Historical Conceptions
Historical Conceptions of Abnormal Behavior

• Major psychological disorders have existed across time and cultures

• Causes and treatment of abnormal behavior varied widely, depending on context
The Supernatural Tradition

• Deviance = Battle of “Good” vs. “Evil”

  – Etiology- devil, witchcraft, sorcery
    • Great Persian Empire (900 to 600 BC)
    • 14th and 15th century Europe
    • Salem witch trials in US

Treatments- exorcism, torture, and crude surgeries

This is not as “out-there” as you might think- AIDS example.
The Supernatural Tradition

- Mass hysteria
  - St. Vitus’ dance
  - Tarantism
  - Modern examples?
    - Emotion contagion
    - “Mob psychology”
The Supernatural Tradition

• Other Worldly Causes
  – Moon and stars
  – Paracelsus
    • lunacy
    • Failure to attend to Base-rates
      (Kelly et al., 96)

– Modern examples?
  • Astrology
  • Barnum effect
The Biological Tradition

• **Hippocrates** (460-377 BC)
  – Father of modern Western medicine
  – Etiology = physical disease
    • Brain pathology
    • Head trauma
    • Genetics
    • Psychosocial factors
      – Stress, family
  – Precursor to somatoform disorders
    • Hysteria
The Biological Tradition

• **Galen** (129-198 AD)
  – Hippocratic foundation
    • Galenic-Hippocratic Tradition
  – Humoral theory of mental illness
  – Etiology = brain chemical imbalances
  – Treatments = Environmental regulation
    – Heat, dryness, moisture, cold
    – Bloodletting, induced vomiting
The Biological Tradition and the 19th Century

- Syphilis and General Paresis
  - STD with psychosis-like symptoms
    - Delusions
    - Hallucinations
  - Etiology = bacterial microorganism
    - Louis Pasteur’s germ theory
    - Malaria burned away STD!
  - Biological basis for madness
  - John Grey and AJP!
The Development of Biological Treatments

• Mental Illness = Physical Illness

• The 1930’s
  – Insulin shock therapy
  – Brain surgery
  – ECT

• **Benjamin Franklin** (1750s)

• Treatment for depression?
The Development of Biological Treatments

- The 1950’s
  - Psychotropic medications
    - Increasingly available
    - Systematically developed
  - Neuroleptics
    - Reserpine and psychosis
  - Tranquilizers
    - Benzodiazepines and anxiety
Consequences of the Biological Tradition

• Increased hospitalization
  – “Untreatable” conditions

• Improved diagnosis and classification
  – Emil Kraepelin
    • First to distinguish among various psychological disorders, seith that each may have a different age of onset and time course, with somewhat different clusters of presenting symptoms, and probably a different cause. Father of Schizophrenia classification still used today! For now…

• Increased role of science in psychopathology
• What are the enduring good and bad consequences of the biological tradition?
The Psychological Tradition: Ancient Contributions

- **Plato, Aristotle, and Greece**
  - Etiology
    - Social and environmental factors
  - Treatment
    - Reeducation via discussion
    - Therapeutic environments

- Similar practices in ancient Muslim countries
The Psychological Tradition

• Moral Therapy
  – “Moral” = emotional or psychological
  – Treating patients normally
  – Encouraging social interaction
  – Focus on relationships
  – Individual attention
  – Education
The Psychological Tradition: Moral Therapy

- Key figures in humanistic reform:
  - France
    - Philippe Pinel (1745 – 1826)
    - Jean-Baptiste Pussin
  - United States
    - Benjamin Rush (1745 – 1813)
Asylum Reform and the Decline of Moral Therapy

• Declines in the Mid-19th Century

  – Increased numbers of patients
    • Immigrants
    • Homeless
      – "Mental Hygiene Movement"
        » Dorothea Dix (1802-1887)
        Because of her excellent work (making certain that everyone who needed help got it; e.g., homeless), there was an unforeseen consequence: namely, the hospitals became over-crowed and quality went down.

  – Staffing problems

  – Outcome = decreased treatment efficacy
  – Prominence of the biological model was final blow to the flailing movement
Nellie Bly Podcast!

Ten Days in a Madhouse

1864 - 1922
Nellie Bly
The Pioneer Woman Journalist
A Resource Website
The Psychoanalytic Tradition - Background

- **Anton Mesmer (1734 – 1815)**
  - “Mesmerism” and hypnosis
  - Suggestibility

- **Jean Charcot (1825-1893)**
  - Hypnosis as treatment
  - Mentor to Freud

- **Josef Breuer (1842-1925)**
  - Furthered hypnosis treatments
  - Collaborator with Freud
  - Unconscious: patients felt better after, but didn’t link emotional issues to psychological problems.
  - Catharsis: It is therapeutic to recall and re-live trauma that has been made unconscious, and to relieve accompanying tension.
  - Insight: to have a deeper understanding of current emotions and earlier events.
Freud’s Structure and Function of the Mind

- Conscious versus unconscious:
  - **Id**
    - Pleasure principle
    - Illogical, emotional, irrational
  - **Ego**
    - Reality principle
    - Logical and rational
  - **Superego**
    - Moral principles
    - Balances Id and Ego
The Structure and Function of the Mind
Ms. Anna O

Intrapsychic conflicts

<table>
<thead>
<tr>
<th>Type of thinking</th>
<th>Driven by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conscience</td>
<td>Moral principles</td>
</tr>
<tr>
<td>Logical; rational</td>
<td>Reality principle</td>
</tr>
<tr>
<td>Illogical; emotional; irrational</td>
<td>Pleasure principle</td>
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</tbody>
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Superego

Ego Mediator

Id
Psychoanalysis - Defense Mechanisms

• Ego fights to stay on top of the Id and Superego

• Conflicts produce anxiety that threatens to overwhelm the poor ego. The anxiety is a signal that alerts the ego to marshal defense mechanisms: unconscious protective processes that keep more primitive emotions associated with conflicts in check, so that the ego is free to continue its coordinating function (and not too overwhelmed).

