutral	Extra effort
8/8	My mother shouted at me.	She was sick	Sympathy	Overobedience
12/8	My father didn't allow me to go with my friends.	He wanted to protect me	Neutral	Cooperation

Cognitive behavioral therapy (CBT)

- is a type of psychotherapeutic treatment that helps people learn how to identify and change the destructive or disturbing thought patterns that have a negative influence on their behavior and emotions



Situation → Thought → Emotion → Behavior

.Characteristics of Cognitive-Behavioral Therapies:

1. Thoughts cause Feelings and Behaviors.
2. Brief and Time-Limited. Average number of sessions = 16 Sessions psychoanalysis = several years
3. Emphasis placed on current behavior
4. CBT is a collaborative effort between the therapist and the client.
5. Teaches the benefit of remaining calm or at least neutral when faced with difficult situations. (If you are upset by your problems, you now have 2 problems: (1the problem, and 2) your upsetness
6. Based on "rational thought." - Fact not assumptions.
7. CBT is structured and directive. Based on notion that maladaptive behaviors are the result of skill deficits.
8. Based on assumption that most emotional and behavioral reactions are learned. Therefore, the goal of therapy is to help clients unlearn their unwanted reactions and to learn a new way of reacting.
9. Homework is a central feature of CBT



Steps in CBT

.1 Identify troubling situations or conditions in your life

.2 become aware of your thoughts, emotions and beliefs about these problems.

.3 Identify negative or inaccurate thinking.

.4 Reshape negative or inaccurate thinking.

Types of CBT

Brief CBT : Brief cognitive behavioral therapy (BCBT) is a form of CBT which has been developed for situations in which there are time constraints on the therapy sessions. BCBT takes place over a couple of sessions that can last up to 12 accumulated hours by design. This technique was first implemented and developed on soldiers overseas in active duty

Rational Emotive Behavioral Therapy: A form of cognitive-behavioral therapy in which somebody is encouraged to examine and change irrational thought patterns (irrational thinking) and beliefs in order to reduce dysfunctional behavior. Probably the most important REBT strategy is homework. This can include such activities as: Reading Self-help exercises
Experiential activities
Journaling
Thought Stopping
Intentional Reframing
Therapy sessions are really 'training sessions', between which the client tries out and uses what they have learned

Clinical applications of REBT:

Depression, Anxiety disorders, Eating disorders, addictions, impulse control disorders, Anger management, antisocial behaviour, personality disorders, Sexual abuse recovery, Adjustment to chronic health problem, physical disability, or mental disorder, Pain management, General stress management, Child or adolescent behaviour disorders, Relationship and family problem, Personal growth, Workplace effectiveness

Structured cognitive behavioral training *)SCBT:(*

Is a regimented cognitive-behavioral process that uses a systematic, highly structured workshop-style approach to break down and replace dysfunctional emotionally dependent behaviors. Structured cognitive behavioral training is currently used primarily in the behavioral health industry and in criminal psychology

Dialectical behaviour therapy (DBT): (

+

Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. DBT was originally intended to treat borderline personality disorder (BPD), but it has been adapted to treat other mental health conditions beyond BPD. It can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors (such as eating disorders and substance use disorders).² This type of therapy is also sometimes used to treat post-traumatic stress disorder (PTSD.)

When is CBT used?

CBT has been shown to be an effective way of treating a number of different mental health conditions.

In addition to depression or anxiety disorders, CBT can also help people with:

- obsessive compulsive disorder (OCD)
- panic disorder
- post-traumatic stress disorder (PTSD)
- phobias
- eating disorders, such as anorexia and bulimia
- sleep problems, such as insomnia
- problems related to alcohol misuse

CBT is sometimes used to treat people with long-term health conditions, such as irritable bowel syndrome (IBS) and chronic fatigue syndrome (CFS).

