Chapter 4
Theoretical Perspectives
Theoretical Perspectives and Treatment

Humanistic Perspective
- Person-Centered
- Self-Actualization
- Humanistic Treatment

Psychodynamic Perspective
- Freudian Psychoanalytic
- Post-Freudian Theorists
- Object Relations Theorists
- Psychodynamic Treatment

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- Social Influences
- Historical Events
- Sociocultural Treatment
- Family Therapy
- Group Therapy
- Milieu Therapy

Biological Perspective
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- Endocrine System
- Genetic Influences
- Biological Treatment
- Medication
- Psychosurgery
- ECT
- Biofeedback

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- Classical Conditioning
- Operant Conditioning
- Social Learning
- Social Cognition
- Behavioral and Cognitive Therapies
- Conditioning Techniques
- Contingency Management Techniques
- Modeling and Self-Efficacy Training
- Cognitive Restructuring
- REBT
The Purpose of Theoretical Perspectives in Abnormal Psychology

Theoretical perspectives influence the ways in which clinicians and researchers interpret and organize their observations about behavior.
Major Theoretical Perspectives

- Statistical
- Psychodynamic
- Biological
- Behavioral and cognitive
- Humanistic
- Sociocultural
- Integrative approach
The Statistical Perspective
The Statistical Perspective

• Common sense notion
• “By definition” Ab - norm, against the norm
• Hides the complexity involved in the terms
• Hides the complexity involved in the reality
The Statistical Perspective

Problems

- Two ended.
- Cut offs?
- Which traits?
- How developed?
Statistical Perspective

Advantages

- Numerical prestige
- Numerical precision
- Support of “low frequency” view
Statistical--disadvantages

- Low frequency not always pathology
- Cutoffs undefined
- Critical dimensions unspecified
- Causes unspecified
Statistical Perspective

• What is the basic idea of the statistical perspective?
• What moral issues does the statistical perspective raise?
• How should Christians respond to persons with low frequency behavior?
Psychoanalytic Perspective
Definition Of Abnormality

• In an abnormal personality, the psychic energy is distributed improperly, so that either the id or superego is too strong and ego processes are unable to control desire or conscience.
Freudian Psychodynamic Outline

• Model of personality
  – Id, ego, superego
• Defense mechanisms
• Psychosexual development
• Treatment

http://faculty.necc.mass.edu/pflynn/courses/abnormalpsychology/PSYCHOANALYTIC/index.htm
In Freudian theory, the ID is the instinctive, inborn part of personality.
In Freudian theory, The EGO is the center of conscious awareness.
In Freudian theory, the SUPERE戈 controls the ego’s pursuit of the id’s desires.
3 Processes Of Personality,

- **Id**
  - pleasure principle
- **Ego**
  - reality principle
- **Superego**
  - ego ideal/conscience

![Diagram showing the processes of personality with a rectangle labeled 'Superego' indicating that nice people only have sex if they are married and only with the people they are married to, leading to anxiety. Another rectangle labeled 'Ego' stating 'I\'ll have to find a compromise,' and a third rectangle labeled 'Id' stating 'I want to have sex with whomever and wherever I want.'
Three Kinds Of Anxiety

• **Realistic anxiety**
  – Arises from the expectation that real world events may be harmful to the self

• **Neurotic anxiety**
  – The possibility that one will be overwhelmed by one's impulses

• **Conscience or moral anxiety**
  – One anticipates that one's behavior will violate one's personal standards or when one has violated those standards
Psychoanalytic

Freud

Defense Mechanisms

Various tactics people use to keep unacceptable thoughts, instincts, and feelings out of conscious awareness.
Defense Mechanisms

High Adaptive Defenses:

Healthy responses to stressful situations.

- Humor
- Self-assertion
- Suppression
Sublimation

• The process of rechanneling psychic energies from socially undesirable goals to socially desirable ones.
Defense Mechanisms

Mental Inhibitions:

Unconscious tactics to keep out of conscious awareness disturbing thoughts, feelings, memories, wishes, fears.

