Introduction

- Psychological theories help us to explain behavior
- Psychological therapies are treatments based on these theories
- An overview of theories and therapies and their relevance to nursing and psychiatric mental health nursing are described in this chapter

- Remember – the etiology of all psychiatric illness are twofold
  - 1)
  - 2)

Freud’s Psychoanalytic Theory

- Levels of awareness
  - Conscious
  - Preconscious
  - Unconscious

Freud’s Psychoanalytic Theory (Cont.)

- Personality structure
  - Id
  - Ego
  - Superego

The Mind is an Iceberg
Freud’s Psychoanalytic Theory (Cont.)
- Defense mechanisms and anxiety
  - Operate on unconscious level
  - Deny, falsify, or distort reality to make it less threatening
- Experiences during the early stages of life determine
  - Individual’s lifetime adjustment patterns
  - Personality traits

Freudian Theory and Nursing
- Formation of personality
- Conscious and unconscious influences
- Importance of individual talk sessions
- Attentive listening
- Transference
- Countertransference

Therapeutic Approaches
- Classical psychoanalysis
  - Not generally used today but important concepts remain valid
  - Uncover unconscious material
  - Transference/Countertransference
  - Defense mechanisms

Psychodynamic Therapy
- Newer psychoanalytic model
- Focuses more on here and now
- Uses many tools of psychoanalysis
- Best candidates are the “worried well”
- Have a clear area of difficulty
- Are intelligent and well motivated for change
- Rapid back and forth between therapist and patient

Audience Response Questions
According to Freud, which aspect of the personality motivates an individual to seek perfection?
A. Id
B. Ego
C. Superego
D. Transference

Case Study
- A patient is admitted to your unit who has an uncanny resemblance to your older sister. As a child, your older sister lied and criticized you constantly, then screamed and cried to others if you challenged her. You realize that you are responding negatively to this patient. What is going on?
A. Mutuality
B. Self-system
C. Self-actualization
D. Countertransference
- What should the nurse do?
Erikson’s Ego Theory

- Eight stages of development
- Personality continues to develop through old age
- Failures at one stage can be rectified at another stage

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
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<tbody>
<tr>
<td>Trust vs. mistrust</td>
<td>0-1.5</td>
<td>Identity vs. role confusion</td>
<td>12-20</td>
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<tr>
<td>Autonomy vs. shame-doubt</td>
<td>1.5-3</td>
<td>Intimacy vs. isolation</td>
<td>20-35</td>
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<tr>
<td>Initiative vs. guilt</td>
<td>3-6</td>
<td>Generativity vs. self-absorption</td>
<td>35-65</td>
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<tr>
<td>Industry vs. inferiority</td>
<td>6-12</td>
<td>Integrity vs. despair</td>
<td>65+</td>
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Erikson’s Theory and Nursing

- This developmental model is an important part of nursing assessment
- Helps determine what types of interventions are most likely to be effective per developmental stage

Erickson Vs. Freud

<table>
<thead>
<tr>
<th>Erickson</th>
<th>Freud</th>
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<tbody>
<tr>
<td>• Stressed ego</td>
<td>• Stressed id</td>
</tr>
<tr>
<td>• Psychosocial aspects of development</td>
<td>• Psychosexual aspects of development</td>
</tr>
<tr>
<td>• Considered life span development</td>
<td>• Personality developed by age 5</td>
</tr>
<tr>
<td>• Studied healthy people</td>
<td>• Studied neurotic people</td>
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Piaget’s Stages of Cognitive Development

- Sensorimotor
- Preoperational
- Concrete operations
- Formal operations
Development Theories in Nursing

• Developmental model is an important part of nursing assessment
• Helps determine what types of interventions are most likely to be effective

Case Study
Ms. V is admitted to your unit after being picked up by police for intoxication and anxiety. After she is stabilized, she spends the rest of the night on suicide watch. In the morning, she is admitted for a stay of 3 to 5 days for evaluation.

The police are not pressing charges for disturbing the peace because she has promised to get help.

Sullivan’s Interpersonal Theory

• Purpose of all behavior is to get needs met through interpersonal interactions and decrease or avoid anxiety
• Personality can be observed within interpersonal relationships
• Anxiety - painful feeling or emotion that arises from social insecurity or prevents biological needs from being satisfied
• Security operations (observable vs. intrapsychic process)
  • Act to reduce anxiety and increase security
  • Self-system - all of the security operations an individual uses to defend against anxiety and ensure self-esteem

Interpersonal Therapy

• Focus is on interpersonal relationships
• Problems
  • Grief
  • Role disputes
  • Role transition
  • Interpersonal deficits

Interpersonal Therapy

Interpersonal therapy is most effective in treating:
• Grief and loss
• Interpersonal disputes
• Role transition
Case Study
Ms. V reveals that she began drinking heavily over the last couple of weeks when her boyfriend tried to break up with her. During her stay she receives medication for depression and begins having sessions of interpersonal therapy.

