Psychology Session 12 Therapy

Date: November 25th, 2016
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Agenda

1. Insight therapies
2. Relationship therapies
3. Behavior therapies
4. Cognitive therapies
5. Play therapy
6. Art therapy
7. Music therapy
8. Animal-assisted therapy
Psychotherapy

• Psychotherapy involves exploring aspects of the self that are not fully known

• The patient is asked to focus on:
  – Expressing their emotions and interpersonal relationships
  – Exploring the reasons behind avoiding certain thoughts and feelings and fantasies
  – Identifying patterns in thoughts, feelings, self-concepts, or life experiences
  – The relationship with the therapist

(Shedler, 2012)
Person-Centered Therapy

• The therapist creates a positive atmosphere for patients to naturally strive towards self-actualization.

• The therapist will have unconditional positive regard, which involves accepting patients regardless of their thoughts, feelings, and behaviors.

• The therapist must be genuine and understand their patients’ perspectives.

(Wood et al., 2017)
Couples Therapy

- Couples therapy helps clients develop a new understanding on their romantic relationship.
- In couples therapy, therapists help clients:
  - Change how the relationship is viewed
  - Modify maladaptive interactions
  - Bring forth hidden emotions and behaviors
  - Improve communication between partners
  - Focus on strengths within the relationship

(Benson, McGinn, Christensen, 2012)
Family Therapy

• Family therapy focuses on healing the family as a whole and creating harmony through helping family members to find ways to communicate and understand each other (Wood et al., 2017).

• Although family therapy focus on the context and interactions between family members, therapists should have knowledge of child development and children’s emotional and psychological challenges (Sander, 2013).
Behavior Therapy

• Uses the principles of observational learning, operant conditioning, and classical conditioning to replace inappropriate behaviors with adaptive responses

• Appropriate behaviors are encouraged through reinforcement

• **Token economies**: clients receive tokens for showing appropriate behaviors, and tokens are later exchanged for desired items or privileges

(Wood et al., 2017)
Behavior Therapy

- **Systematic desensitization**: clients will face a series of anxiety-provoking situations and are taught relaxation techniques

- **Flooding**: clients are exposed to their feared object mentally or physically for an extensive period of time until their anxiety decreases.

- **Exposure and response prevention**: clients are exposed to their triggers for their compulsions and are asked to resist from performing their compulsions.

(Wood et al., 2017)
Cognitive Behavioral Therapy

• CBT emphasizes that there is a relationship between a person’s thoughts, feelings, and behavior.

• The therapist will help clients recognize their maladaptive thoughts, emotional reactions, and behaviors.

• The clients are asked to use strategies suggested by the therapist to change problematic behaviors or thought patterns.

(Lee & Edget, 2012)
Cognitive Therapy

• **Beck’s cognitive therapy**: therapists will help their clients recognize maladaptive thoughts and replace them positive thoughts (Wood et al., 2017).

• In cognitive therapy, the client will work with the therapist to problem solve in a goal-directed way. The therapist will also help the client to interpret and evaluate situations in a realistic manner.

  (Wenzel, A., Brown, G.K., Beck, A.T, 2009)
Art Therapy

- Art allows **sensory** expression through touch, smell, and other senses.
- Medium can include: clay, fabric, beads, yarn, scented markers, felt-tipped pen, pastels, crayons, paint.
- Art therapy uses **visual** learning skills.
- The end-product gives the individual a **record** of their feelings and ideas.
- Art therapy allows an individual to express their experiences that are difficult to explain in words.

(Malchiodi, 2012)
Music Therapy

• Music therapy views music improvisation as a dialogue (Ockelford, 2012).

• Therapists spontaneously create music with individuals to promote cognitive and emotional changes (Ockelford, 2012).

• Sound and vocal changes is the basis of emotional regulation in a mother-child relationship (De L’Etoile, 2006).

• Music therapy can help develop social and communication skills (Boso, Emanuele, Minazzi, Abbamonte, & Politi, 2007).
Play Therapy

- Play is child-directed, voluntary, and intrinsically motivated
- Play is a form of creative expression
- Play therapy involves a therapist choosing play materials and forming a trusting relationship with the individual receiving therapy
- Play therapy allows an individual to express and explore feelings, experiences, thoughts, and behaviors through play.

(Landreth, 2012)
Animal-Assisted Therapy

• A patient spends 10-15 minutes handling and playing with a certified dog. The dogs are trained to be obedient, calm, and comforting.

• After receiving animal-assisted therapy, individuals reported less stress, decreased pain, and enhanced mood.

• Physiological effects include decreased epinephrine, increased endorphins, and decreased blood pressure.

  (Marcus, 2013)

• Children with ASD demonstrated greater use of language and social interactions in occupational therapy sessions incorporating animals in comparison to typical occupational therapy sessions (Sams, Fortney, & Willenbring, 2006).
Resources in the community
Children’s Mental Health Ontario

- The CMHO has a variety of member agencies who provide mental health services for children and make mental health services accessible for families.
- The website helps families identify mental health concerns and navigate services.
- Resources are available for professionals including tips on early intervention, practical strategies, and policy frameworks.

(Children’s Mental Health Ontario, 2016)
Center for Addiction and Mental Health (CAMH)

- CAMH is Canada’s largest mental health and addiction teaching hospital
- CAMH provides assessments, consultations, and therapy sessions for mental health concerns and addictions
- Child, youth, and family services include:
  - Mood and anxiety service
  - Psychiatric consultation service

(Center for Addiction and Mental Health, 2016)
CITYKIDS

• A network of agency that provides parents with a single point of access to various early intervention programs and resources.

• CITYKIDS support families by helping them find early childhood programs that meet the needs of the child.

• CITYKIDS also support families and professionals to execute programs at home and in early childhood settings.

(Mothercraft College, 2016)
Child Development Institute

• Early intervention services
  – Helps families and children to cope with social-emotional and behavioral challenges

• Family violence services
  – Helps families and children who have been affected by family violence and trauma through counselling and shelter services

• Healthy child development
  – Provides a child-directed and play-based environment for families through Early Learning Programs

(Child Development Institute, 2016)
Kids Help Phone

- A free, national, bilingual, confidential, and anonymous counseling service for children and youth aged 5-20.
- Phone: 1-800-668-6868
- *Ask Us Online* web posting service: build a community of support
- *Live Chat*: one-on-one professional counselling
- *Resources Around Me*: interactive tool to connect young people to local programs and services
- *Always There* app: provide age-appropriate information on mental health

(Kids Help Phone, 2016)
Hincks- Dellcrest Center

• The center offers mental health services and training sessions for families and professionals.
• Services include prevention, early intervention, and treatment programs for infants, children, youth, and families.
• Research and publications offer insights on mental health promotion, intervention, language development, and childhood psychopathology.

(The Hincks-Dellcrest Center, 2016)
Adventure Place

- Adventure Place provides mental health, social, and developmental services for children up to the age of 12

- Services include:
  - Psychological assessments
  - Training for childcare center and schools
  - Parent counseling
  - Occupational therapy consultation
  - Speech and language consultation

(Adventure Place, 2016)
References


Center for Addiction and Mental Health. (2016). *Who we are*. Retrieved from [http://www.camh.ca/en/hospital/about_camh/who_we_are/Pages/who_we_are.aspx](http://www.camh.ca/en/hospital/about_camh/who_we_are/Pages/who_we_are.aspx)

References


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