- Displacement
- Dissociation
- Intellectualization
- Reaction formation
- Repression
Displacement

• Putting feelings on someone safer than the true object
Intellectualization

- Repressing feelings and using a complex intellectual system to deal with information
Reaction Formation

• Feeling substitution where one substitutes the opposite for the actual feeling
Repression

• The individual unconsciously forces unwanted thoughts or prohibited desires out of mind.
1. Which of these defense mechanism are you most likely to use?

• Displacement
• Dissociation
• Intellectualization
• Reaction formation
• Repression
Defense Mechanisms

**Minor Image-Distortions:**
Distortions in the image of the self, the body, or others to regulate self-esteem.

- Devaluation
- Idealization
- Omnipotence

**Major Image-Distortion:**
Gross distortion of oneself or others.

- Splitting
Defense Mechanisms

Disavowal Defenses:
Keeping unpleasant, unacceptable stressors, thoughts, feelings, impulses, responsibilities out of one’s awareness.

- Denial
- Projection
- Rationalization
Denial

• Doing away with distressing external facts

"I want to say one thing to the American people," "I want you to listen to me. I'm going to say this again. I did not have sexual relations with that woman, Miss Lewinsky."
Projection

- Attributing private understandings to others,
- Substituting you for I
Rationalization

• Assigning behavior to socially desirable motives which are not correct
2. Which of these defense mechanism are you most likely to use?

- Denial
- Projection
- Rationalization
Repression And Denial

- Repression obliterates inner facts
- Denial does away with distressing external ones.
James 1:22

• Do not merely listen to the word, and so deceive yourselves. Do what it says
Denial Vs. Self-deception 1
John 1:8

• If repression obliterates inner facts,
• Denial does away with distressing external ones.
• "If we claim to be without sin, we deceive ourselves and the truth is not in us."
Defense Mechanisms

Defenses Involving Action:

Responses to conflict or stress that involve action or withdrawal.

- Acting out
- Passive aggression
- Regression
Defense Mechanisms

Breaks From Reality:

Responses involving bizarre thought or behavior.

- Delusional projection
- Psychotic distortion
Existentialist Vs. Psychodynamic Theorist

- Existential psychologists assert that the central human fear and the one from which most psychopathology develops is the fear of dying, which is contrasted with sexual urges for the Freudian.
Libido

• Sexual energy that can become associated with a host of pleasurable activities
Transference

• During psychodynamic therapy clients come to transfer emotions, conflicts, and expectations from diverse sources from which they were acquired on to therapists.
Oedipus Complex

- Conflict of having sexual desires for the opposite-sex parent and yet fearing the same-sex parent will retaliate
Castration Anxiety

• Fear that the father will castrate the son if he acts on his desires for his mother
Penis Envy

• The girl's anger over being made incomplete
Catharsis

• The uncovering and reliving of early traumatic conflicts
Psychosexual Stages

- **Oral** pleasure associated with sucking and the mouth
- **Anal** toilet training period and issues of retention and expulsion
- **Phallic** castration anxiety or penis envy
- **Latency** repression of sexual interests
- **Genital** sexual energy is sublimated into love and work
Freudian Psychodynamic Treatment

• Goal
  – Make unconscious conscious

• Techniques
  – Free association
  – Dream analysis
  – Analyze transference
  – Working through transference
  – Overcome resistance
Psychoanalytic-advantages

• Importance of motivation
• Emphasis on sex and anger
• Developmental insights
• Comfortable with complexity
• Comfortable with ambiguity
• Comprehensive description of human personality
• Explains abnormality and normality in the same metaphor
• Provides method for investigating and treating abnormal processes
3. Which advantage is most important to you?
Faults Of Early Psychoanalytic Theory

• Non verifiable - not testable, can't be disproved or disconfirmed.
• No knowledge of children
• Arose from careful observation of individual clients coming in for treatment; generalization from an atypical sample, many proved wrong
Psychoanalytic-disadvantages

• Fails criteria for science
• Relies on dogmatism
• Encourages immorality
• Views people as “low”
• Views people as determined
• Lack of scientific evidence
• Person vs. Situation
4. Which disadvantage is of most concern to you?
Identification

• Internalize the feelings of others
Isolation

• Getting rid of the emotional content but not the information
Biological Perspective
Basic Metaphor of the Biomedical Perspective.

