

# Psychology

## (Psychology) (Chapter – 5) (Therapeutic Approaches)

(Class – XII)

### Review Questions

#### Question 1:

Describe the nature and scope of psychotherapy. Highlight the importance of therapeutic relationship in psychotherapy.

#### Answer 1:

Types and applications of psychotherapy: In psychotherapy, the patient, also known as the client, and the therapist, also known as the therapist, enter into a voluntary partnership.

The relationship's goal is to assist the client in resolving any psychological issues they may be having. The relationship is helpful for gaining the client's trust so that issues can be discussed openly. Psychotherapies work to alter the client's unhelpful behaviours, lessen their level of emotional discomfort, and assist them in becoming more environment-adaptive. Significant changes must also be done in a person's personal environment in order to address inadequate marital, occupational, and social adjustment.

All psychotherapies strive to achieve some, if not all, of the following objectives:

- Strengthening the client's will for improvement.
- Reducing the emotional strain.
- Realizing the potential for progress.
- Changing routines.
- Modifying thought habits.
- Increasing awareness of oneself.
- Improving communication and interpersonal relationships.
- Aiding in the making of decisions.
- Being conscious of one's decisions in life.
- Reacting more creatively and critically to one's social context.

The therapeutic alliance or partnership refers to the unique bond that develops between the patient and the therapist.

A therapeutic alliance is made up of two main parts:

- The first aspect is the contractual character of the connection that the client and the therapist enter into voluntarily in order to work together to assist the client resolve their issues.
- The brief nature of therapy is the second element of the therapeutic partnership. This partnership continues until the client can handle their issues and take charge of their lives.

There are various distinctive aspects to this relationship. It is a relationship built on trust and confidence. The client can divulge psychological and personal issues to the therapist because of the therapist's high level of trust with them. By showing the client acceptance, empathy, sincerity, and warmth, the therapist promotes this. The therapist makes it clear via her/his actions and words that she/he is not passing judgement on the client and will continue to feel the same way about the client, regardless of how impolite the client is or how many inappropriate things the client may have said or done.

The therapeutic partnership mandates that the therapist maintain complete confidentiality regarding the experiences, occasions, feelings, or ideas that the client discloses. The client's trust and confidence cannot be used in any way by the therapist.



## Question 2:

What are the different types of psychotherapy? On what basis are they classified?

### Answer 2:

Following are the main psychotherapies:

A) Psychodynamic Therapy

B) Behaviour Therapy

Existential therapy or humanistic therapy The following are classification criteria:

What is the issue's root cause?

- **Psychodynamic therapy:** Internal conflicts between the id, ego, and super ego lead to issues.
- **Behavior therapy:** Issues arise when behaviours are incorrectly learned and cognitive processes are erroneous.
- **Existential therapy:** There are no available answers to questions about life's purpose and existence.

Whence did the cause originate?

- **Psychodynamic therapy:** Unmet childhood urges or unresolved anxieties that generate fixation and repression during psycho-sexual phases of development are the root causes of intrapsychic conflicts.
- **Behavior therapy:** Incorrect conditioning patterns, incorrect learning via unsuitable reinforcement, incorrect thinking and attitudes.
- **Existential therapy:** Present sentiments of loneliness, meaninglessness of life, or being without purpose.

What is the main form of therapy?

- **Psychodynamic treatment,** which uses free association and dream reporting to force the patient to face and address conflict.
- **Behavior therapy:** To challenge incorrect thought patterns and to detect incorrect conditioning and learning patterns.
- **Existential therapy:** Creating a welcoming, accepting, and optimistic therapeutic environment. The therapist serves as a facilitator, assisting the client in finding a solution to his own difficulties through personal development.

What kind of relationship is there in therapy?

- **Psychodynamic therapy:** The therapist comprehends the patient and is better able to decipher his feelings and thoughts.
- A behaviour therapist is able to spot unhelpful behaviour and thought patterns and can determine the proper behaviour and sensible thought patterns.
- **Existential therapy:** The therapist creates a friendly, empathic relationship that encourages the client to investigate the root reasons of his or her difficulties on his or her own.

