

Exercise walk-through

5.5

Treatment of Psychological Disorders

AP Psychology

Techniques have different main focuses

APPROACH	MAIN FOCUS	ILLUSTRATIVE METHOD
PSYCHODYNAMIC	unresolved conflict outside awareness	brings it into awareness and interprets it
HUMANISTIC	a self blocked from growing	acceptance and active listening
BEHAVIOURAL	a learned response	exposure and conditioning
COGNITIVE	the way events are interpreted	tests and replaces the interpretation
BIOMEDICAL	biological processes	medication; brain stimulation

A technique does not prove cause. Evidence and individual needs shape treatment.

Interpretation and learning

Cognitive restructuring

A client tests the prediction “one mistake means everyone rejects me” against evidence.

Exposure

A clinician uses planned gradual contact with a feared situation. A fear hierarchy can organise the steps.

CBT can combine thinking and behavioral techniques; the hierarchy alone does not identify a purely cognitive method.

Other methods and mechanisms

Psychodynamic and humanistic

Free association explores unconscious material.

Person-centred therapy uses active listening and unconditional positive regard.

Conditioning

Systematic desensitization combines gradual exposure with relaxation; token economies use reinforcement.

Techniques require evidence and context. They are not guaranteed cures or proof of one cause.

Combining techniques

Cognitive-behavioral therapies

A plan can combine testing a negative prediction with practising a new behavior. The course names dialectical behavior therapy and rational-emotive behavior therapy among approaches combining cognitive and behavioral techniques.

Name the technique actually described. A broad therapy label alone does not explain how the example works.

Your turn: match a technique

Original practice — attempt before the check

In one fictional session, a client tests a negative prediction. In another, a clinician plans gradual contact with a feared situation. Identify the main technique and explain why a treatment plan may combine them.

Exercises 2.1-2.2

2.1 State what cognitive therapy targets and what behavioural therapy targets. [2]

2.2 Explain why randomisation is essential to a treatment trial. [2]

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2.1 State what cognitive therapy targets and what behavioural therapy targets. [2]

2.1

- cognitive therapy targets patterns of thought that maintain distress; behavioural therapy targets the behaviours themselves
-

2.2 Explain why randomisation is essential to a treatment trial. [2]

2.2

- random assignment removes systematic differences between groups, so any outcome difference can be attributed to the treatment rather than to who received it

Exercise 2.3 (a)

2.3 A drug reduces symptoms but they return when it is stopped.

(a) State what this indicates about the treatment.

[1]

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[1]

(a)

- it manages symptoms rather than removing the underlying condition

Exercise 2.3 (b)

2.3 A drug reduces symptoms but they return when it is stopped.

(b) State one implication for how it should be used.

[1]

Exercise 2.3 (b)

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[1]

(b)

- discontinuation should be planned and often combined with therapy to reduce relapse

Exercises 3.1-3.2

3.1 Treating a phobia by graded exposure is primarily

[1]

☐

- A a cognitive technique
- B a behavioural technique
- C a drug treatment
- D a diagnostic procedure

3.2 Without randomisation, a better outcome in a treated group may reflect

[1]

☐

- A the treatment only
- B differences in who chose the treatment
- C nothing at all
- D the sample size only

Exercises 3.1-3.2

3.1 Treating a phobia by graded exposure is primarily

[1]

- ☐ **A** a cognitive technique
B a behavioural technique
C a drug treatment
D a diagnostic procedure

3.1 B

- exposure changes the behaviour and the conditioned response directly

3.2 Without randomisation, a better outcome in a treated group may reflect

[1]

- ☐ **A** the treatment only
B differences in who chose the treatment
C nothing at all
D the sample size only

3.2 B

- self-selection means the groups differed before treatment

Exercise 3.3 (a)

3.3 A clinic reports that clients who complete its programme do better than those who drop out.

(a) State why this does not show the programme works.

[1]

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3.3 A clinic reports that clients who complete its programme do better than those who drop out.

(a) State why this does not show the programme works. [1]

(a)

- completers differ systematically from those who drop out, so the comparison is confounded

Exercise 3.3 (b)

3.3 A clinic reports that clients who complete its programme do better than those who drop out.

(b) Explain what design would answer the question.

[2]

Exercise 3.3 (b)

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(b) Explain what design would answer the question.

[2]

(b)

- a randomised controlled trial analysing all those assigned to each group regardless of completion