

Basics of Mental Health and Clinical Psychiatry
Doctor Sumit Kumar
Tata Jain Hospital, Jamshedpur
Lecture – 34
Psychotherapy - II

Hello everyone, let us start lecture number 34, psychotherapy- II.

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The concepts which we will be discussing is systemic desensitization, therapeutic graded exposure, flooding, participant modelling, positive enforcement, Eye Movement Desensitization and Reprocessing, couples therapy, hypnosis that is abreaction, supportive therapy, self help groups, and individual therapy.

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Behaviour Therapy

Behaviour refers to observable actions and responses.

It involves changing the behaviour of patients to reduce dysfunctions and to improve quality of life.

Father of Behaviourism- John.B.Watson

Utilizes principles of learning Theory

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The slide features a central tree diagram with various icons (gears, atom, lightbulb, etc.) as leaves. A presenter is visible in the bottom right corner.

Behavior Therapy: it refers to the observable actions and responses; how are we going to respond in a certain kind of way. Now, this thought process, now these actions, this is basically governed by the thought process. The way we think is how we act; it involves the changing behavior of patients to reduce dysfunctions and to improve quality of life. Father of Behaviourism is John.B. Watson, and utilize the principles of learning theory.

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Systemic Desensitization

Joseph Wolpe and his colleagues in Johannesburg , South Africa developed Systemic Desensitization.

Works on the principle of **Counterconditioning**

A person **overcomes maladaptive anxiety elicited by a situation or an object** by approaching the feared situation gradually in a **psychophysiological state that inhibits anxiety**.

3 steps

- Relaxation Training- Edmund Jacobson
(Herbert-Benson named it Relaxation response)
- Hierarchy Construction
- Desensitization

Works for Phobias , OCD , some Sexual dysfunctions .

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The systemic desensitization, now what it is? It is systemic desensitization was actually given by Joseph Wolpe, and his colleagues in Johannesburg, South Africa; and he was a person who developed it. So, it works on the principles of counter conditioning. A person overcomes maladaptive anxiety elicited by a situation or an object by approaching the feared situation, gradually in a psychophysiological state that inhibits anxiety.

How is that? The patient is asked to undergo a relaxing state; at first instance, like he undergoes a relaxation. This is basically done by Jacobson relaxation exercises, progressive muscle relaxation, where the patient is asked to undergo different kind of exercises starting from legs, shoulders, shoulders, hands, feet's.

It progress either from cranially to appendicular region or from appendicular to cranial region. So initially, the patient is asked to undergo this relaxation exercises; thereby, it calms down the patients. And second is by asking the patient to construct a hierarchy of problems. Now, how it is done? So, suppose this patient of phobia is having phobia of maybe a spider, animal, small animal.

So, there we need to ask what are the conditions which hierarchies; we need to create those hierarchies starting from the least possible the entity, which actually causing him to become anxious or panic. So, what can be the (such) situations? Now, simply by showing a photograph of spider, patient can become anxious; simply by seeing a visual of spider, a photography or video or a sound, or maybe a discussion of where the spider is going. So, these are the instances where the hierarchy can be constructed.

So, after constructing the hierarchy, the desensitization starts. So, with the least possible stimulus, patient is confronted with; and the patient is asked to like before thus this therapy started, Baseline, BP pulse, respiratory rate all these are recorded. And on exposure, how the patient responds after the first exposure or after the first stimulus when the patient is being exposed to another the like, after the exposure; once again the BP pulse or respiratory rate is recorded.

So, this is how we try to manage; all this how to try to desensitize the patient, which we try to control the response the patient has of the ongoing stimulus. So, this is how the hierarchy it goes. So, it basically works for phobias, OCDs, and some sexual dysfunctions also.

