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.

<table>
<thead>
<tr>
<th>Personality</th>
<th>Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phlegmatic (indifferent)</td>
<td>Excessive Phlegm</td>
</tr>
<tr>
<td>Sanguine (overly enthusiastic)</td>
<td>Excessive Blood</td>
</tr>
<tr>
<td>Melancholic (Depressed)</td>
<td>Black Bile</td>
</tr>
<tr>
<td>Choleric (Aggressive)</td>
<td>Yellow Bile</td>
</tr>
</tbody>
</table>

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

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**Treatment**

- Initially  Prayers, Exorcism
- Problem Didn’t Work

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**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

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**Additional Reanalysis**

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

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**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

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**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

<table>
<thead>
<tr>
<th>Private</th>
<th>Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>For the Rich</td>
<td>For the Poor</td>
</tr>
<tr>
<td>Few patients for the staff</td>
<td>Many patients for staff</td>
</tr>
<tr>
<td>Patients receive individualized attn.</td>
<td>Control the masses</td>
</tr>
</tbody>
</table>
**Result**

<table>
<thead>
<tr>
<th>Rich</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoanalysis</td>
<td>Develop specific treatments</td>
</tr>
<tr>
<td></td>
<td>Control masses</td>
</tr>
<tr>
<td></td>
<td>ECT</td>
</tr>
<tr>
<td></td>
<td>Prefrontal Lobotomies</td>
</tr>
<tr>
<td></td>
<td>To many people for indiv. therapy</td>
</tr>
</tbody>
</table>

**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

Problem

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

Types of Treatment

- Biological Treatments
- Psychological Treatments
Biological Treatments

- Psychosurgery
- Commisurotomy 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

Commisurotomy 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 of 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
**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

- 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
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
<table>
<thead>
<tr>
<th>Cognitive Behavioral Therapy</th>
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</thead>
<tbody>
<tr>
<td>• Several techniques</td>
</tr>
<tr>
<td>• Social Learning</td>
</tr>
<tr>
<td>• Cognitive restructuring</td>
</tr>
<tr>
<td>• Rational Emotive Therapy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Modeling</td>
</tr>
<tr>
<td>• Have the person observe others then perform the behavior</td>
</tr>
<tr>
<td>• Often works with behaviors such as sexual dysfunction's</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cognitive - Behavioral</th>
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</thead>
<tbody>
<tr>
<td>• Works with changing the persons attitudes, opinions, mental models of things plus changing the behavior.</td>
</tr>
<tr>
<td>• Is probably the most commonly used technique.</td>
</tr>
<tr>
<td>• Used with many problems</td>
</tr>
<tr>
<td>• Uses lots of homework</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Psychoanalytic Therapy</th>
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</thead>
<tbody>
<tr>
<td>• Uses free association</td>
</tr>
<tr>
<td>– Relax on the couch</td>
</tr>
<tr>
<td>– Say the first thing that comes to mind</td>
</tr>
<tr>
<td>• Uses dream analysis</td>
</tr>
<tr>
<td>• Evaluates resistance</td>
</tr>
<tr>
<td>• Looks at defense mechanisms</td>
</tr>
<tr>
<td>• Transference - Feelings of love and hate toward the therapist as resistance increases</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lots of Other Therapies</th>
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</thead>
<tbody>
<tr>
<td>• Effectiveness poor</td>
</tr>
<tr>
<td>• Takes a long time</td>
</tr>
<tr>
<td>• Cost is high</td>
</tr>
<tr>
<td>• Reliability and Validity of the model is poor</td>
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<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>• Gestalt</td>
</tr>
<tr>
<td>• Transactional Analysis</td>
</tr>
<tr>
<td>• Encounter Groups</td>
</tr>
<tr>
<td>• Faith Groups</td>
</tr>
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</thead>
<tbody>
<tr>
<td>• All may have some positive components but most have major problems and provide poor results</td>
</tr>
</tbody>
</table>
Effectiveness of Psychological Therapy

- Is better than no therapy
- Sometimes, therapy by others is as good as psychological therapy
  - Hairdressers
  - 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