• Abnormality is a physical malfunction such as a chemical or anatomical defect.
Biological Perspective

Treatment: Somatic Therapies

- Medication
- Psychosurgery
- Electroconvulsive Therapy
- Biofeedback
Four Possible Causes Of Abnormality

- Germ syphilis
- Gene manic/depressive
- Biochemistry schizophrenia, depression
- Neuro-anatomy type 1 schizophrenia
Biological Perspective

Genetic Influences
Genetic Influences

• Basic genetic concepts
  – Deoxyribonucleic acid (DNA)
  – Genes
  – Chromosomes

• Models of genetic transmission
  – Dominant alleles
  – Recessive alleles
  – Polygenic
  – Heritability
  – Diathesis-stress model
  – Multifactorial polygenic threshold model
Implications Of 50% Concordance In Identical Twins For A Diagnosis Like Schizophrenia

- Causal influence of genes,
- But not genetic determination.
Genetic vs. Environmental Origin

- Concordance rate of identical twins reared apart same as reared together.
- 100% concordance of identical and < for fraternal.
Assumptions in a Twin Study Of Schizophrenia

• Id twins raised together have the same environment
• Diagnosis of schizophrenia is reliable
• Fraternal twins raised together have the same environment
• Id of which twin is id and which is fraternal is valid
Unique Pressure To Retain The Illness Perspective.

- Provides jobs for R.N.'S, etc. If it is a medical problem.
How Diagnoses Are Established

• Consensus of the self-appointed psychiatrists

http://www.academyofct.org/Library/InfoManage/Guide.asp?FolderID=1079&SessionID={65583D1C-AFB7-4366-9EBE-64E2B93803EE}&SP=2
Reductionism And Antireductionism

• A reductionist believes that all psychological phenomena can be explained by and reduced to biological phenomena.

• The antireductionist holds that there are at least some psychological phenomena that cannot be reduced to biological phenomena.
Metaphors of the Biomedical, Psychodynamic And Environmentalist Approaches.

- **Biomedical** -- physical malfunction,
- **Psychodynamic** -- hidden conflicts within the personality,
- **Behavioral** -- abnormality as the result of conditioning.
Depravation Dwarfism

• A child who does not grow due to an abusive environment.
• This exemplifies a situation where psychological events determine physiological
Terms:

• Etiology -- Cause
• Syndrome -- A group of diverse but co-occurring symptoms
• Prognosis -- The likelihood of recovery
Prevalence and Incidence

• **Prevalence:** the percentage of the population having a disorder at any time,

• **Incidence:** the rate of new cases of a disorder in a given period.

• **Prevalence > Incidence.**

Prevalence of Stewart's disease of corn in Iowa in 1999.
Concordant And Discordant

- When twins have the same or different diagnoses
Biomedical-advantages

- Past success of medicine with other problems
- Large funding base
- Strong political power
- Removes responsibility
- Grounded in mature sciences
- Measurable and objective
- Well-defined sequence of methods
5. Which advantage is most important to you?
Biomedical-disadvantages

- Demonstrated for only one physical illness
- Personality only partly genetic
- Drugs only work for some,
- Relapse rate high,
- Unwanted side effects
- Psychological events sometimes cause psychopathology,
- Some abnormalities may be illness, but others are problems in living
- Gives no hope of cure
- Removes responsibility
- Diagnosis often subjective
- Confuses practioner’s motives
- Can be socio-political tool
6. Which disadvantage is of most concern to you?
Limitations Of Drug Therapy For Schizophrenia

- 17.5% do not improve
- 22.5% partial improvement
- “Back ward” replaced w/ revolving door
- Tardive dyskinesia and other side effects
The Cerebral Cortex