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Therapeutic Graded Exposure

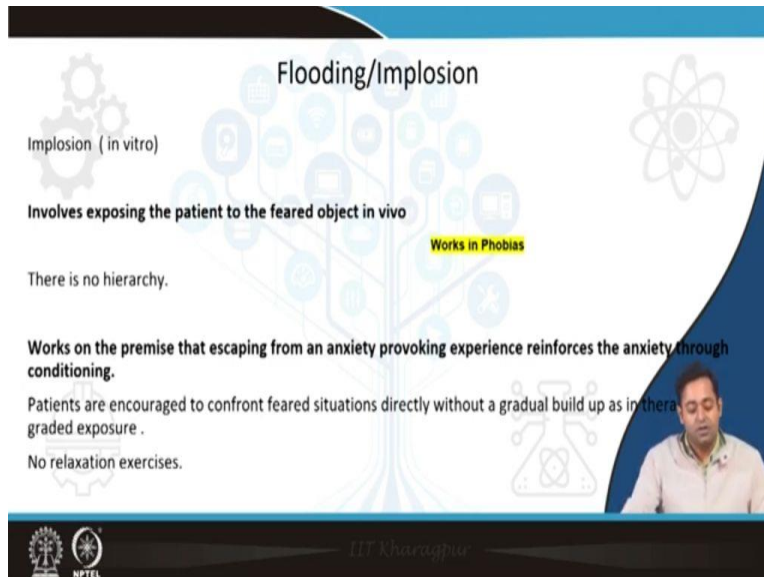
- Relaxation training is not involved.
- Treatment is carried out in - vivo.
- Individual must be brought in contact with the warning stimulus to learn first hand that no dangerous consequences will ensue.
- Exposure is graded according to a hierarchy.
- Works in OCD, Phobias

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So, what is therapeutic graded exposure? Therapeutic graded exposure is here the basic difference is, what I like their systemic desensitization and therapeutic graded exposure. The basic difference is here the relaxation training is not involved. And this therapeutic graded exposure is done in vivo, the patient is actively involved in doing this; whereas, in systemic desensitization, the patient is asked to think.

Suppose, you are in this kind of such situation, what will happen? Suppose, we are in this kind of situation, what will happen? So, there it is in vitro, this is in vivo; you are asked to do it. Individual must be brought in contact with the warning stimulus to learn firsthand that no dangerous consequences will ensure; so, this we have to preempt with the patient. Exposure is graded according to hierarchy here also, and it works in OCDs and phobias.

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Flooding/Implosion

Implosion (in vitro)

Involves exposing the patient to the feared object in vivo

Works in Phobias

There is no hierarchy.

Works on the premise that escaping from an anxiety provoking experience reinforces the anxiety through conditioning.

Patients are encouraged to confront feared situations directly without a gradual build up as in therapeutic graded exposure .

No relaxation exercises.

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So, what is the flooding? So, flooding and implosion: Implosion is in vitro likewise in those therapeutic graded exposure and flooding is in vivo. You are directly exposing the most anxious stimulus to the patient. So, it works on the premise that escaping from an anxiety, provoking experience reinforces the anxiety through conditioning.

So, suppose if I am having fear of water, and if I restrict myself and animate myself from going towards water, or even a site of water; or if even a discussion of water bodies maybe a sea, or an ocean or a swimming pool. So, there if I have if somebody takes me and confronts me or exposes me to ocean, tries to go and asked me to swim there.

So, there it will be a kind of flooding for me; because I am having phobia due to water, and I have been taken to a place where I am exposed to the maximum possible anxiety provoking situation. So, there is no relaxation exercises here also.

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Participant Modelling

Patient learns new behaviour by imitation , primarily by observation , without having to perform the behaviour until they feel ready.

Phobic Patients are placed with other patients of their age and sex who approach the feared stimulus or object.

Therapist describes the feared activity in a calm manner

Behaviour Rehearsal – Real life problems are acted out under a therapist observation or direction


Works in Temper tantrums, ADHD,

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What is Participant modeling? Participant modeling is when patient learns new behavior by imitation, primarily by observation, without having to perform the behavior. So, there is a therapist who tries to do certain kind of act. And the participants they are act, they are asked to observe, they are asked to like imitate on the lines of therapists is, what the therapist is doing.

So, phobic patients are placed with other patients of their age and sex who approach the feared stimulus or object. Therapist describes the fear activity in a calm manner; this is the way that we have to do. Behavior rehearsal- real life problems are acted out under therapist observation or direction. So, these are under this is utilized, this participant modeling is utilizing temper tantrums, ADHD, and all sorts of behaviors, where the positive reinforcement is helpful.

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Positive Enforcement
When a behavioural response is followed by a generally rewarding event , such as food , avoidance of pain or praise, it tends to be strengthened and to occur more frequently than before the reward.

Token Economy in inpatient management
Works in Temper Tantrums, ADHD ,management of inpatients for social skill training

Eye Movement Desensitization and Reprocessing (EMDR)
Saccadic eye movements are rapid oscillations of the eyes that occur when a person tracks an object that is moved back and forth across the line of vision.

