

## **MODULE 70 INTRODUCTION TO THERAPY, AND PSYCHODYNAMIC AND HUMANISTIC THERAPIES**

### **INTRODUCTION TO THERAPY**

- Reformers Phillipe Panel and Dorothea Dix pushed for gentler, more humane treatments and for constructing mental hospitals. Earlier on, well-meaning individuals have cut holes in people's heads and restrained, bled, or "beat the devil" out of them.
- In PSYCHOTHERAPY, a trained therapist uses psychological techniques to assist someone seeking to overcome difficulties or achieve personal growth. BIOMEDICAL THERAPY offers medication or other biological treatments. Many PSYCHOTHERAPISTS describe themselves as taking an ECLECTIC APPROACH, using a blend of psychotherapies. Eclectic consists of the following major theories: psychodynamic, humanistic, behavioral, and cognitive.

### **PSYCHOANALYSIS AND PSYCHODYNAMIC THERAPY**

- Sigmund Freud's PSYCHOANALYSIS was the first of the psychological therapies. Freud's therapy aimed to bring patients' repressed or disowned feelings into conscious awareness.
- Free association is where you relax, perhaps by lying on a couch as the psychoanalyst sits out of your line of vision, you say aloud whatever comes to mind.
- To the analyst, these mental blocks indicate RESISTANCE. Resistance is the blocking from consciousness of anxiety-laden material. INTERPRETATION is the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight.
- TRANSFERENCE is the patient's transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent).
- Psychoanalysis is not for everyone and is not supported by scientific research.
- PSYCHODYNAMIC THERAPY is the therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight. Focuses on id, ego, and superego.
- Interpersonal psychotherapy is a brief variation of psychodynamic therapy, has effectively treated depression.
- Humanistic therapies have attempted to reduce growth-impeding inner conflicts by providing clients with new insights. The psychodynamic and humanistic therapies are often referred to as INSIGHT THERAPIES, or a variety of therapies that aim to improve psychological functioning by increasing a person's awareness of underlying motives and defenses.
- Carl Rogers developed the widely used humanistic technique he called CLIENT-CENTERED THERAPY, which focuses on the person's conscious self-perceptions. The therapist listens, without judging or interpreting, and seeks to refrain from directing the client toward certain insights. Acceptance, genuineness, and empathy.

- **ACTIVE LISTENING** is empathic listening in which the listener echoes, restates, and clarifies. A feature of Rogers' client-centered therapy. The counselor only interrupts only to restate and confirm feelings, to accept what is being expressed, or to seek clarification.
- The therapist's most important contribution is to accept and understand the client. Given a nonjudgmental, grace-filled environment that provides **UNCONDITIONAL POSITIVE REGARD**, people may accept even their worst traits and feel valued and whole. Paraphrase, invite clarification, reflect feelings.

**BE ABLE TO ANSWER:** In psychoanalysis, what does it mean when we refer to transference, resistance, and interpretation?

**PRACTICE FRQ:** Explain what psychoanalysis is, and then discuss the relationship of transference and resistance to the therapy.