- Motor area
- Somatosensory area
- Speaking language (Broca’s area)
- Understanding language (Wernicke’s area)
- Visual area
- Auditory area

- Frontal lobe
- Parietal lobe
- Occipital lobe
- Temporal lobe
The Limbic System

- Cingulate cortex
- Septal area
- Hypothalamus
- Hippocampus
- Amygdala
Biological Perspective

The Endocrine System
Autonomic Nervous System

Parasympathetic nervous system
  –Maintains bodily functions at rest

Sympathetic nervous system
  –Mobilizes resources for energy

http://www.ohlone.edu/instr/math/images/mlc12.jpg
Cognitive Behavioral Perspective

AKA

Learning, Environmental
Behavioral And Cognitive Therapies

• Behavioral
  – Counter-conditioning
  – Systematic desensitization
  – Contingency management
  – Token Economy
  – Participant modeling
  – Self-efficacy training
Cognitive vs. behavioral approaches.

• Behaviorists hold that behavior is influenced more by direct relationships between environment and response.

• Cognitive psychologists contend that what a person thinks, believes, and expects, attends to in short, his/her mental life influences how he/she behaves.
COGNITIVE –

- Acquiring maladaptive behaviors through disturbed thinking
Behaviorism Assumes

• Abnormal as well as normal behavior is learned from experience.

• Experiment can isolate the aspects of environment that cause abnormal behavior

• Change the environment & the individual will unlearn his old maladaptive habits and will learn new adaptive habits
# Reinforcement & Punishment

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<tr>
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- **Add to situation**
  - Positive Reinforcer
  - Positive Punishment

- **Remove from Situation**
  - Negative Reinforcer
  - Negative Punishment

![Image](http://www.cc-art.com/sampler/Clipart/teaching/behavioral/Reinforcement_Punishment.jpg)
Operant Therapy Questions

• What undesirable behavior or maladaptive operants does the patient engage in?
• What reinforcers maintain these maladaptive responses?
• What environmental changes reinforcement or discriminative stimulus changes can be made to change the maladaptive behavior into adaptive behavior?
Regularity in Abnormality?

- Role learning in society
- Selective reward of mental health professionals
- Effects of hospital itself
Classical conditioning

- Pavlovian conditioning
  - UCS
  - UCR
  - CS
  - CR
Behavioral Perspective

• Classical Conditioning (Pavlov)
  – Stimulus Generalization
  – Stimulus Discrimination
  – Aversive Conditioning
Flooding Desensitization and Pavlovian theory

http://fog.ccsf.cc.ca.us/~rholbert/phobia6.jpg
Instrumental conditioning

• Operant conditioning
Behavioral Perspective

- Operant Conditioning (Skinner)
  - Primary reinforcers
  - Secondary reinforcers
  - Positive vs. negative reinforcement
  - Punishment
  - Extinction (occurs with classical or operant)
  - Shaping
Behavioral Perspective

- Social Learning and Social Cognition

http://www.easternct.edu/depts/pe/chaos/images/Modeling%20on%20edubeam.jpg
Appraisal

• An evaluation of the expected consequences of a course of action.
Attribution

• An individual’s conception of why an event has befallen him
Automatic Thought

- Thoughts which precede and cause emotions
Efficacy Expectation

• The belief that one can successfully execute the desired behavior
Outcome Expectation

• Estimate that a given behavior will lead to a desired outcome
Cognitive Perspective

- Treatment focuses on
  - Automatic thoughts
  - Dysfunctional attitudes
Cognitive Treatments

• Cognitive restructuring
• Rational-Emotive Therapy (Ellis)
  – Irrational beliefs

http://www.educazione-emotiva.it/immagini/albertellis.jpg
12 Irrational Ideas

• A dire necessity for adults to be loved by significant others for almost everything they do
• Certain acts are awful or wicked, and that people who perform such acts should be severely damned
• It is horrible when things are not the way we like them to be
• Human misery is invariably externally caused and is forced on us by outside people and events
• If something is or may be dangerous or fearsome we should be terribly upset and endlessly obsess about it
• It is easier to avoid than to face life difficulties and self-responsibilities
• We absolutely need something other or stronger or greater than ourself on which to rely
• We should be thoroughly competent, intelligent, and achieving in all possible respects
• Because something once strongly affected our life, it should indefinitely affect it
• We must have certain and perfect control over things
• Human happiness can be achieved by inertia and inaction
• We cannot help feeling disturbed about things