Relaxation occurs following the act .
Works in PTSD , Phobias

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So, positive enforcement is when a behavioral response is followed by a generally rewarding event, such as food, avoidance of pain or praise; it tends to be strengthened and to occur more frequently than before the reward. Token economy that is token economy means you are paying the patient, you are giving some financial contributions to the patient; because this particular patient is doing some kind of constructive activities, while in the in patient.

They are making health to the household stuff, they are making help during dining area, they are involved in gardening activities. So, this kind of financial help is called token economy, where the patient utilizes this financial help in order to, in for their personal utilization, for the personal needs. So, eye, next is Eye Movement Desensitization and Reprocessing. This EMDR is utilized for PTSDs, Post Traumatic Stress Disorders.

And here there is a relaxation, which actually occurs during the EMDR. What is happening? The patient is asked to think about the anxiety provoke stimulus, when the therapist asked to concentrate on a particular kind of specific, when there is a focus on a specific kind of stimulus. So, at the time of this act, where the patient is asked to move his eyeballs in a kind of like where you have psychiatric movements.

So, at that point of time, the patient is asked to think about the most anxiety provoking stimulus. So, you try to distract yourself from the thought process. So, what happens? It brings relaxation to the chain of thought which is actually happening.

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Couple Therapy/ Marital Therapy

It is a form of psychotherapy designed to psychologically modify the interaction of two persons who are in conflict with each other over one or the other parameters.

- i) Social
- ii) Emotional
- iii) Sexual
- iv) Economic

Therapist establishes a therapeutic contract with a patient-couple and through definite types of communication attempts

- i) To alleviate disturbance
- ii) Reverse maladaptive pattern of behaviour
- iii) Encourage personality growth and development

Marriage counseling differs in dealing only a specific problem

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Next is couple therapy and marital therapy. So, it is a form of psychotherapy designed to psychologically modify the interaction of the two persons who are in conflict with each other. This can be in the form of social conflict, emotional conflict, sexual conflict or economical conflict. Now, there is one more thing marriage counseling and marital therapy; they both are different entities.

So, in marriage counseling, it deals with the only specific kind of problem, just one problem. Whereas, in couple therapy or marital therapy, you have a variety of reasons, variety of issues that are discussed in a single session in a phase wise manner. So, therapist establishes a therapeutic contract with the patient-couple, and through different types of communication attempts to alleviate. What are the to alleviate disturbances, reverse maladaptive pattern of behavior, and encourage personality growth and development.

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4 Types

- a) Individual
- b) Individual Couple Therapy
- c) Conjoint Therapy
- d) Four Way session

Goals

- i) To alleviate emotional distress and disability.
- ii) To promote levels of well being of both partners together and of each as an individual.

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So, there are basically four types- individual level, individual couple therapy, conjoint therapy, and four way session. Individual level therapy means either of the like the couple, they are in contact with the therapist; and they are undergoing a session. In individual couple therapy, the both the couples, the both the spouses can have individual therapist; and they can undergo sessions.

And they can come back and discuss, and try to rectify their thought processes. Conjoint therapy: therapy is when you have both the therapists. Both the spouses in contact with the therapist can have opposite sex is also dangerous, where you have biased opinions, where the female spouses with the females therapist and male spouses with the male therapist; where you do not have a valid discussion which the inference of the discussion is not successful or beneficial.

So, four-way session is when both the therapist or both the spouses, they all four they actively sit together; and bring out a, bring about a change, or rectify those thought processes of theirs. So, what are the goals? To alleviate emotional distress and disability, to promote levels of well-being of both the partners together, and of each as an individual.

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Family therapy

It is psychotherapeutic technique that focusses on altering the interactions between or among family members and seeks to improve the functioning of the family as a unit or its subsystems, and functioning of individual members of the family.

Aka Systemically sensitive therapy

Each session 2hrs /week depending upon the intensity of the situation
Therapist decides regarding the number of sessions required to bring about the change in the family dynamics.

3 Models

- i) Bowen
- ii) Structural
- iii) General System Model

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What is family therapy? It is psychotherapeutic technique that focuses on altering the interactions between or among the family members, improving the functioning of the family as a unit; and it is also known as systemically sensitive therapy. Each session is for two hours per week; and depending upon the intensity of the session, it increases.

And his therapist who decides what is the duration that needs to be increased, what is the frequency that needs to be increased? There are basically three models. Bowen models, structural model, and general system model.

