

Treatment

History of Treatment

Stone Age

- People also behaved weird
- Believed people were possessed by demons or spirits

- Solution. Need to release the spirit
- Put a hole in the head - Trephining

As Time Progresses

- Humans become more sophisticated
- Weird behaviors are caused by demons
- Remove by religious rites and rituals

Greek Empire

Hippocrates 460-377bc

- Rejected the demon explanation
- Formulated a medical model
- Hypothesized we get problems from
 - Organic injury
 - Imbalance of body fluids
- Inherited susceptibility

- Divided Mental illness into categories
- Each problem was caused by imbalances of four humors
- These imbalances caused different personality traits and abnormal behavior.

Personality	Cause
• Phlegmatic (indifferent)	• Excessive Phlegm
• Sanguine (overly enthusiastic)	• Excessive Blood
• Melancholic (Depressed)	• Black Bile
• Choleric (Aggressive)	• Yellow Bile

Treatment for Problems

- Vegetarianism
- Sexual Abstinence
- Bleeding

Continued in the Roman Era

- e.g., Galen
- Major Physician
- Assigned the origins of sensory nerves in the brain
- Motor nerves in the spinal cord
- Arteries are filled with blood, not air

Roman Empire Falls Dark Ages

They're back - Demons Return

- Demise of writing and knowledge in western civilization
- Rise of Christianity
- People who have knowledge are the priests/clergy
 - Priests are not physicians
 - . Use a priest model of abnormal behavior
 - . Caused by demons

Problem
Priests are not Physicians

Use a priest model of abnormal behavior
Caused by demons

Treatment

- Initially Prayers, Exorcism
- Problem Didn't Work

Reanalysis

- Demon is having a pleasant place to reside
- Solution - Make the body painful and the demon will leave
- Treatment Torture Dunking
- Problem Still didn't work

Additional Reanalysis

- Know there is a demon inside
- Someone else must be controlling the demon

- Who is it?

Witches

- Older women
- Usually Poor
- Ate things other people did not eat (tomatoes)
- All you needed to be was accused
- Guilty until proven innocent
- Treatment
 - Torture until you confess
 - Burn at the stake

Time Passes

Rise of the Nation State

- Mentally ill are wards of the king
- Are placed in asylums or mental hospitals
- Patients are treated like animals
- The rich pay money to watch
- Was a good show

Late 1700's Pineal

- Changed the Treatment
- Removed the chains

- Result, some people got better

IN US

**1800's
Dix**

- Helped get funding for many hospitals
- Hospitals were built to find cures for mental illness

Problem - No Cures are Developed

- Numbers of patients began to increase
- Became hard to control
- So, Hospitals became like prisons with small windows or no windows, high walls, barbwire

Private Hospitals were Better than Public Hospitals

- | Private | Public |
|---|---------------------------|
| • For the Rich | • For the Poor |
| • Few patients for the staff | • Many patients for staff |
| • Patients receive individualized attn. | • Control the masses |

Result

- | Rich | Poor |
|--|--|
| <ul style="list-style-type: none">• Psychoanalysis | <ul style="list-style-type: none">• Develop specific treatments• Control masses• ECT• Prefrontal Lobotomies• To many people for indiv. therapy |

1950's

Two major changes in treatment

- Increased utilization of behavioral treatments
 - Found a marked improvement in treatment – patients could leave
- Psychoactive drugs

- Result, large decreases in patient populations

1960's

Mental Health Movement

- Began in the Johnson Administration

- Problem with mental hospitals is that the hospital is located away from the patient's family and friends

- Should treat patients at the local level

Result

- Provide money at the county level.
- Taylor the center to meet needs of the community
- Develop ½ way houses, etc.

- Deinstitutionalization

Today

- Mental Health centers are decreasing
- Lack of funding
- No halfway houses
- Don't want them near my house
- Drugs are expensive
- People stop taking medications – symptoms return

Bassuk, Rubin, Lauriat

- Evaluated all individuals entering a shelter facility

- Assessed mental health of patients

Results

- 91% had a psychological problem
- Mean age 34
- 83% were male
- 40% had a psychotic disorder (Schiz.)
- 29% were chronic alcoholics
- 21% had a personality disorder

- In addition, most patients with psychotic symptoms were receiving no treatment

Solutions

Arrest Them

- Get them off the streets and into treatment
- Done by Ed. Koch
- Outrage by homeless advocates, ACLU, Hollywood folk

Lack of Funding

- Problem - can't pay Psychologists or Psychiatrists enough
- So, hire MA's. Can do some therapy but don't have as much training.