What is the client's main advantage?

- **Psychodynamic therapy:** Using emotional awareness to overcome issues
- **Behavior therapy:** Stress reduction through adaptable, healthy behaviour and mental patterns.
- **Existential therapy:** Personal development through a deeper comprehension of one's goals, feelings, and motivations.

How long will the treatment last?

- Traditional psychoanalysis requires years of therapy updated version 15 to 20 sessions.
- Short and completed in a few months is behaviour therapy.
- Existential therapy, which is brief and can be finished in a few months.



**Question: 3**

Discuss the various techniques used in behaviour therapy.

**Answer 3:**

There is no single principle that all behaviour treatment procedures are founded on. These are created using a variety of methods, including those related to classical conditioning, operant conditioning, and modelling. The approaches' primary goal is to change maladaptive behaviour. The two main methods of behaviour modification are aversive conditioning and negative reinforcement.

**Reinforcement Techniques:**

- a) Negative reinforcement is when an undesirable response is followed by an unpleasant or unfavourable outcome. To prevent her son from developing a thumb-sucking habit, a mother can, for instance, cover his thumb with a bitter NEEM paste. The youngster will stop thumb-sucking because of the bitterness and will attempt to avoid or withdraw the bitterness of the thumb.

**Aversive Conditioning:**

- i) It establishes a link between unfavourable behaviour and negative outcomes.
- ii) Aversive therapy is a therapeutic approach that employs a painful stimulus to alter a maladaptive behaviour.
- iii) It functions by repeatedly presenting an unpleasant (aversive) stimulus, such as an electric shock or a medicine that makes you queasy, together with the stimulus that typically encourages the deviant behaviour (such as alcohol or a sexual image).



- iv) The two stimuli become linked, and the person begins to dislike the stimulus that once sparked the abnormal behaviour.
- b) Positive reinforcement** may be employed by the therapist when an adaptive behaviour is observed. For instance, the mother of the child would cook his favourite meal on the day when he was frequently caught with his thumb in his mouth. A behaviour therapy is based on positive reinforcement, or the token economy.
  - i) The therapist and the patient are negotiating a package or contract.
  - ii) People with behavioural issues may receive a token as a reward each time a desired behaviour is demonstrated.
  - iii) The tokens are gathered and exchanged for an established reward, such as a trip for the sick or a treat for the kid.
  - iv) Institutions including hospitals, schools, and prisons frequently employ the strategy.
- c) Differential Reinforcement:** This type of reinforcement combines positive and negative reinforcement. This technique allows for simultaneous reduction of undesirable behaviour and augmentation of desirable behaviour.
- d) Ignoring Unwanted Behavior:** In this technique, the therapist rewards the desired behaviour while ignoring the undesirable behaviour. For instance, if the child does not suck his thumb, the parents are told to praise him, give him chocolate, or take him to the movies, but they are told to overlook the undesirable behaviour of thumb sucking. This approach is less painful and just as successful in changing the undesirable behaviour.
- Systematic desensitisation is a method that developed to treat phobias and unfounded anxieties. The reciprocal inhibition theory serves as the foundation for this strategy. According to this theory, when two forces that are mutually antagonistic are present, the weaker force, such as stress, is inhibited and relaxation cannot take place.  
**The technique follows four steps:**
  - i) The first interview.
  - ii) Training in relaxation techniques.
  - iii) Establishing a hierarchy of situations that cause anxiety. This is an individualized method that varies depending on the difficulty.
  - iv) **Desensitization:** As the client relaxes, he or she is exposed to situations that cause the least amount of anxiety. Over time, the client can tolerate more intensely frightening events while yet being relaxed. The client gradually becomes less sensitive to the fear.
- Modeling is the process by which a client picks up particular behaviours by observing the therapist or another role model.
  - i) It is acting out a part.
  - ii) The client eventually learns to adopt the behaviour of the model through the use of vicarious learning (learning by watching others), which rewards modest changes in behaviour.

