

Models of Abnormal Psychology

I. The Biogenic Model (Bio-Medical Model)

What are the basic premises?

What are the criticisms of this model?

Diathesis-stress theory: predispositions are inherited and activated by stressors

II. The Psychoanalytical Model

Review: Freud's Personality theory, defense mechanism, pleasure and reality principles.

Three types of anxiety: realistic, moralistic, neurotic (id impulses out of control).

Criticisms: reliability/validity; feminist argument; cannot be applied to severely disturbed patients.

Neo-Freudians: Freedom of choice (Adler), Ego Autonomy (Erickson), Social Forces (Horney – stressed that behaviour disorders are due to disturbed interpersonal childhood relationships); object relations (Kohut – worked on mother-child relationship in narcissism; Kernberg – difficulty in forming stable relationships because of pathological objects in the past); treatment of the seriously disturbed (Sponitz – did not require clients to be intellectually capable of understanding interpretations but gave them workable feedback).

III. Humanistic Perspective

Positive view of individual; Carl Rogers and Abraham Maslow
Society frequently imposes conditions of worth on its members, standards by which people determine whether they have worth. They are transmitted via conditional positive regard. Reliance on others forces the individual to develop a distorted self-concept that is inconsistent with his or her self-actualization potential, inhibiting that person from being self-actualized. A state of disharmony or incongruence is said to exist between the person's inherent potential and his/her self-concept.
Reflective feeling (nondirective therapy).

Not suited to scientific rigour; not effective on severely disturbed.

IV. Existentialist Perspective

Focuses on the irrationality, difficulties and suffering all humans encounter.

Human alienation from the social and spiritual structures that no longer provide meaning in an increasingly technological and impersonal world. The individual must be viewed within the context of the human condition, and moral, philosophical, and ethical considerations are part of that context. Stresses individual responsibility, but it stresses responsibility to others as well. Self-fulfillment is not enough.

V. Behavioural Model

Review: classical conditional, Law of Effect, Operant Learning, and Observational Learning
Criticisms

VI. Cognitive Model

Mediating processes: thoughts, perceptions, and self-evaluations. These determine our reactions and behaviours.

Review: schema

Aaron Beck believes that depression revolves around firmly entrenched negative views of self, experience, and the future. Hierarchy of cognitions: least stable (voluntary thought), automatic thoughts; underlying assumptions about ourselves and the world around us.

Review Seligman's concept of depression.

Six Types of faulty thinking: arbitrary inference (not getting a job means I am worthless); selective abstraction (not looking at the complete picture – one C means I am a bad math student); overgeneralization; magnification/exaggeration; personalization; polarized thinking.

Albert Ellis's A-B-C Theory of Personality. A is an event; C is the person's emotional or behavioural reaction. The activating event A never causes the emotional or behavioural consequence C. Instead B, the person's beliefs about A cause C. (disputing intervention, new effective philosophy; new feelings).

Criticisms: cognitions are not observable (Skinner)

VII. Family Systems Model

Emphasizes the family's influence on individual behaviour. This view holds that all members of the family are enmeshed in a network of interdependent roles, statuses, values, and norms. The behaviour of one member directly affects the entire family system.

Personality is ruled largely by the attributes of the family. Abnormal behaviour is a reflection or symptom of unhealthy family dynamics and poor communication among family members. The therapist must work with the family.

Harry Stack Sullivan founder of school

Virginia Satir: conjoint family therapeutic approach stresses the importance of teaching message-sending and message-receiving skills to family members.

Bolgrad's criticism regarding child abuse.

VIII. The Multicultural model

Recognizes that the many multicultural variations- race, culture, ethnicity, gender, religion, sexual orientation, etc, are powerful factors.

The Inferiority Model: racial and ethnic minorities are in some respect inferior to the majority of the population.

Deprivation Model: years of racism and discrimination have deprived minorities of the opportunity to develop a positive self-esteem.

The Multicultural Model: behaviours must be evaluated from the perspective of a group's value system as well as other standards used in determining normality.

Review collective vs. individual societies.

Have students do an in-class assessment of the case at the beginning of the chapter. For next Monday – have the do a write up on the case at the end of the chapter.