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Goals

- a) To resolve or reduce pathological conflict and anxiety within the matrix of interpersonal relationships.
- b) To enhance the perception and fulfillment by family members of one another's emotional needs
- c) To promote appropriate role relationships between the sexes and generalisation.
- d) To strengthen the capacity of individual members and the family as a whole to cope with destructive forces inside and outside the surrounding environment.
- e) Integrate families into the large system of society, extend family and community groups as such as schools, medical facilities and social, recreational and welfare agencies.

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In all these models, you have a specific designation of the hierarchy of the family. Like father takes holds of the financial charges, mother takes (11:52) home affairs. Then, you have some elderly brother or an elderly child who is taking position, or who is designated for regulating the emotions of the entire family. So, there are certain goals which is appointed to a specific member of the family; so, and they take charge in position in order to have a conducive environment.

What are the goals? To resolve or reduce pathological conflict, anxiety within the matrix of interpersonal relationships; to enhance the perception and fulfillment by family members, or once or emotionally one other's emotional needs. To promote appropriate role relationships between the sexes and generalization, to strengthen the capacity of individual members as a family; and integrate the families into a larger system of society, extend family and community participation, medical facilities, schools, social recreational and welfare agencies.

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Supportive Psychotherapy

Creates a therapeutic relation as a temporary buttress or bridge for the deficient patient.

4 areas where the therapy is indicated:

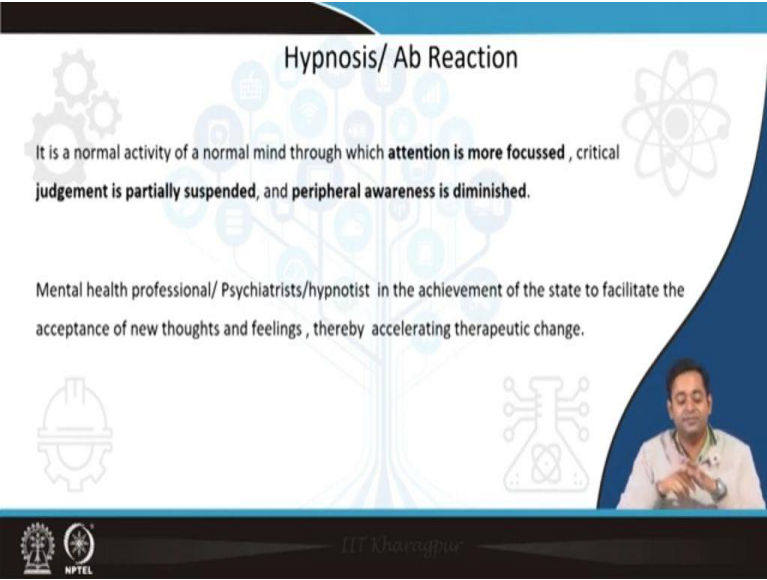
- i) Individual in acute crises or temporary state of disorganization and inability to cope.
- ii) Patients with fragile ego functioning (psychotic , Impulsive disorders)
- iii) Patients whose physical illness and cognitive deficits make them particularly vulnerable.
- iv) Patients who are psychologically unmotivated.

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Access supportive therapy; what is supportive therapy? It is creating a therapeutic relation as a temporary buttress and bridge to for the deficient patient. So, 4 areas where this therapy supportive therapies are indicated, individuals who are in acute crisis or temporary state of disorganization. Patients who has undergone maybe a rape or patient who has undergone, or experienced a catastrophic event like earthquake, flood, like those things.

Patients with fragile ego functioning lives who are psychotic or impulsive disorders, who are harboring impulsive disorders; patients whose physical illness and cognitive deficits make them particularly vulnerable for the such situations or patients who are psychologically unmotivated. They who do not want to get seek treatment.

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Hypnosis/ Ab Reaction

It is a normal activity of a normal mind through which **attention is more focussed**, critical judgement is **partially suspended**, and **peripheral awareness is diminished**.

