

Viking Quest: Psychology Assignments

February 2015

Week: 9th -13th

- *Read Chapter 17-3 and 17-4*
- *Create an outline/Cornell/or other form of note taking guide for the section.*
- *Complete pgs. 505 # 1-5, Pg. 510 # 1-5, Pg. 512 Reviewing Vocabulary #1-1-, Recalling Facts 1-5, Critical Thinking 1-5*
- *Complete Study Guide Handouts*

**Study
Guide****17-3****Cognitive and
Behavior Therapies***For use with textbook pages 499–505***Key Terms**

behavior modification a systematic method of changing the way a person acts and feels (page 499)

cognitive therapy using thoughts to control emotions and behaviors (page 499)

rational-emotive therapy (RET) aimed at changing unrealistic assumptions about oneself and other people (page 500)

behavior therapy changing undesirable behavior through conditioning techniques (page 502)

systematic desensitization a technique to help a patient overcome irrational fears and anxieties (page 503)

aversive conditioning links an unpleasant state with an unwanted behavior in an attempt to eliminate the behavior (page 504)

contingency management undesirable behavior is not reinforced, while desirable behavior is reinforced (page 504)

token economy desirable behavior is reinforced with valueless objects or points, which can be accumulated and exchanged for various rewards (page 505)

cognitive-behavior therapy based on a combination of substituting healthy thoughts for negative thoughts and beliefs and changing disruptive behaviors in favor of healthy behaviors (page 505)

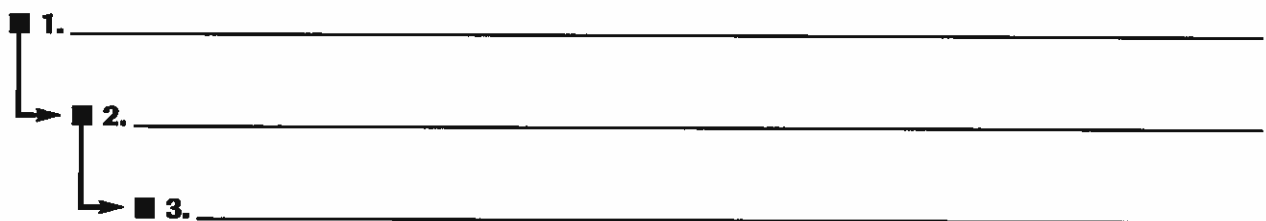
Drawing From Experience

Do you ever promise yourself a reward if you do something? Are you more likely to actually do it then? What happens when you take part in some activity several times but never get much pleasure from it? Do you keep doing it?

The last section described the psychoanalytical and humanistic approaches to therapy. In this section, you will learn about the cognitive and behavior approaches.

Organizing Your Thoughts

Use the diagram below to help you take notes as you read the summaries that follow. Think about how behavior modification works. In the diagram, describe the three steps in counterconditioning.

Counterconditioning

Read to Learn

Introduction (page 499)

Behavior modification, or behavior therapy, is a step-by-step method for changing the way a person acts. For example, Brooks Workman wanted to cut down on the number of soft drinks she consumed. To get rid of this undesired behavior, she used behavior modification. She imagined herself putting a soft drink to her mouth and roaches suddenly coming out of the can.

4. If you imagined Brooks's scene a number of times, how do you think you would feel about consuming a soft drink?
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Cognitive Therapy (page 499)

Cognitive therapies focus on the way people think. The idea is that our thoughts can control our emotions and behaviors. False beliefs and flawed thinking can lead to emotional and behavioral problems. To improve our lives, we need to change our thinking patterns.

Albert Ellis developed rational-emotive therapy (RET). He believed that people act reasonably, based on their way of thinking about life. Emotional problems happen when a person's way of thinking is not realistic. For example, a man seeks therapy because a woman left him. His life is empty without her. He must get her back. The problem, in the therapist's view, is the man's thinking. He defined his feelings for the woman as a need rather than a desire. By convincing himself that he needed her, he was in fact unable to go on without her. This faulty thinking, not the woman, was causing his depression. The goal of rational-emotive therapy is to correct such false, self-defeating beliefs. Rejection is unpleasant, but it is not unbearable.

Ellis said that behavior is like ABC. *A* is the *Activating* event. *B* is the *Belief* about it. *C* is the *Consequences*. *A* does not cause *C*. *B* causes *C*. So the therapist and client work to change *B*, the belief. To cure himself, the client must (1) realize his thinking is false, (2) see that he is causing himself problems by acting on false thinking, and (3) break the old false way of thinking.

Aaron Beck introduced a similar cognitive therapy that focuses on illogical thought processes. He believed in having clients test their own beliefs. For example, if a client believes that "I never have a good time," the therapist should point out that this is an assumption, not a fact. The client should look at the evidence and note times when she did have a good time. Beck's approach works well with depressed people. He believed that they focus on the negative and ignore the positive. They come to negative conclusions about their own worth. Therapists help clients recognize their negative thoughts. They help clients use more reasonable standards for evaluating themselves.

5. According to cognitive therapists, what might cause a person to be very depressed if she did not get the job she wanted?
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Behavior Therapies (page 502)

Behavior therapy emphasizes behavior rather than thoughts. It uses rewards and punishments to change unwanted behaviors. Behavior therapy assumes that the troubled person has learned to behave in an undesirable way. Whatever can be learned can be unlearned. The reasons for the behavior are not important. The focus is on changing the behavior. When people change their behavior, their thoughts change as well.