Sullivan’s Theory and Nursing
- Foundation for Hildegard Peplau’s theory
- Participant observer
- Mutuality
- Respect for the patient
- Unconditional acceptance
- Empathy

Hildegard Peplau’s Theory of Interpersonal Relationships in Nursing (1952)
- Major paradigm shift in nursing
- The art of nursing
  - Provide care, compassion, and advocacy
  - Enhance comfort and well-being
  - Focus is on the patient
- The science of nursing
  - Application of knowledge
  - Nursing is investigative and uses theory
  - To understand a broad range of human problems and psychosocial phenomena
  - To intervene in relieving patient’s suffering and promote growth

Peplau and the Therapeutic Relationship
- Levels of anxiety
- Communication
- Aim to improve patient’s ability to think and function
- Personal growth

Sr. Callista Roy (1976)
- Emphasizes the role of nursing in assisting patients to adapt in order to cope more effectively
- Adaptive Modes
  - Physiologic
  - Self-concept
  - Role function
  - Interdependence
**Humanistic Theories**

Human beings are active participants in life and strive for self-actualization.

**Theory of Human Motivation**

- Asserts that psychology must go beyond experiences of hate, pain, misery, guilt, and conflict to include love, compassion, happiness, exhilaration, and well-being.
- Human beings are active participants in life, striving for self-actualization.
- When lower needs are met, higher needs are able to emerge.
- Basic needs
  - D-motives/deficiency needs
  - Self-esteem and self-actualization
  - B-motives/being needs

**Maslow’s Hierarchy of Needs**

- Basic needs
- D-motives
- Deficiency needs (e.g., air, water, food)
- Self-actualization
- B-motives
- Being needs (e.g., esteem needs)

Human beings are active participants in life and strive for self-actualization.

**Maslow’s Theory and Nursing**

- Emphasis on human potential and the patient’s strengths
- Needs are fulfilled by and through other humans
- A person does the best he/she can at the time
- Prioritizing nursing actions in the nurse-patient relationship

**BEHAVIORAL THEORIES AND THERAPIES**
Behavior Theories

- Pavlov’s classical conditioning theory
- Watson’s behaviorism theory
- Skinner’s operant conditioning theory
- Implications for nursing
  - Modifying or replacing behaviors
  - Behavior management

Behavior Therapy

- Modeling
- Operant conditioning
- Systematic desensitization
- Aversion therapy
- Biofeedback

Cognitive Theory

- Dynamic interplay between individuals and the environment
- Thoughts come before feelings and actions
- Thoughts about the world and our place in it are based on our own unique perspectives, which may or may not be based on reality.
Cognitive Therapy (Beck)

- How people feel/behave is largely determined by the way in which they think about the world and their place in it
- Test distorted beliefs and change way of thinking; reduce symptoms
- Focus
  - Thoughts/cognitions
  - Correcting cognitive distortions
  - Reality testing

Cognitive Therapy

- Rational-Emotive Behavior Therapy (Ellis)
- Schemata – our attitudes and assumptions based on individual experiences
- Aims to eradicate irrational beliefs
- Recognize thoughts that are not accurate

Irrational Thinking / a-b-c model

Ellis, 1962

Distorted thoughts = emotional problems
Distortions can be negative thoughts, irrational beliefs or illogical errors

- Polarized thinking = seeing everything in black or white
- Over-generalisation = making sweeping generalisations
- Tyranny of `must', `should' and `ought' = something MUST happen
- Catastrophising = making a mountain out of a molehill

Abnormal behaviour occurs if people engage in faulty thinking to the extent that it becomes maladaptive for them and others around them

The REBT Approach to Changing Your Thoughts, Feelings, and Behavior, and their Consequences.

A

B

C

D

STOP

OUT

E

The Biologic Model

- Focus on:
  - Neurologic
  - Chemical
  - Biological
  - Genetic

- How does the body and brain interact to create the following?
  - Emotions
  - Memories
  - Perceptual experiences
Biological Theories and Nursing
• Consider other influences that play a role in the development and treatment of mental disorders
• Social, environmental, cultural, economic
• Focus on
• Qualities of a therapeutic relationship
• Understanding patient’s perspective
• Communicating to facilitate recovery
• Application of newest biologic research in nursing practice

More Biological Therapies
• Psychopharmacology therapy
• Use of medication to treat psychiatric illness
• Brain stimulation therapies
• Electroconvulsive therapy (ECT)
• Transcranial magnetic stimulation (repetitive trams)
• Vagus nerve stimulation (VNS)
• Deep brain stimulation (DBS)

Milieu Therapy
• Milieu Therapy
• Use of total environment
• People, setting, structure, and emotional climate are all important to healing

Newer Therapies
• Mindfulness-Based Cognitive Therapy (MBCT)
• Elements of CBT
• Plus mindfulness-based stress reduction
• Goal is to train the brain to accept and observe cognitions without judgment
• Dialectical Behavioral Therapy (DBT)
• Evidence-based to decrease suicidal and self-injurious behaviors in borderline personality disorder
• Eye Movement Desensitization and Reprocessing Therapy (EMDR)
• Used to treat post traumatic stress disorder

Apps
• Study Findings –
• Examples:
  • NAMI AIR
  • BellyBio
  • My3
  • eCBT Calm

Audience Response Questions
Which theorist most influenced the professional practice of psychiatric nursing?
A. Harry Stack Sullivan
B. Hildegard Peplau
C. Erik Erikson
D. Ivan Pavlov
Audience Response Questions

Schemata, automatic thoughts, and cognitive distortions are terms that relate to

A. rational-emotive behavioral therapy.
B. cognitive-behavioral therapy.
C. operant conditioning theory.
D. biofeedback.