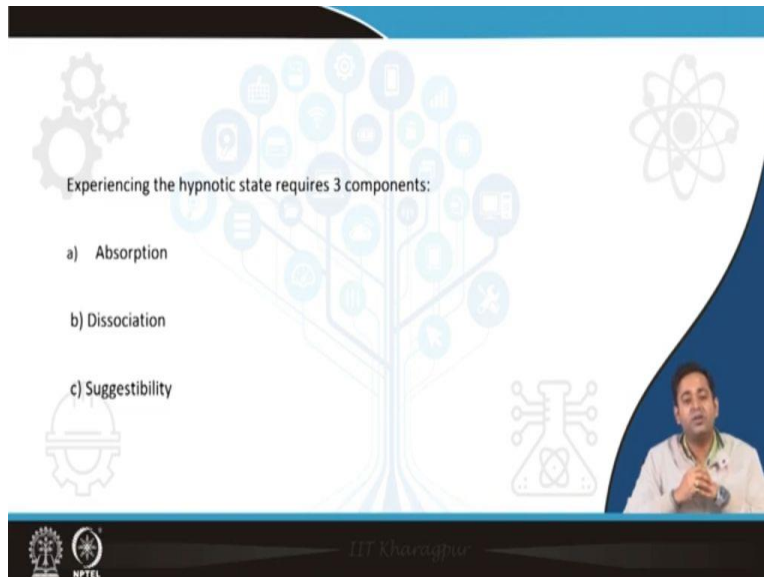
Mental health professional/ Psychiatrists/hypnotist in the achievement of the state to facilitate the acceptance of new thoughts and feelings, thereby accelerating therapeutic change.

The slide features a background illustration of a tree with various icons (gears, a lightbulb, a brain, a person, a flower, a leaf, a gear, a person, a flower, a leaf) on its branches. There are also icons of a hard hat and a beaker with a brain inside. A small video inset in the bottom right corner shows a man speaking. The bottom of the slide has a black bar with the IIT Kharagpur logo and the text 'IIT Kharagpur'.

Next was hypnosis. This is very important area, which is most of oftenly portrayed in the television media. So, it is normal activity of normal mind through which attention is more focused, critical judgment is partially suspended, and peripheral awareness is diminished. The three most common thing; so, three most important things that actually happens in a hypnosis abreaction, the awareness peripheral awareness, conscious of the surroundings is diminished.

Your attention is more focused towards a specific kind of thing; and then judgment is partially suspended. So, you cortical innovations are actually released. So, mental health professional psychiatrist or hypnotist in the achievement of the state, to facilitate the acceptance of new thoughts and feelings, thereby accelerating the therapeutic change.

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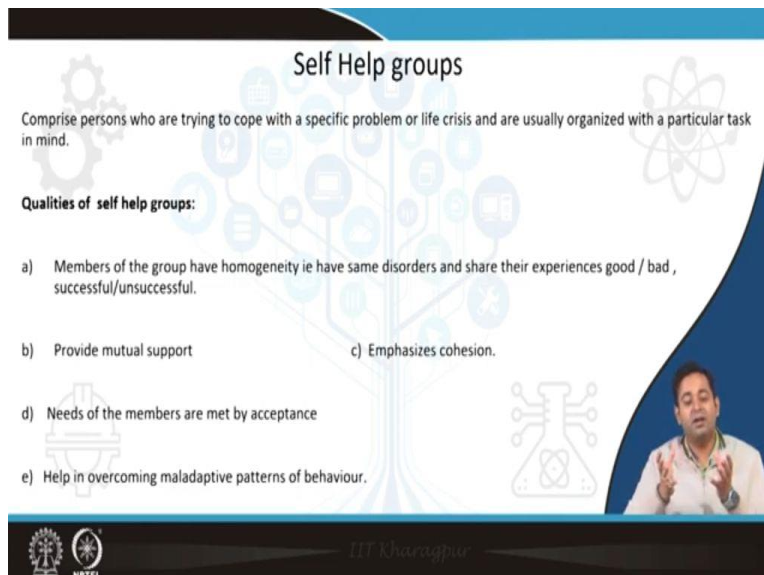
Experiencing the hypnotic state requires 3 components:

- a) Absorption
- b) Dissociation
- c) Suggestibility

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Now, this goes through a process that is it requires three components absorption, where you actually tries to focus on a specific kind of entity. Dissociation is where you are trying to disintegrate, integrate yourself from the peripheral surroundings. And suggestibility is where you are trying to go under the influence of the therapist; and you are trying to do all those kinds of activities unconsciously. You are not under the conscious awareness.

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Self Help groups

Comprise persons who are trying to cope with a specific problem or life crisis and are usually organized with a particular task in mind.