(From The Essence of Rational Emotive Behavior Therapy, by Albert Ellis, Ph.D. Revised, May 1994.)

http://webspace.ship.edu/cgboer/ellis.html
Strengths

- Effective
- Strong scientific base
- Brief and inexpensive
- Large data base
- Based on science
- Well defined treatment program
- Easily measured
- Emphasis on determined part of people
- Emphasis on what can be learned from animals
7. Which advantage is most important to you?
Weaknesses

• Do not account for whole person; human freedom
• Some disorders may be deeper than the behavior and thoughts that accompany them
• Deterministic
• Logically self-contradictory
• People are viewed reductionistically
• Could be socio-political tool
8. Which disadvantage is of most concern to you?
Moral Perspective
Mowrer's two purposes for the use of religious metaphor

- Point to the moral nature of abnormality.
- Create energy for the acceptance of the perspective.
Public Mockery a Criterion for the Evaluation of a theory.

• "One useful index of the seminal quality of a new theory would be the extent to which it is publicly reviled."

London 1964 Modes and Morals of Psychothera
The relationship of Guilt and Anxiety

• Mowrer guilty is the result of some act he has actually committed in the past,
• Freud guilt is the result of fear of his own impulses

http://www.ecstasy2.com/images/guilt.JPG
the Freudian view.
Moral vs. the Freudian view.

- Anxiety result of guilt.
- Neurotics are under rather than over-socialized
Guilt

• Normal emotion that results from an actual or objective transgression or sin.
Withdrawal

• Result of feelings of guilt due to a concealed "sin" which leads to a removing of one's self from social contacts and potential discovery.
Continuum of socialization

- *Continuum of*: the varying degrees of
- *Socialization*: the process of learning to bring one's own behavior into conformity with social and personal norms
Break with sincerity

• The withdrawal and indifference of the "schizophrenic" caused by his desire to hide and thus avoid risk of discovery of his sin.
Sin

• Behavior that violates social norms.
Symptom

• An attempt on the part of the individual to cover his feelings of guilt.
• Concealment is a typical symptomatic attempt to effect self-secure.
• Symptoms are not to be confused with sin.

http://bitpuddle.com/images/2005/01/hiding.jpg
Normal vs. Abnormal Emotions

- Feelings of real guilt,
- inferiority or anxiety
- stemming from violation of social norms.
Moral-advantages

• Potentially testable
• Accounts for the moral aspect of people
• Specific treatments
Moral-disadvantages

• No definition of responsibility
• Culturally distasteful language
Humanistic Perspective
Humanistic Perspective

- Person-Centered Theory (Rogers)
- Self-Actualization Theory (Maslow)
- Client-Centered Therapy

http://www.biospiritual.org/images/carl-rogers.jpg

http://www.adidainfo.com/images/people/maslow.gif
Definitions of Abnormality

- Denial
- Distortion
- Failure to self actualize
Values From The Humanist Perspective

- Acquired from experience of the subjective self
- Interjected or acquired from others, perhaps through the verbal self.
Values From The Humanist Perspective

• Experiential most commonly contribute to personal growth and self-knowledge.
• Interjected values may be a source of confusion, for they often require that a person deny his/her feelings to conform to the desires of another.
• Thus, when children are told it is bad to be angry with a sibling, they gradually come to avoid labeling their feelings toward siblings as anger to preserve parental affection.
Problem in the focus on the “positive” in humans

• Reject revelation
• Cannot define the "positive" or the "good"
Individual vs. Society

• No way to choose between the good of the individual and the good of society.
Two problems raised in the "Anxious Worker"

- No definition for the positive or good.