#### **Question: 4**

Explain with the help of an example how cognitive distortions take place.

#### **Answer 4:**

Aaron Beck devised cognitive therapy.

Therapy for cognitive reorganisation is another name for it.

Basic Premise: Disorder was caused by negative thinking, illogical beliefs, and incorrect generalisation. According to this therapy, persistent cognitive distortions play a big part in what leads to disorder. Cognitive distortion is a generalised pattern of thinking that negatively affects reality. Examples



include persistently negative and nonsensical thoughts like "Nobody loves me," "I'm unattractive," "I'm stupid," etc.

#### Step I:

Analysis of Core Schemata: Core schemata, or systems, which contain beliefs and behaviour patterns of the individual, are developed during childhood as a result of experiences provided by the family and society.

- A client who experienced parental neglect as a child forms the fundamental schema "I am not wanted." The school's teachers might attest to this.
- These automatic negative beliefs lead to cognitive errors.
- Cognitive distortions are modes of thinking that are universal in nature yet negatively alter reality. The term "dysfunctional cognitive structure" refers to these patterns.
- The recurrence of these mistaken beliefs causes feelings of anxiety and melancholy to emerge.

#### Treatment Method:

- The therapist asks soft, non-threatening, non-judgmental, non-probing, yet thought-provoking questions as a treatment method.
- The client is forced to delve deeper into her or his presumptions about his life and problems by the questioning.
- The client is forced to think in the opposite direction of his negative thoughts, gaining insight into his dysfunctional schemas and the ability to restructure his thinking in a constructive manner.
- The therapist and client collaborate to identify the person's assumptions, beliefs, and expectations and to develop strategies for evaluating them. Beck's cognitive approach does not aim to refute the notions held by depressed people.

#### Aim of the Therapy:

Cognitive restructuring by helping people to recognize and reject the false assumptions that are central to their difficulties.

#### Question 5:

Which therapy encourages the client to seek personal growth and actualise their potential? Write about the therapies which are based on this principle.

#### .Answer 5:

The client is encouraged to pursue personal development and realise their potential by humanistic-existential therapy. It claims that the inability to find true meaning and fulfilment in life, along with emotions of loneliness and alienation, are the root causes of psychiatric discomfort.

#### The following therapies are founded on this idea:

- **Existential therapy:** There is a spiritual unconscious that serves as a repository for love, aesthetic sensibility, and moral principles. When life's issues are linked to a person's bodily, psychological, or spiritual components of existence, neurotic concerns start to develop. Frankl underlined the part that spiritual fears play in contributing to meaninglessness; as a result, it is possible to refer to this anxiety as existential, or neurotic anxiety with a spiritual root.
- **Client-centered therapy:** Carl Rogers practised client-centered therapy. He merged the objectivity of science with the tailored application of client-centered psychotherapy. The concept of the self, with freedom and choice at its foundation, was introduced into psychotherapy by Rogers. The therapeutic interaction allows the patient to re-establish contact with their fractured emotions. The therapist is warm and has unconditional positive regard, which is complete acceptance of the client as they are. This means that the therapist demonstrates empathy by understanding the client's experience as if it were her/his own. An emotional resonance between the therapist and the client is created by empathy.



- **Gestalt treatment:** The word "gestalt" is German for "whole." Freiderick (Fritz) Perls and his wife Laura Perls provided this therapy. Gestalt therapy aims to improve a person's sense of self and acceptance of who they are. The client is instructed on how to identify the body functions and emotions that are being concealed from awareness. The therapist encourages the patient to act out fantasies about emotions and conflicts to achieve this. You can also employ this therapy in a group environment.

### **Question 6:**

What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

#### **Answer 6:**

The healing process depends on a number of variables. Here are a few of these elements:

- The strategies used by the therapist and how they are applied to the client.
- The therapeutic alliance's quality, including the therapist's availability on a regular basis and their warmth and empathy, is crucial.
- The degree of emotional release (catharsis) has a big impact on recovery.
- Psychotherapy is correlated with non-specific characteristics. These are therapist and patient variables.
- A client's drive for change, anticipation of progress as a result of treatment, and other factors are referred to as patient variables. The therapist's competence, good mental health, and lack of unresolved emotional issues are all considered to be variables.