Qualities of self help groups:

- a) Members of the group have homogeneity ie have same disorders and share their experiences good / bad , successful/unsuccessful.
- b) Provide mutual support
- c) Emphasizes cohesion.
- d) Needs of the members are met by acceptance
- e) Help in overcoming maladaptive patterns of behaviour.

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What are self help groups? These comprise of persons who are trying to cope with a specific problem or live crisis, and are usually organized with a particular task in mind. So, what are the qualities of self help group? Members of the group have homogeneity; that is they have same disorders. These kinds of patients they are together at a place; and they share their (dor) those relatable experiences are shared among themselves.

It can be good or bad, it can be shameful, there can be guilt, so anything can be there. These kind of experiences they bring about mutual support. So, they emphasize cohesion also, means if there are some patients who are suffering from alcohol disorders, alcohol dependence, where you have 20 such people accommodating in a single place; and sharing those experiences of their from last 10 years.

So, they try to like give their opinion; this is the way that I was about to manage my problems. So, there can be innumerable circumstances where the, those 20 persons who were there at that point of time who are relating their ex experiences; they can share those their problems and find a solution which can be utilized for the other person also. So, those experiences that brings about cohesiveness.

So, these members they are like this cohesiveness brings about a method of acceptance; this is the problem which we are undergoing. All of us are having the same kind of problem; we can actually come out of it, we actually overcome it. So, this acceptance is important for this self help group. And this kind of cohesiveness is actually required in overcoming these maladaptive behavioral patterns.

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Group Psychotherapy

It is a modality that employs a professionally trained leader who selects, composes, organizes and leads a collection of members to work together the maximal attainment of the goals for each individual in the group and for the group itself.

To determine the suitability for group psychotherapy, therapist requires great deal of information:

- i) Authority Anxiety
- ii) Peer Anxiety

Therapist's Role in Group therapy:

- a) Size of group
- b) Patient Composition
- c) Confidentiality
- d) Goals
- e) Preparation of patients

The slide features a background graphic of a tree with various icons (gears, lightbulbs, etc.) and a small inset video of a man speaking in the bottom right corner. Logos for IIT Kharagpur and NPTEL are at the bottom.

So, what is group psychotherapy? Group psychotherapy is a modality where therapists it employs a trained leader who is a therapist who selects composes, organizes. And leads a collection of members to work together for the maximum attainment of the goal for each individual and as a group all together, for a for the members of the group also and for the group itself. So, to determine this suitability of who all can get involved in the group psychotherapy; you have, there are some prerequisites.

So, you have peer anxiety and authority anxiety. So, peer anxiety means there are those persons who are, they are very anxious, apprehensive to discuss or express their problems in out in the group. So, or there are some persons who are uncomfortable, who share discomfortness when they are in one two way relationship with the therapist or the patient.

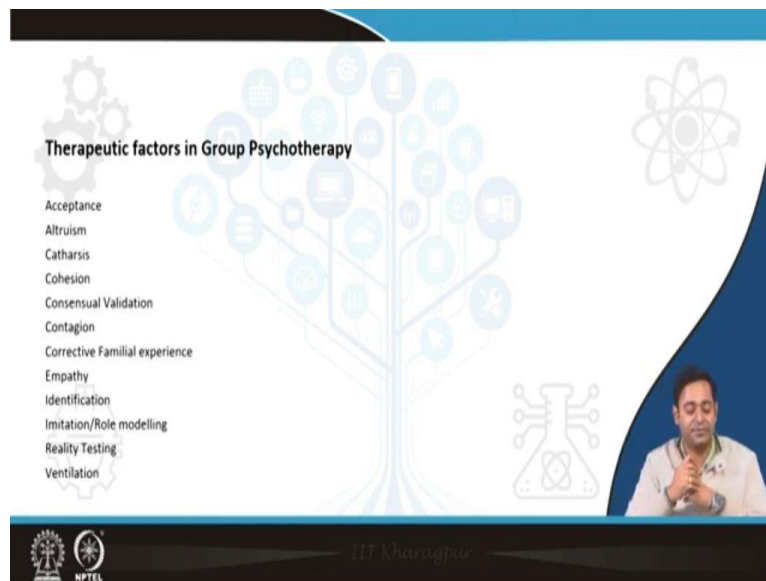
So, we need to look for the correct kind of combination, those who are comfortable in a dyadic relationship should be faced for dyadic kind of therapy, those who are comfortable in a group, they should be allowed for group psychotherapy. So, there is a minimum amount of members that are designated for group therapy 8 to 10; and patient composition is required like homogeneous populations are most.