Idaho Solutions

- Only treat the most severe and chronically ill.
- Do case management

Alternatives

- Increase funding to agencies but you decrease funding to something else - Higher Education
- Increase taxes

Other Solutions and Problems

- Give bus tickets to homeless. Get them out of here
- Don't provide benefits.
 - Low benefit states have fewer people with mental illness and fewer homeless than states that provide greater funding.
 - e.g., Lewiston and Clarkston

- Make mentally ill take drugs or place them in treatment
- If patients take drugs they do better
- If force people into drug or alcohol treatment, they do better

Problem

- Some drugs have side effects
- Homeless advocates and ACLU continue to fight against forced treatment.

Is a Complicated Issue with No Easy Solutions

Types of Treatment

- Biological Treatments
- Psychological Treatments

Biological Treatments

- Psychosurgery
- Commissurotomy and Tissue Removal
- Implants
- Tissue Implants
- Electro Convulsive Therapy
- Drug Treatment

Psychosurgery

- Prefrontal Lobotomy (1930)
Moniz
 - Cut prefrontal lobe structure in the brain
 - Became very popular
 - Had lots of problems
- Burden Group
Used Microelectrodes

Commissurotomy and Tissue Removal

- Cut Corpus Callosum and other structures to stop seizures.
- Remove tissue

Electrical Implants

- **Berl**
 - Put electric grid on cerebellum to stop seizure activity
 - Had moderate success
- **Vagus Nerve Stimulation**

Tissue Implants

- **Very recent**
 - Removed tissue from body parts (e.g., Adrenal cortex) and placed in the brain
 - Also tried with brain tissue from adults
 - Didn't work well because tissue was dead

Fetal Tissue Implants

- **Uses brain tissue from aborted fetuses**
 - Is very new
 - Is very controversial
 - Seems to get some good results with Parkinson's syndrome

Stem Cell Implants

Uses cells from inpregnated human embryos and is placed in the brain

- Is very new
- Is very controversial
- Stem cells also seem to travel to specific sites in the brain.
 - Identify what goes where and you won't need to do the surgery

Electro Convulsive Therapy

- Is not electroshock therapy
- Take a muscle relaxant
- Put electrical paddle(s) on the temporal lobes of the brain
- Give 70-150 volts
- Causes a grand mal seizure
- Person then goes to sleep

Results

- Used in the past with everything (didn't work)
- Today, is only used with severe depression
- Works well
- Increases NE levels for some reason
- Today, we don't provide a lot treatments.

Drug Treatments

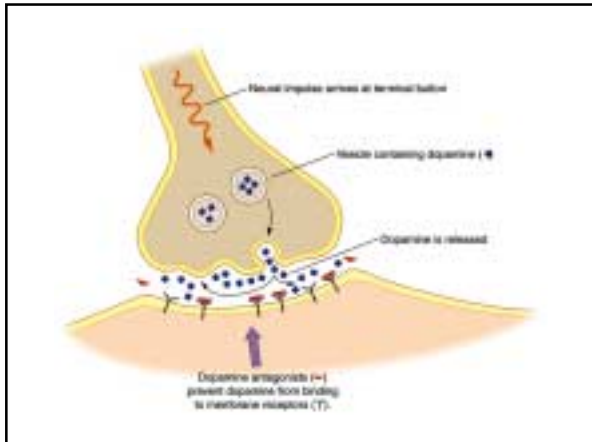
- Antipsychotic Drugs
- Anxiety Drugs
- Antidepressants

Antipsychotic Drugs

- Two main groups
- a. Phenothiazines
 1. Thorazine
 2. Stelazine
- b. Butyrphenones
 1. Haldol

Decrease levels of Dopamine

- Used to treat disorders having severe hallucinations & delusions (e.g., Schizophrenia)
- Are very powerful
- Side Effects
 1. Can get a walking zombie syndrome
 2. Dry Mouth
 3. Tardive Dyskinesia



Anti-Anxiety Drugs

- Used to treat tension and anxiety
- Are also used for anticonvulsant and sleep disorders
- Benzodiazepines
 - a. Valium
 - b. Librium
 - c. Miltown
- Are relatively safe
- Are very addictive
- Side effects include drowsiness

Antidepressants

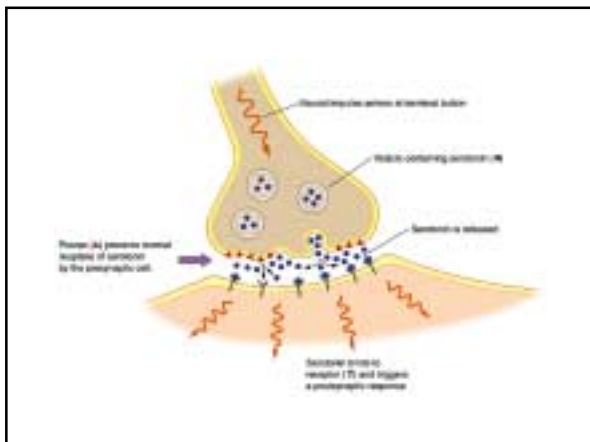
- Are drugs to treat depression
- Several types