The reason alternative therapies are thus named is because they offer other therapeutic options than traditional medication therapy or psychotherapy. There are numerous alternative therapies available, including yoga, meditation, herbal treatments, and others.

- The Ashtanga Yoga described in Patanjali's Yoga Sutra is an old Indian method. The term "yoga," as it is used today, can refer to either to the asanas or body-positive aspect of the practise, to breathing exercises or pranayama, or to a mix of the two.
- Focusing attention on the breath, an object, an idea, or a mantra is the practise of meditation.
- There is no fixed object or concept in vipasana meditation, often referred to as mindfulness-based meditation, to keep the attention focused. The individual may be observing the numerous physiological aches and pains and ideas that are running through his mind.
- It has been discovered that Sudarshana Kriya Yoga (SKY), which uses rapid breathing techniques to cause hyperventilation, is a helpful, low-risk, and inexpensive adjunct to the treatment of stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related medical illnesses, substance abuse, and the rehabilitation of criminal offenders.
- Obsessive-compulsive disorder can be effectively treated with Kundalini yoga, which is taught in the USA. It blends mantra chanting with pranayama, or controlled breathing.

### **Question 7:**

What are the techniques used in the rehabilitation of the mentally ill?

#### **Answer 7:**

Rehabilitation of the mentally ill is necessary to improve their quality of life once their active symptoms are reduced.

- In the case of milder disorders, such as generalized anxiety disorder, reduction of symptoms improves their quality of life and such patients need not to help rehabilitation.



- However in severe mental disorders, such as schizophrenic disorders, reduction of symptoms does not mean that patient is cured. Such patients develop negative symptoms like apathy or lack of motivation and their cognitive social and occupational skills get impaired. So they need rehabilitation.

- Rehabilitation provides:

1. Social Skill Training: It helps the patients to develop interpersonal skills through role play, imitation and instruction.
2. Cognitive Retraining: It helps the patients to improve the basic cognitive functions of attention, memory and executive functions.
3. Occupational Therapy: The patients are taught skills such as candle-making, paper bag making and weaving to develop work discipline.
4. Vocational Training: When the patient becomes self-sufficient, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment.

### **Question 8:**

How would a social learning theorist account for a phobic fear of lizards/cockroaches? How would a psychoanalyst account for the same phobia?

#### **Answer 8:**

Social learning theories operate under the premise that all of our experiences, positive or bad, such as a fear of lizards or cockroaches, are the result of lifelong learning processes. Little ones can play with snakes because they are not yet aware of the risk. For toddlers, it is just another toy, but as kids get older, society and parents develop a dread of these things in them that is reinforced and accounts for reactions like phobia.

The same can be attributed to certain unconscious or/and repressed events in a psychoanalytical explanation. For instance, imagine that as a child you witnessed a group of rowdy boys cruelly torturing a cockroach or snake, which eventually died. Although you may have forgotten about the incident after a few days, it may have stayed in the back of your mind forever, which may account for your phobia of cockroaches because they may trigger memories of the incident and cause you emotional distress.

### **Question 9:**

What kind of problems is cognitive behaviour therapy best suited for?

#### **Answer 9:**

For a variety of psychological illnesses such anxiety, depression, panic attacks, borderline personality disorder, etc., CBT is a quick and efficient treatment.

- It blends behavioural method with cognitive therapy.
- According to CBT, a client's discomfort is a result of a combination of biological, psychological, and social relationships.
- Through relaxation techniques and behaviour therapy, CBT focuses on the biological and psychological elements of health. Environmental manipulations deal with social factors.
- Because of its multi-axial design, CBT is a comprehensive treatment that is simple to adopt, adaptable to a wide range of diseases, and fully capable of efficiently treating psychiatric disorders.