Counterconditioning is a method that puts the unwanted behavior (fear of snakes) together with a new, more desirable behavior (relaxation). This method has 3 steps. (1) The person ranks fears from least at the bottom to most feared at the top. (2) The person learns muscle relaxation techniques. (3) The person imagines or experiences each step up the list while learning to relax at each step. **Systematic desensitization** is a counterconditioning method used to overcome unreasonable fear.

Aversive conditioning links an unpleasant state with an unwanted behavior in an attempt to get rid of the behavior. For example, alcoholics can take medicine that makes them sick when they drink alcohol.

Behavior that is not reinforced tends to go away. In **contingency management**, client and therapist decide what behavior to reward to replace an unwanted behavior that they will not reward. For example, a student might say to himself, "If I get a good grade on the exam, I'll treat myself to ice cream." The reward is contingent (depends) on the behavior (getting a good grade). **Token economies** are reward systems in which desirable behavior earns an object or points. These things can then be exchanged for rewards.

6. If a student studies hard for exams but keeps getting poor grades, how is the student's behavior likely to change?

Cognitive-Behavior Therapy (page 505)

Cognitive-behavior therapy uses parts of both cognitive and behavior therapies. It tries to change clients' behavior and then tries to change their thoughts about the situation. The therapist may help the client identify her behaviors and thought patterns. They would work to replace negative thoughts with positive thoughts and practice new behaviors. Many self-help programs use this technique.

7. How is cognitive-behavior therapy different from behavior therapy?

Study Guide 17-4

For use with textbook pages 506–510

Biological Approaches to Treatment

Key Terms

- drug therapy** biological therapy that uses medications (page 507)
- antipsychotic drugs** medication to reduce agitation, delusions, and hallucinations by blocking the activity of dopamine in the brain; tranquilizers (page 507)
- antidepressants** medication to treat major depression by increasing the amount of one or both of the neurotransmitters noradrenaline and serotonin (page 508)
- lithium carbonate** a chemical used to counteract mood swings of bipolar disorder (page 508)
- anxiety drugs** medication that relieves anxiety and panic disorders by depressing the activity of the central nervous system (page 508)
- electroconvulsive therapy (ECT)** an electric shock is sent through the brain to try to reduce symptoms of mental disturbance (page 509)
- psychosurgery** a medical operation that destroys part of the brain to make the patient calmer and free of symptoms (page 510)
- prefrontal lobotomy** a radical form of psychosurgery in which a section of the frontal lobe of the brain is severed or destroyed (page 510)

Drawing From Experience

If you were depressed, would you be willing to take a pill to reduce it, even if it caused you to gain a lot of weight? The last section discussed different cognitive and behavior therapies. In this section, you will learn about therapies applied to the physical body.

Organizing Your Thoughts

Use the diagram below to help you take notes as you read the summaries that follow. Think about the different categories of drugs used to treat psychological problems. List the four types below and describe the types of disorders they treat.

Main Types of Drugs	Used to Treat
1.	5.
2.	6.
3.	7.
4.	8.

Read to Learn

Introduction (page 506)

Antibiotics can clear up ear infections. Is it possible that medicines might cure psychological problems? Some experts think that biological therapies, such as medicines, should be used only when psychotherapy fails. Others believe a combination of psychotherapy and biological therapy is the answer for many patients.

9. From what you know about psychological problems, why do you think medicine might help in some cases?

Biological Therapy (page 507)

Biological approaches assume that there is a physical reason for mental problems. Biological methods include medicine, electric shock, and surgery. These treatments must be done by medical doctors, such as psychiatrists. Psychologists can help decide if a biological approach might work for a patient.

Drug therapy is the use of medicines. There are four main types of drugs used for psychological problems: antipsychotic drugs, antidepressants, lithium, and antianxiety drugs. Drugs treat symptoms, not causes of disorders. When patients stop taking the drug, their symptoms come back.

Antipsychotic drugs are tranquilizers. They can calm schizophrenics and reduce their delusions and hallucinations. Antipsychotic drugs block the activity of dopamine. These strong drugs have serious side effects, including shaking, lack of coordination, and very stiff muscles.

Antidepressants relieve depression by adjusting levels of noradrenaline and serotonin in the body. They also help cases of anxiety, phobias, and obsessive-compulsive disorders. Side effects may include dizziness, tiredness, and weight gain.

Lithium carbonate counteracts the wide mood swings of bipolar disorder. It controls the body's norepinephrine levels.

Antianxiety drugs are sedatives or mild tranquilizers. They relieve anxiety and panic disorders by slowing the activity of the central nervous system. The main side effect is drowsiness. However, use over a long time can cause dependence.

Electroconvulsive therapy (ECT) commonly called shock treatment, involves sending an electric shock through the brain to relieve severe depression and some types of schizophrenia. The shock causes a convulsion or seizure that lasts up to a minute. As applied today, this treatment causes little discomfort to the patient. Still, this therapy is controversial and must be applied with great caution.

Psychosurgery is brain surgery done to treat psychological problems. It destroys part of the brain. The most common type is **prefrontal lobotomy**. This surgery destroys the brain's frontal lobe, which controls emotions. This surgery is used to treat extremely violent behavior. It is a very serious treatment that is seldom used now, as new drugs offer other options.

10. Why might someone taking lithium decide to stop taking it?