Monoamine Oxidase Inhibitors (MAOI's)

- Parnate
Marplan
Nardil
- Blocks the secretion of MAO
Result, increases the levels of NE
- Problem
 - Can be very dangerous
 - Can't eat certain types of food
 - Effects are delayed (1-2 weeks)

Tricyclics

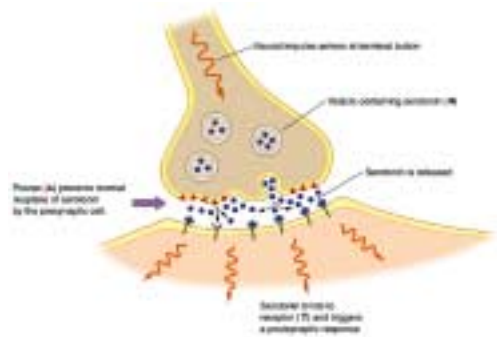
- Also decrease depression
- Trofranil
- Anafranil
- Elavil
- Aventyl



- Blocks the re-uptake of NE
- Are much safer than MAOI's
- Good with both psychotic and unipolar types of depression
- May take 2-3 weeks for results to begin

Selective Serotonin Reuptake Inhibitors (SSRI's)

- Prozac
- Zoloft
- Paxil
- Blocks re-uptake of Serotonin
- Has a long half-life
- Especially good for the first 5-6 weeks
- May cause nausea
- Unknown long term effects



Psychological Treatments

- Many types
- Behavioral therapies
- Cognitive-Behavioral therapy
- Psychoanalytic treatments
- Humanistic treatments

Behavioral Therapies

- Many types
- Electroshock Therapy
- Counter Conditioning
- Systematic Desensitization
- Covert Desensitization
- Flooding
- Implosion

Electroshock Therapy

- Used in a variety of treatments
- Is a punishment technique
- Used to stop smoking, drinking, etc.
- Used to stop infant vomiting

- Place a shock electrode on a body part
- Give a shock when the person emits a response
- Mixed effectiveness

Counter Conditioning

- Mary Cover Jones
- Was a student of Watson
- Noted you cannot have arousal and relaxation together
- Get the person in a relaxed state
- Put the scary thing far away
- Gradually move the item closer every day
- Good results

Systematic Desensitization

- Wolpe
- Develop a hierarchy of fears
- Get the person in a relaxed state
- As the person is relaxed, present the stimulus that is lowest in the hierarchy
- When there is no fear - go to the next level
- Is very effective
- Works well with lots of phobias

Covert Desensitization

- Is similar to systematic desensitization
- But instead of presenting the actual stimulus, have the person imagine the stimulus or show a picture of the stimulus.
- Then move to the actual stimulus



Flooding

- Operates on the principle of extinction
- Place a person in the room with the stimulus but don't let them out

- Initially, get lots of fear and anxiety
- Fear gradually decreases as time progresses

Implosion

- Have the person imagine they are in the room

- Uses imagery

Cognitive Behavioral Therapy

- Several techniques
- Social Learning
- Cognitive restructuring
- Rational Emotive Therapy

Social Learning

- Modeling
- Have the person observe others then perform the behavior
- Often works with behaviors such as sexual dysfunction's

Cognitive - Behavioral

- Works with changing the persons attitudes, opinions, mental models of things plus changing the behavior.
- Is probably the most commonly used technique.
- Used with many problems
- Uses lots of homework

Psychoanalytic Therapy

- Uses free association
 - Relax on the couch
 - Say the first thing that comes to mind
- Uses dream analysis
- Evaluates resistance
- Looks at defense mechanisms
- Transference - Feelings of love and hate toward the therapist as resistance increases

- Effectiveness poor
- Takes a long time
- Cost is high

- Reliability and Validity of the model is poor

Lots of Other Therapies

- Gestalt
- Transactional Analysis
- Encounter Groups
- Faith Groups

- All may have some positive components but most have major problems and provide poor results

Effectiveness of Psychological Therapy

- Is better than no therapy
- Sometimes, therapy by others is as good as psychological therapy
 - Hair dressers
 - Bartenders
- Behavioral therapies and cognitive behavioral therapies tend to be the best.

Again

- What is science
- Look at the types of studies
 - Are they correlational
 - Are they experimental

Conclusion

- Psychology is a diverse field
- Can make lots of money
- Has a lot of good stuff
- But, also have some problems

Live Long and Prosper
