

Mental Health Treatment

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Most Commonly Seen Diagnoses

- ▶ Acute Stress Disorder
- ▶ Posttraumatic Stress Disorder (PTSD)
- ▶ Major Depressive Disorder (MDD)
- ▶ Bipolar Disorder
- ▶ Suicidal Behaviors
- ▶ Schizophrenia
- ▶ Borderline Personality Disorder (BPD)
- ▶ Co-occurring mental health and/or
 - substance abuse disorders



Most Commonly Recommended Treatments

- ▶ Medication
- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Family Therapy
- ▶ Psychoeducation/Psychosocial Treatment
- ▶ Dialectical Behavior Therapy (DBT)
 - Group
 - Individual



Medication

- ▶ Anti-depressants
 - Prozac
 - Paxil
 - Zoloft
 - Wellbutrin
 - Lexapro
 - Celexa
- ▶ Mood stabilizers
 - Lithium
 - Depakote
 - Lamictal
- ▶ Anti-anxiety
 - Klonopin
 - Ativan
 - Xanax
 - Buspar
 - Beta Blockers
- ▶ Anti-psychotics
 - Zyprexa
 - Abilify
 - Seroquel
 - Risperdal
 - Geodon

Cognitive-Behavioral Therapy

- ▶ Learning processes play a critical role in the development and maintenance of maladaptive behavioral patterns.
- ▶ Encourage clients to recognize, avoid, and handle situations where they may be vulnerable to relapse.
- ▶ ABCs



CBT Steps

- ▶ Comprised of a collection of strategies directed at enhancing **self-control**.
- ▶ Practices anticipating likely problems and cultivating effective **copng strategies**.
- ▶ Exploring the **positive and negative consequences** of continued problematic behavior.
- ▶ **Self-monitoring** to identify symptoms and recognize high-risk situations.
- ▶ Developing tactics for avoiding and coping with **high-risk situations**.

CBT for Trauma Related Disorders

- ▶ **Exposure therapy** helps people face and control their fear. The therapist uses these tools to help people cope with their feelings.
- ▶ **Cognitive restructuring** helps people make sense of the bad memories. The therapist helps people look at what happened in a realistic way.
- ▶ **Stress inoculation training** tries to reduce symptoms by teaching a person how to reduce anxiety.

CBT for Mood Disorders

- ▶ Focus on what situations increase negative thoughts about the self, others, or the world.
- ▶ Behavioral Activation
- ▶ Self-monitoring of symptoms
- ▶ If suicidal, thinking about effects of death on others.



Family Therapy

- ▶ Family Collaboration
 - Working with the family to promote understanding of illness.
 - Help families learn not to walk on eggshells.
 - Help families learn to work together.
 - What is the family willing to do vs. what they can do vs. what's actually helpful?



Why bother with families?

- ▶ Important due to the significant impact of family support on recovery.
- ▶ Get the family on the same page as the treatment team.
- ▶ Sometimes family members inadvertently do things that disrupt progress in treatment.
- ▶ Help them relearn how to parent.



Psychoeducation

- ▶ Usually in a group format
- ▶ Develop an understanding about:
 - Their own illness
 - Their child's illness
 - Domestic Violence
 - Substance Use
 - Parenting Skills
 - Anger Management



Psychosocial Groups

- ▶ How to manage illness
- ▶ Rehabilitation
 - Job counseling
 - Money management
 - Transportation needs
- ▶ Deal with everyday challenges
 - Self-care
 - Communication
 - Work
 - Forming and keeping relationships



Dialectical Behavior Therapy DBT

- ▶ **Group**
 - Skills development with feedback from others like them
- ▶ **Individual**
 - Chance to review homework
 - Practice skills
 - Motivation to stick to plan
 - Learn new ways to apply skills



DBT

- ▶ **General goals of skills training:** To learn and refine skills in changing behavioral, emotional, and thinking patterns associated with problems in living that are causing misery and distress.
- ▶ **Specific goals:**
 - Core mindfulness training
 - Interpersonal effectiveness
 - Emotional regulation training
 - Distress tolerance training



Outcomes

- ▶ Medication reduces symptoms vs. eradicates
- ▶ Psychoeducational/psychosocial groups
 - Understanding vs. treatment
 - Learning new behaviors
 - Relearning old behaviors
 - Correcting old behaviors
- ▶ Process vs. result oriented
 - Life long treatment
 - Reduction in impulsiveness, angry outbursts
 - Improvement in daily living, functionality
 - Medication compliance
 - Adherence to treatment plan with DSS
 - DBT often needs to be repeated



Questions?


