Chapter 1
Abnormal Behavior in Historical Context

Definitions
Psychological Disorder (aka Abnormal behavior)

The Science of Psychopathology
Mental health professionals
Scientist–Practitioner

Clinical Description
Causation, Treatment, and Outcomes

The Past: Historical Conceptions of Abnormal Psychology

The Supernatural Tradition
The Moon and the Stars
- Paracelsus
- Astrology

Treatments for Possession
Mass Hysteria
- Saint Vitus’s Dance, tarantism
The Biological Tradition

Hippocrates

Galen
- Humoral theory of disorders
  - Blood
  - Black bile
  - Phlegm
  - Choler – Yellow bile

The Nineteenth Century

- Syphilis
  - General Paresis (1825)
- Pasteur’s germ theory of disease (1870)
- Cure for General Paresis
- John Grey

The Twentieth Century:
The development of Biological Treatments
- 1930’s electric shock & brain surgery
  - Manfred Sakel, 1927
- 1920’s Joseph von Meduna
- 1950’s 1st effective drugs for severe psychotic disorders
  - reserpine, neuroleptics, benzodiazepines

Consequences of The Biological Tradition

- Focus on hospitalization
- Emil Kraepelin (1856-1926)

The Psychological Tradition

- Moral Therapy
  - Philippe Pinel (1745-1826)
  - Benjamin Rush (1745-1813)

Asylum Reform and the Decline of Moral Therapy
- Dorothea Dix (1802-1887)

Psychoanalytic Theory

- Anton Mesmer (1734-1815)
- Jean Charcot (1825-1893)
  - Salpetriere Hospital
- Josef Breuer (1842-1925) with Freud
  - the unconscious mind
Psychoanalytic Theory

- Catharsis
- Insight
- Anna O.

Structure of the mind
- Id
  - libido
  - thanatos
  - pleasure principle
  - primary process
- Ego
  - reality principle
  - secondary process
- Superego (conscience)

Intrapsychic conflicts

Defense mechanisms
- denial
- displacement
- projection
- rationalization
- reaction formation
- repression
- sublimation

Psychosexual stages of development
- Oral stage
- Anal stage
- Phallic stage
  - Oedipus complex
  - Electra complex
- Latency stage
- Genital stage

Neuroses

Later developments

Ego psychology
- Anna Freud (1895-1982)

Object relations
- Melanie Klein
- Otto Kernberg

Carl Jung (1875-1961)
- Collective unconscious
- Introversion & extroversion

Alfred Adler (1870-1937)
- Inferiority complex
• Other psychoanalysts
  – Karen Horney (1885-1952)
  – Erich Fromm (1900-1980)
  – Erik Erikson (1902-1994)

Psychoanalytic Psychotherapy
• Free association
• Dream analysis
• Psychoanalyst
• Transference

Psychodynamic Psychotherapy

Humanistic Theory
• Abraham Maslow (1908-1970)
• Carl Rogers (1902-1987)

The Behavioral Model
• Pavlov and Classical Conditioning
  – Unconditioned stimulus (UCS)
  – Unconditioned response (UCR)
  – Conditioned stimulus (CS)
  – Conditioned response (CR)
  – Extinction

• John Watson (1878-1958) & the Rise of Behaviorism
  – Albert
    • Rosalie Rayner
  – Mary Cover Jones & Peter

• The Beginnings of Behavior Therapy
  – Joseph Wolpe (1915-1997)

• B.F. Skinner (1904-1990) and Operant Conditioning
  • Influenced by Watson & by Thorndike
    – Law of effect
  • Operant Conditioning
    – Reinforcement
    – Shaping

The Present: The Scientific Method and an Integrative Approach