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Psy 342 Unit 2

Due 2/14/2023

Chapter 4

Q#4 - Major cognitive behavioral approach to treating them is exposure treatment.

Exposure treatment is when people are exposed to objects they dread. Three different exposure treatments are systematic desensitization, flooding, and modeling. Systematic desensitization was developed by Joseph Wolpe. This technique you learn how to relax while facing objects they fear. For example, if someone is afraid of Dogs, then they would learn how to relax in front of a dog. The relaxation response/technique is supposed to substitute your fear response. Therapists would offer relaxation techniques, so they can learn how to bring on a state of deep muscle relaxation at will. They are in full control. Therapists would help clients by writing a list, describing their most fears to least fears. Flooding is another exposure therapy, where people are exposed repeatedly to a fear object and make them see that it's not harmless. They are forced to fear their objects without any relaxation training technique. For example, when I was younger, I was afraid of the dark so much I used to sleep with the light on. Until I got older, and my mother made me turn off the lights before going to bed. After a while I wasn't afraid of the dark anymore. Now that I'm older I think nighttime is beautiful with the moon out. Third, exposure technique is called modeling. The therapist who confronts the fear object, while the fearful person watches. For example, when I was younger, I feared house spiders. Until one day my older brother killed one in front of me. Ever since then I have not feared spiders.

Q#6 - Panic attacks are short panic that happens suddenly, reaching a peak within a few minutes and gradually. During a panic attack many people fear they will go crazy, die, or lose control. One way to treat panic disorder is using drug therapies. Since 1962 antidepressant drugs have been used to reduce or prevent panic attacks.

Antidepressants work by increasing neurotransmitter serotonin, and norepinephrine helps by controlling the panic circuit. Xanax is also effective towards panic attacks. The Biological Challenge test is another effective way to treat panic disorders. Breathing exercises, and workouts to help with panic disorders. For example, if someone is experiencing a panic attack, breathing techniques, listening to music, yoga etc. may help with reducing the attack.

Q# 2- One effective treatment for generalized anxiety disorders is client-centered therapy. This therapy shows unconditional positive regard for their clients and to empathize with them. Therapists believe that a space of genuine acceptance will help clients feel protected and secure to recognize their needs and emotions. When people are honest with themselves their anxiety will decrease and be controlled. According to Albert Ellis basic irrational assumptions are inaccurate and inappropriate beliefs held by people with various psychological problems. When people make assumptions, this can cause stressful events according to Albert Ellis. For example, a final exam, First day starting a job or school. Fears build up and people overreact. I agree with this response, today I had a pharmacology exam. I was studying until 3 am last night, then 20 mins before I started my exam, I started making assumptions about if I'm going to pass my exam. I started overreacting and building fear. Rational-emotive therapy points out irrational assumptions the client makes. Ellis suggested more appropriate

assumptions and assigned homework that give clients to practice challenging assumptions and apply new ones. This strategy suggests that this brings least relief to those suffering from generalized anxiety. Theorists believe that generalized anxiety disorder is caused by biological factors. Family Pedigree studies is a research design to determine how many relatives of a person with a disorder have the same disorder. If tendencies are inherited, there is a probability the relative will develop the same disorder. Drug therapies are also used for generalized disorders. Sedative-hypnotic drugs are used in low doses to help calm people down. Benzodiazepines are less addictive than previous sedative medications. Benzodiazepines reduce anxiety, it shown to be effective.

Q#9 - Four obsessive - compulsive related disorders are hoarding disorder, trichotillomania, excoriation disorder, and body dysmorphic disorder. Hoarding disorder is when people feel compelled to save items and become distressed if they try to discard them, resulting in buildup of items. For example, there is a tv show called the hoarders. There was this guy who lived in the Midwest, was obsessed with saving newspapers and mail. His house was full of newspapers and mail from the 90s. People couldn't even walk into his house. Papers were stacked all the way up to the ceiling. When people tried to get rid of the junk, he started to get agitated. Hoarders' homes are cluttered with items that they feel are important and they should hold on to. They find a way to live in a cluttered environment. This can also cause hazards, and unsafe conditions. Trichotillomania, also known as hair pulling disorders, repeatedly pull hair from their scalp, eyelashes, and eyebrows. People with these disorders pull hair one at a time. Stress or anxiety can trigger this disorder. Excoriation is a disorder which people

constantly pick at their skin, which causes wounds and sores. Like trichotillomania this is triggered by anxiety or stress. They often try to reduce or stop this behavior. Most common area they pick is arms, leg, scalp, chest, and cuticles. Body Dysmorphic Disorder is when people believe they have a certain defect or flaws in their physical appearance. These flaws are imagined and exaggerated. For example, a 21-year-old female who weighs 110 lbs. believes she is overweight and highly unattractive due to her perception of being overweight. Now she skips meals, intentionally starve herself, or exercise too much. Their exaggerated fear of gaining weight causes these actions.