• Loss = anxiety

• Coping strategies include:
  – Displacement
  – Denial
  – Rationalization
  – Reaction formation
  – Projection
  – Repression
  – Sublimation
**Defense Mechanisms**

Let's say you are angry with a professor because he is very critical of you. Here's how the various defenses might hide and/or transform that anger:

**Denial:** You completely reject the thought or feeling.
- "I'm not angry with him!"

**Suppression:** You are vaguely aware of the thought or feeling, but try to hide it.
- "I'm going to try to be nice to him."

**Reaction Formation:** You turn the feeling into its opposite.
- "I think he's really great!"

**Projection:** You think someone else has your thought or feeling.
- "That professor hates me."
  "That student hates the prof."

**Displacement:** You redirect your feelings to another target.
- "I hate that secretary."

**Rationalization:** You come up with various explanations to justify the situation (while denying your feelings).
- "He's so critical because he's trying to help us do our best."
Defense Mechanisms Continued:

- "**Intellectualization**: A type of rationalization, only more intellectualized.
- "This situation reminds me of how Nietzsche said that anger is ontological despair."

- **Undoing**: You try to reverse or undo your feeling by DOING something that indicates the opposite feeling. It may be an "apology" for the feeling you find unacceptable within yourself.
- "I think I'll give that professor an apple.

- **Isolation of affect**: You "think" the feeling but don't really feel it.
- "I guess I'm angry with him, sort of."

- **Regression**: You revert to an old, usually immature behavior to ventilate your feeling.
- "Let's shoot spitballs at people!"

- **Sublimation**: You redirect the feeling into a socially productive activity.
- "I'm going to write a poem about anger."
Stages of Psychosexual Development

- Patterns of gratifying basic needs
- Infancy to early childhood
  - Oral
  - Anal
  - Phallic
  - Latency
  - Genital
- Conflicts at each stage must be resolved
  - i.e. Oedipus complex in the phallic stage
- Adult personality reflects childhood experience
Later Developments in Psychoanalytic Thought

- Freud’s students de-emphasize sexuality
  - Carl Jung (1875-1961)
    - Collective unconscious
    - Scientology?
    - Enduring personality traits
      - Introversion vs. extroversion
  
  - Alfred Adler (1870-1937)
    - Birth order
    - Inferiority complex
    - Striving for superiority
    - Self-actualization
The Shadow Exercise

• "Think of someone you know whom you don't like very much. Maybe you even hate this person. On a piece of paper, write down a description of that person. Write down what it is about this individual's personality that you don't like. Be as specific as you can."

"What you have written down is some hidden part of yourself - some part that you have suppressed or hidden. It is what Jung would call your SHADOW. Maybe it's a part of you that you fear, can't accept, or hate for some reason. Maybe it's a part of you that needs to be expressed or developed in some way. Maybe you even secretly wish you could be something like that person whom you hate."
Psychoanalytic Psychotherapy

• Unearth intrapsychic conflicts

• Long-term treatment model

• Techniques
  – Free Association
  – Dream Analysis

• Transference/Counter-Transference

• Efficacy Data are Limited
Psychodynamic Psychotherapy

- Emphasizes conflicts and unconscious
- Trauma and active defense mechanisms
  - Focus on:
    - Affect
    - Avoidance
    - Patterns
    - Past experience
    - Interpersonal experience
    - Therapeutic relationship
    - Wishes, dreams, fantasies
Psychoanalytic Psychotherapy

• Criticisms
  – Pejorative terms (i.e., neurosis)
  – Unscientific
  – Untested

• Contributions
  – Unconscious processes
  – Emotions triggered by cues
  – “Therapeutic alliance”
  – Defense mechanisms
The Behavioral Model

Classical Conditioning
- Ivan Pavlov (1849-1936)
- Cancer Chemo exmp.

Stimulus Generalization
- Ubiquitous form of learning

- Unconditioned stimulus (UCS)
  - Unconditioned response (UCR)

- Conditioned stimulus (CS)
  - Conditioned response (CR)
The Behavioral Model - Operant Conditioning

• **E.L. Thorndike** (1874 – 1949)
  – Law of effect: consequences shape behavior

• **Wolpe** and the beginnings of behavioral treatments: systematic desensitization

• **B.F. Skinner** (1904 - 1990)
  – Behavior “operates” on environment
    • Operant conditioning
  – Reinforcements
  – Punishments
  – Behavior “shaping”
The Behavioral Model

- Behaviorism
  - John B. Watson (1878 - 1958)
  - Scientific emphasis: “psychology can be just as scientific as physiology”
  - Objective
  - Radical empiricism

- All of Watson’s exclamations were due to his belief that children should be treated as a young adult.

- In his book, he warns against the inevitable dangers of a mother providing too much love and affection. Watson explains that love, along with everything else in the world, is conditioned.

- Watson supports his warnings by mentioning invalidism, saying that society does not overly comfort children as they become young adults in the real world, so parents should not set up these unrealistic expectations.

- Further emphasizing nurture, Watson said that nothing is instinctual; rather everything is built into a child through the interaction with their environment. Parents therefore hold complete responsibility since they choose what environment to allow their child to develop in.
Lasting Outcome of Behaviorism: Psychology and Science became empirical and translational
The Scientific Method and an Integrative Approach

• Defining and studying psychopathology

  – Requires a broad approach

  – Multiple, interactive influences
    • Biological, psychological, social factors

  – Scientific emphasis
    • Neuroscience
    • Cognitive, behavioral sciences