They are actively tried for this kind of group therapy where you have all those persons who are suffering from alcohol, all those persons suffering from smoking, all those persons suffering

from gambling disorders. So, all those kinds of things where you have a homogeneity in the group. So, there you have a goal which has been set up. These are the areas which is being, which are very common to all those person in the group; so, they are the therapists, they decide.

This is a problem which needs to be commonly solved, because these problems are problems for everybody in the group.

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What are the therapeutic factors in group psychotherapy? Acceptance, the acceptance on the part of patient, that this is a problem which I am experiencing from all these years; I need to accept this problem and think rationally come out of the problem. Try to analyze the situation cum analyze the problem, think of the solution, the alternatives, what can be done.

Altruism is where somebody sacrifices his own personal is for the satisfaction, or to see gratification when the others are getting happiness out of it. Catharsis is when you express out your painful emotions spent up emotions in front of a therapist and you feel relaxed. Corrective family experiences in a group, you have mother-child relationship also in a group, you have father child relationships, also you have a boss or a senior.

So, we have members of all age groups. So, there you try to correct your familial iterative experiences. Where if a child, if a youngster of 16 to 18 years of age group who was under the

influence of alcohol from last 5 to 6 years; and they are right now in a group psychotherapy undergoing; and who was actually thrown out from the family by the Father.

So, this son here tries to in the group psychotherapy, he tries to rectify those familial experiences, those father-child experiences with the help of some other member of the of the group, so, in order to have relatable experiences. So, there is empathy, identification, role modeling where the therapists ask the patient to become the person who has actually improvised him himself, tries to introspect the patient, undergo the active process of change.

So, of course, the role modeling which is one of the therapeutic factors which can be acquired, which can be incorporated in group psychotherapy.

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Individual Psychotherapy

Individual Psychotherapy involves one to one treatment using verbal and play techniques.
The treatment is based on working with the patient in the here and now that is relationship that develops between the patient and the therapist.

Individual Psychotherapy is administered for - 18 months to 21 years.

9 Categories where Individual psychotherapy can be given.

- i) Family breakdown & Reconstituted families
- ii) Life Events
- iii) Child or Young person with chronic physical or mental handicap
- iv) Children & young people with acute & chronic conditions
- v) People who have been abused (Physical, sexual, emotional , economical)
- vi) People with psychosomatic conditions
- vii) Developmental delay
- viii) Children in foster / adopted families
- ix) Adolescents with emotional turmoil

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Access individual psychotherapy- Individual psychotherapy involves one to one treatment using verbal or pre-techniques. This treatment is based on working with the patient in the here, and now that is relationship that develops between the patient and the therapist. Individual psychotherapy is administered for 18 months to 21 years; 9 nine categories where individual psychotherapy can be given.

These are when the when, whenever there is a family breakdown or reconstitution of the family's; life events like you getting married, you are going for a new job, or you lost someone dear ones. These all you underwent divorce, these are the life events in which the individual

psychotherapy can be utilized. Child or young persons with chronic physical or mental handicap, children or young people with acute and chronic conditions; people who have been abused, it can be in the form of physical abuse, sexual abuse, economical abuse.

People with psychosomatic conditions, like factitious disorder or chronic fatigue syndrome, fibromyalgia, all those conditions, malingering; or, they can have a developmental delay, or children in foster families, or who are getting adopted into a new home, and adolescence with emotional turmoil.

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What are the desirable qualities of the therapist? Therapists should be compassionate towards the patient; he should be resilient enough. There has to be a humor involved in the therapy, courage and perseverance, constant effort on the part of therapist towards the patient, and appropriate professional behavior. You cannot be casual in the therapy; otherwise, the patient does not take the therapy very seriously.

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CONCLUSIONS

-In this lecture we have discussed regarding concepts of behavioural therapy like systemic desensitization , therapeutic graded exposure , flooding , participant modelling , positive enforcement , eye movement desensitization & reprocessing , family therapy , self help groups , supportive psychotherapy , individual psychotherapy and its clinical implications in various psychiatric illnesses

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So, we have discussed regarding the concepts of behavioral therapy like therapeutic graded exposure, those systemic desensitization, flooding, participant modeling, EMDR for PTSD, individual psychotherapy, family therapy. Thank you.