## Chapter 5

Q#1 The factors that determine how people react to stressors are nervous systems and parts of the brain. Hypothalamus is a part of the brain structure. When our brains interpret stressful events, neurotransmitters in the hypothalamus are released.

Triggering firing neurons throughout the brain and chemicals release throughout the body. Hypothalamus activates 2 systems: autonomic nervous system and endocrine system. The ANS controls involuntary activities for example, Heart and breathing.

Endocrine system releases hormones into the bloodstream and to body organs. When people are in stressful situations the hypothalamus excites the sympathetic nervous system, a group of the ANS fibers that works to speed up our heartbeat and produce other changes like fear and anxiety. I remember when I was younger, when I used to get in trouble by my parents. My heart would start beat very fast. I was so anxious and scared because I knew the type of punishment I was going to receive. Parasympathetic nervous systems help return the body process back to normal. Lastly the hypothalamic

pituitary adrenal pathway is a brain-body pathway to produce arousal. When we are under stress the hypothalamus signals the pituitary gland to secrete ACTH to stimulate the adrenal glands. Also, Corticosteroid is cortisol hormone released by the adrenal glands to produce arousal.

Q#3 Treatment approaches have been used with people who suffer from post-traumatic stress disorder are antidepressant drug therapy, cognitive behavioral therapy, couple/family therapy, and group therapy. Antidepressant drugs are used for veterans with PTSD. These medications help with the symptoms of increased arousal and negative emotions. They also help with recurrent negative memories, dissociations, and behavior. Overall Antidepressant drugs help reduce symptoms and episodes with people with PTSD. Cognitive- Behavioral therapy helps veterans with PTSD. It's shown to improve patients with consistent treatment. Therapist supports veterans analyzing and changing abnormal attitudes they developed as their traumatic experience. They learn how to deal and accept their traumatic experiences. Find positive outlets and techniques to build trust. Couple/ family therapy is another strategy to help veterans with PTSD and their families. Showing family members how to support their loved ones, learn how to communicate and problem-solving skills. Group therapy sessions started in the 1980s. Group of veterans will meet up and share their experiences and feelings. Learning how to give mutual support to one another.

Q#4 First Dissociative disorder is dissociative amnesia. They are unable to remember important information, usually caused by stress in their personal lives. For example, a woman who just got into a car accident, for the past couple of weeks she can't remember where she last left her house keys, and she can't remember where she left her banking card/ information to pay her bills this month. An extreme version of this disorder is called Dissociative fugue. This is when a person forgets their personal identity and details of their past lives. This is how some people go missing because this disorder causes people to be more outgoing. Dissociative amnesia may end on its own or may require treatment. An approach used to help people with dissociative amnesia recover their memory from psychodynamic therapy, hypnotic therapy, and sodium amobarbital. Second disorder is called dissociative identity disorder. This disorder occurs when people develop two or more distinct personalities. These personalities are called subpersonalities or alternate personalities. They each have a unique set of memories, behaviors, thoughts, and emotions. At any time, these personalities take control and dominate the person functioning. Dissociative disorder requires treatment. Therapist tries to help clients recognize the nature of their disorder and recover gaps in their memory. Depersonalization- derealization disorder is when they feel detached from their own mental process or body. Also, they will feel people or objects around them are unreal or detached.

Q#5 Various patterns of dissociative amnesia can be localized, selective, generalized, or continuous. Localized amnesia is the most common. They lose all their memory of events that took place within a period. For example, a male was on his way to work until he started feeling symptoms of a stroke and was put in a coma. 2 weeks later he woke

up. He remembers waking up for work that morning but doesn't remember where he was at when he was having a stroke. Selective amnesia is the second most common. They remember some events that happened but not all of it. The same example I provided the male who suffered a stroke, in this case he remembers certain events like taking a shower and eating breakfast. He doesn't remember every single event that happened that morning before he had the stroke. Continuous Amnesia is when they continuously don't remember anything. For example, the male who experienced the stroke constantly forgetting new and past events that occurred in his life. Dissociative fugue is an extreme version of dissociative amnesia. The person doesn't remember their personal identity and details of their past. These people are more outgoing because they are trying to establish new identities and relationships. Furthermore, this can leave their loved ones worried about them and report them missing if they travel too far away from their home. Fugues tend to end abruptly, and they will awaken and won't recognize their surroundings. Most people who go through dissociative fugue regain majority of their memory.