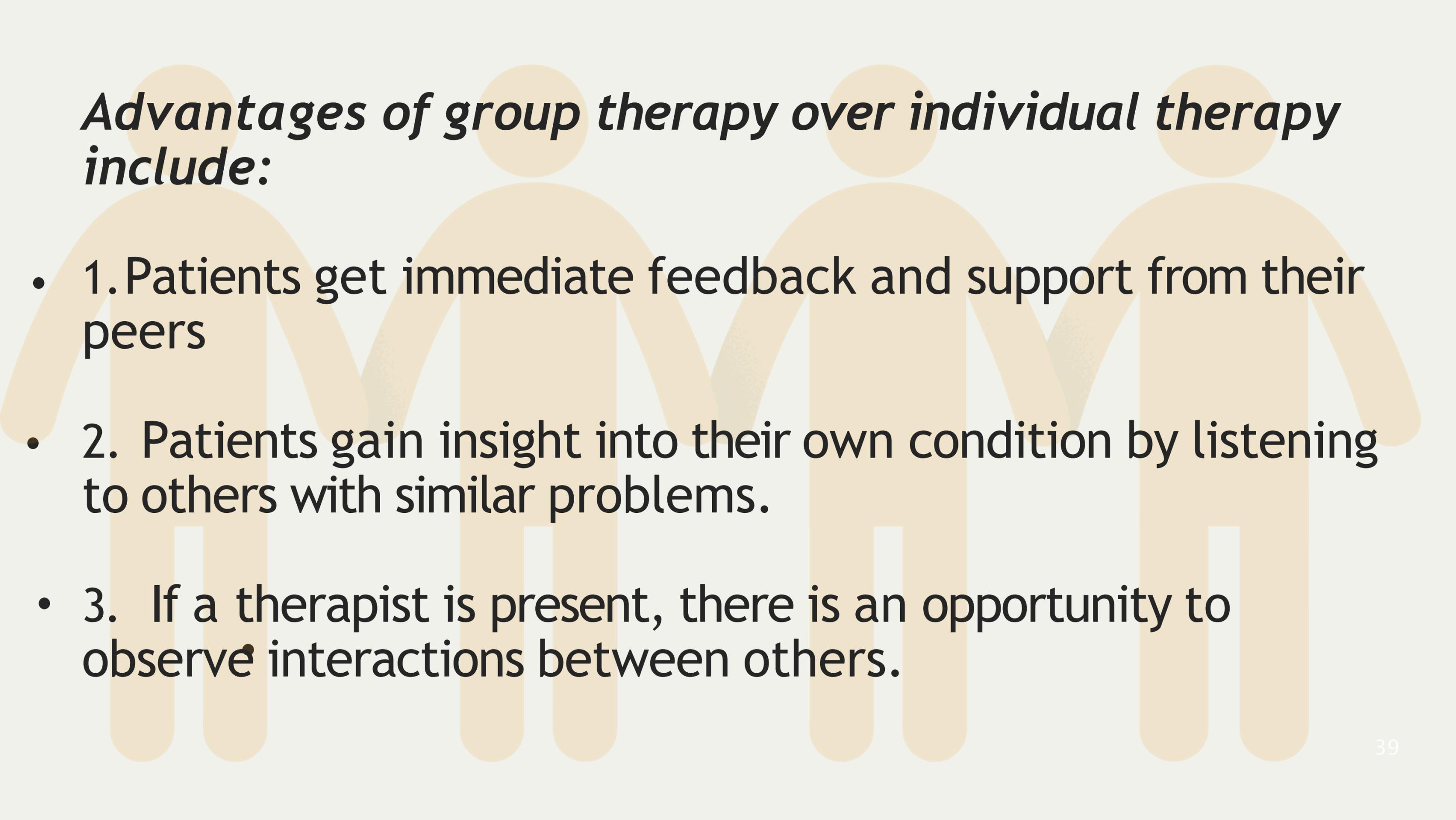
CBT cannot cure the physical symptoms of these health conditions, but it can help people cope better with their symptoms.

Group therapy

- **Three or more patients with a similar problem or pathology meet together with a therapist for group sessions. Many of the psychotherapeutic techniques already reviewed are used, including behavioral, cognitive, and supportive.**
- **is a modality that employs a professionally trained leader who selects, composes, organizes, and leads a collection of members to work together toward the maximal attainment of the goals for each individual in the group and for the group itself**

- **Aims to form a support network for individuals with similar diseases or difficulties**
- **Allows direct interaction between therapists and patients, and direct interaction between patients**
- **Certain groups can be peer-lead and do not need to have a therapist present (e.g., Alcoholics Anonymous) These groups meet to discuss problems, share feelings, and provide support to each other.**





Advantages of group therapy over individual therapy include:

- 1. Patients get immediate feedback and support from their peers
- 2. Patients gain insight into their own condition by listening to others with similar problems.
- 3. If a therapist is present, there is an opportunity to observe interactions between others.

Indications:

- **Personality disorders**
- **Substance use disorders**
- **Family and group disorders**
- **Chronic or life-threatening conditions (e.g., diabetes, cancer)**

Family therapy

is a type of treatment designed to help with issues that specifically affect families' mental health and functioning. It can help individual family members build stronger relationships, improve communication, and manage conflicts within the family system. By improving how family members interact and relate to one another, family therapy can foster change in close relationships.

- Interrupt rigid patterns that cause distress
- Family systems theory:
 - family units act as though their homeostasis must be maintained

- Focuses on identifying and resolving familial dysfunctions and problems of individual members that affect the family as a whole.
- Aims to improve communication skills between family members.
- **Indications :**
 - Behavioral problems in family members (e.g., antisocial behavior in adolescents, substance use)
 - Conflict between parents, siblings, or parents and children
 - Changes and other challenges within the family (e.g., illness, death, etc....)



Couple therapy

Couples therapy is useful in the treatment of conflicts, sexual problems, and communication problems within the context of an intimate relationship. The therapist sees the couple together (conjoint therapy), but they may also be seen separately (concurrent therapy). In addition, each person may have a separate therapist and be seen individually (collaborative therapy).

**THANK
YOU**

A decorative illustration featuring a horizontal arrangement of white flowers with yellow centers and green leaves. Two pink butterflies are also present, one above the word 'THANK' and one below the word 'YOU'. The text 'THANK YOU' is written in a large, bold, black, sans-serif font, centered over the floral arrangement.