BIOLOGICAL PSYCHIATRY VS. PSYCHOTHERAPY
WHICH ONE WORKS?
Brookhaven Hospital
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- Biological Psychiatry – Disease Driven
- Chemical Disturbances-Imbalances
- Psychotherapy – Event Driven-Cause & Effect
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- Psychiatry Relies on Medication Management

- Depression – Anti-Depressant Meds

- Twenty Popular Choices
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- Neurotransmitter Production:
  - Serotonin, Dopamine, Norepinephrine
  - Anxiety & Depressive Disorders Down regulate Productions of These Neurotransmitters
- Pharmacological Interventions Increase Availability Of Neurotransmitters
- Cognitive-Behavioral Therapy Increases Function Between the Left-Pre-Frontal & The Temporal Lobe
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- Pharmacological Tx.
- Schizophrenia, Manic-Depressive Illness (Bi-Polar Disorder Whatever that is?)
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- Psycho technologies: (200+)

- Psycho-Analysis, Rogerian, Gestalt, Reality, Humanistic, Rolfing, Primal Scream, Ericksonian, Cognitive-Behavioral, Rational-Emotive, Adlerian, Christian, Bio-Energetic, Life Coaching, Marriage Counseling, Relationship Therapy, etc.
Mood Swings, Anxiety Attacks and the Modern Brain

"It's not my childhood that traumatised me. It's the size of your bills, doctor."
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- Biological Treatments:
- Medications
- Psychological Treatments:

"There is not a thing that medical science can do for you. Have you tried wishful thinking?"
Affects Of Biological Treatment:
Neurotransmitter Productions
Just take a pill.

Affects of Talk Therapy:
Have to talk to somebody.
Costs money??!!
Anti-Depressant Side Affects:

- 60% of Men Report Sexual Side Affects:
- 10% are Serotonin Sensitive
- 20-30% have to try other Medications.
- Sometime they “wear off.:
- Should take them for 6-12 months.
- Potential Withdrawal Symptoms.
Psychotherapy Side Affects:
- Longer lasting affects;
- 1-1 Interpersonal Relationships.
- Specific for grief reactions.

*Longer length between episodes of depression when psychological interventions are used.*
Conclusions:
1. Medication works in treatment of psychological disorders.
3. Efficacy is about the same for relapse of symptoms.
4. Some research says a combination of medication and psychotherapy yields more positive results, i.e., major depression.
References

- Dawes, Robyn, House of Cards, Psychology and Psychotherapy Built on Myths, 1996.
- Lilienfeld, Scott O., Et. Al, Science and Pseudoscience in Clinical Psychology.
Questions

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