

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

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- 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)

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THE THERAPY DID HELP YOUR HUSBAND FIND HIS INNER CHILD... UNFORTUNATELY HIS INNER CHILD IS CALLED DWAYNE.

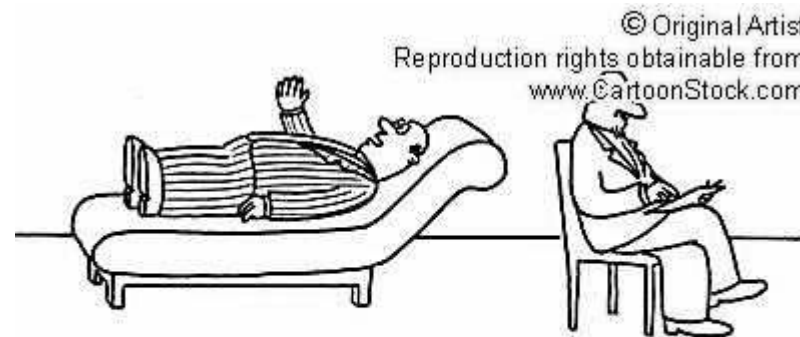


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- Psycho technologies: (200+)
- Psycho-Analysis, Rogerian, Gestalt, Reality, Humanistic, Rolfing, Primal Scream, Ericksonian, Cognitive-Behavioral, Rational-Emotive, Adlerian, Christian, Bio-Energetic, Life Coaching, Marriage Counseling, Relationship Therapy, etc.

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- 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:



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"THERE IS NOT A THING THAT MEDICAL SCIENCE CAN DO FOR YOU. HAVE YOU TRIED WISFUL THINKING?"

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- Affects Of Biological Treatment:
 - Neurotransmitter Productions
 - Just take a pill.
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- Affects of Talk Therapy:
 - Have to talk to somebody.
 - Costs money??!!

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- 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.

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- 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.***

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- Conclusions:
- 1. Medication works in treatment of psychological disorders.
- 2. Psychotherapy works in the 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.

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- References

- Cozolino, Louis, The Neuroscience of Psychotherapy, 2002.
- Dawes, Robyn, House of Cards, Psychology and Psychotherapy Built on Myths, 1996.
- Lilienfeld, Scott O., Et. Al, Science and Pseudoscience in Clinical Psychology.

[Questions]