

Chapter 17: Approaches to Treatment and Therapy

Objectives



After studying this chapter, you should be able to do the following:

1. Discuss the uses of antipsychotic drugs, antidepressants, tranquilizers and lithium in treating emotional disorders.
2. Summarize the problems inherent in treating psychological disorders with drugs.
3. Describe the procedures used in attempts to alter brain function directly.
4. List and explain the goals and principles of the four major schools of psychotherapy.
5. Explain the scientist-practitioner gap and why it has developed.
6. Describe the results of efforts to evaluate the effectiveness of psychotherapy.
7. Discuss the factors most likely to lead to successful therapy and discuss the role of the therapeutic alliance.
8. Discuss which therapies work best for specific problems.
9. Discuss the circumstances in which therapy can be harmful.
10. Discuss the goals and methods of various alternatives to psychotherapy, including community programs and self-help groups.
11. Explain the limitations of psychotherapy.