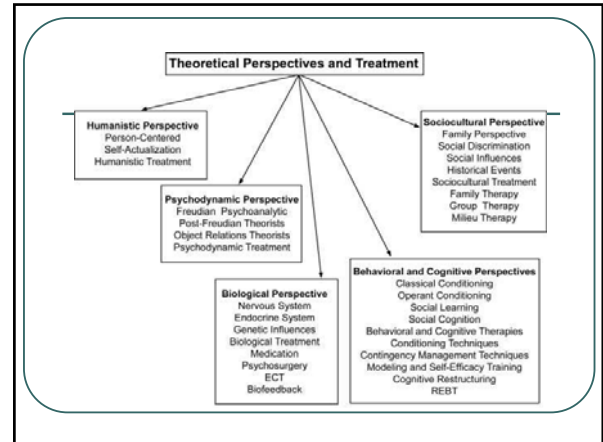


Chapter

4



Theoretical Perspectives



Theoretical Perspective

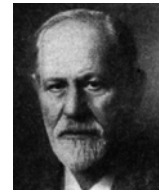
an orientation to understanding the causes of human behavior and the treatment of abnormality.

The Purpose of Theoretical Perspectives in Abnormal Psychology

Theoretical perspectives influence the ways in which clinicians and researchers interpret and organize their observations about behavior.

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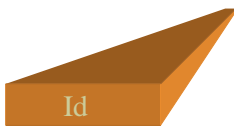
Psychodynamic Perspective



Sigmund Freud (1856-1939)

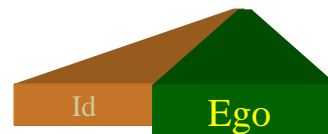
In Freudian theory, the ID is the instinctive, inborn part of personality.

Freud Personality Structure



In Freudian theory, The EGO is the center of conscious awareness.

Freud Personality Structure



In Freudian theory, the SUPEREGO controls the ego's pursuit of the id's desires.

Freud Personality Structure



Psychoanalytic

Freud

Defense Mechanisms

Various tactics people use to keep unacceptable thoughts, instincts, and feelings out of conscious awareness.

Defense Mechanisms

High Adaptive Defenses:

Healthy responses to stressful situations.

- Humor
- Self-assertion
- Suppression

Defense Mechanisms

Mental Inhibitions:

Unconscious tactics to keep out of conscious awareness disturbing thoughts, feelings, memories, wishes, fears.

- Displacement
- Dissociation
- Intellectualization
- Reaction formation
- Repression

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Defense Mechanisms

Minor Image-Distortions:

Distortions in the image of the self, the body, or others to regulate self-esteem.

- Devaluation
- Idealization
- Omnipotence

Major Image-Distortion:

Gross distortion of oneself or others.

- Splitting

Defense Mechanisms

Disavowal Defenses:

Keeping unpleasant, unacceptable stressors, thoughts, feelings, impulses, responsibilities out of one's awareness.

- Denial
- Projection
- Rationalization

Defense Mechanisms

Defenses Involving Action:

Responses to conflict or stress that involve action or withdrawal.

- Acting out
- Passive aggression
- Regression

Defense Mechanisms

Breaks From Reality:

Responses involving bizarre thought or behavior.

- Delusional projection
- Psychotic distortion

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Psychodynamic Perspective

Psychosexual Stages



- ❖ Oral
- ❖ Anal
- ❖ Phallic
- ❖ Latency
- ❖ Genital

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Post-Freudians and Criticism

- Carl Jung (1875-1961)
- Alfred Adler (1870-1937)
- Karen Horney (1885-1952)
- Erik Erikson (1902-1994)



Post-Freudians and Criticism

- Object relations theorists
- Psychodynamic treatment
- Debate over complexity and relevance of Freudian notions



Post-Freudians and Criticism

Infant Attachment Style (Ainsworth)

- Secure
- Ambivalent (preoccupied)
- Avoidant (includes fearful and dismissive)



Humanistic Perspective

- Person-Centered Theory (Rogers)
- Self-Actualization Theory (Maslow)
- Client-Centered Therapy

Sociocultural Perspective

Theorists within the **sociocultural perspective** emphasize the ways that individuals are influenced by people, social institutions, and social forces.



Family Perspective

Proponents of the **family perspective** see abnormality as caused by disturbances in family interactions and relationships.



4 major approaches:

- Intergenerational approach
- Structural approach
- Strategic approach
- Experiential approach

Sociocultural

- ❖ Discrimination
- ❖ General social forces
- ❖ Treatment approaches:
 - ❖ Family therapy
 - ❖ Group therapy
 - ❖ Milieu therapy



Behavioral Perspective

- Classical Conditioning (Pavlov)
 - Stimulus Generalization
 - Stimulus Discrimination
 - Aversive Conditioning



Behavioral Perspective

- Operant Conditioning (Skinner)
 - Primary reinforcers
 - Secondary reinforcers
 - Positive vs. negative reinforcement
 - Punishment
 - Extinction (occurs with classical or operant)
 - Shaping

Behavioral Perspective

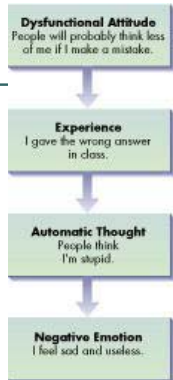
- Classical Conditioning
- Operant Conditioning (Skinner)
- Social Learning and Cognition

Behavioral Perspective

- Classical Conditioning
- Operant Conditioning (Skinner)
- Social Learning and Cognition
 - Treatment
 - Counterconditioning
 - Systematic Desensitization
 - Contingency Management
 - Token Economy

Cognitive Perspective

- Treatment focuses on
 - Automatic thoughts
 - Dysfunctional attitudes



Biological Perspective

Within the **biological perspective**, disturbances in emotions, behavior, and cognitive processes are viewed as being caused by abnormalities in the functioning of the body.



Neurotransmitter

a chemical substance released from a transmitting neuron (nerve cell) across a synapse to be absorbed by a receiving neuron

- Examples:
 - acetylcholine
 - GABA
 - serotonin
 - dopamine
 - norepinephrine
 - enkephalins

Genetic Influences

Deoxyribonucleic acid (DNA):

- 23 sets of paired strands
- spiral into double helix
- contain information cells need to manufacture protein
- organized into **chromosomes**

Treatment: Somatic Therapies

- ❑ Psychosurgery
- ❑ Electroconvulsive Therapy (ECT)
- ❑ Medication
- ❑ Biofeedback



Biopsychosocial Perspectives: An Integrative Approach

Most clinicians now identify themselves as integrative or **eclectic**.



The therapist views client needs from multiple perspectives and develops appropriate treatment plan.