- No way to choose between the good of the individual and the good of society.
Methodology used to define self-actualizing person

- Maslow decided that certain people were self-actualized
- Then decided to study them.
- Entirely circular.
Humanistic Treatment

• Goal
  – Help client achieve self-understanding

• Stance
  – Client-centered
  – Unconditional positive

• Techniques
  – Reflection
  – Clarification
  – Therapist model genuiness and willingness to disclose
Fundamental assumptions of client-centered therapy

- Therapy proceeds best when the client experiences the therapist's unconditional positive regard,
- Because without it all people simply become defensive, and
- When they are defensive the process of change is retarded
- Therapists attempt to achieve empathy with the client, to see the world as he/she does
Phenomenological Approach
Humanist Manifesto

Humanist's position on

[Image of Vitruvian Man by Leonardo da Vinci]
Humanist Manifesto--Values

• Value is only found in scientific inquiry.
Humanist Manifesto--Goal of Humans

• It is the complete realization of human personality.
• We seek it's development and fulfillment in the here and now.
Humanist Manifesto-- Existence of God

• non-existent
Humanist Manifesto--Individual

• Dignity of individual
Humanist Manifesto--Abortion

• Have a right to it.
Humanist Manifesto--Sexual Expression

• Religion suppresses sexual conduct.
• Do not approve of exploitation,
• but do not go against it.
• Want to encourage intimacy, sensitivity, respect, honesty, etc.
Humanist Manifesto-- Revelation

• doesn't exist.
Humanistic Strengths

• Emphasis on a broader view of people Non-reductionistic
• Desire to see people as more than animals
• Emphasis on freedom Non-deterministic
• Not limited to scientific method
• Emphasis on human problems (not animal)
Humanistic-Disadvantages

- Key terms undefined
- Morality undefined
- No basis for claims of human:
  - Value
  - Dignity
  - Freedom
- Poor science
- Religious conflicts
- No definition of the positive
- Questionable morality
Sociocultural Perspective

- Family influences
- Social discrimination
  - Age
  - Race
  - Gender
- Social influences and historical events
  - War
  - Natural disasters
  - Financial markets
Sociocultural Treatment

• Family therapy
  – Intergenerational
  – Structural
  – Strategic
  – Experiential

• Group therapy

• Milieu therapy

http://www.picsearch.com/info.cgi?q=group%20therapy&cid=678374996416
The Social Perspective

http://www.crafts-unlimited.co.uk/psychst.jpg
Social Perspective

• More attention to context of abnormality
• New elements added
  – Reaction to symptom
  – Social institution of mental illness
  – Diagnostician

http://www.pbs.org/itvs/thegoodwar/photos/mental_hospital.jpg
Mental Patients Distinctively Suffer Not From Mental Illness But From Contingencies.

- Mental patients suffer from the judgment of others.
Transforming The Residual Rule Breaker Into An Individual Who Is Mentally Ill

- Societal reaction

$3 + 4 = 8$
Conditions Necessary For The Chronic Residual Deviant To Become Deviant.

- Knowledge of the role.
- Be willing to act that way.
How A Chronic Residual Deviant Learns To Behave Like One Who Is "Mentally Ill

- Learned in early childhood: "crazy learned early"
- Continually reinforced and reaffirmed in our everyday life

- Documentary stereotypes
  - Mrs. Ralph Jones, an ex-mental patient, elected president of garden society.
Processes That Lead To Acceptance Of The Deviant Role

• Rewarded for role.
• Punished when they attempt to return.
• Individual suggestibility when offered role diagnosed
Becker (1963) Suggests Society Creates Deviance

- Social groups create deviance by making the rules whose infraction constitutes deviance, applying them to a particular people and labeling them as outsiders.
Ways The Social Perspective Differs

• MI is something that does not exist in persons as with other approaches but is ascribed to persons as a function of the definition given certain types of acts by certain audiences.

• The social perspective focuses on the ascriptive process "who is labeled as MI and under what circumstances."
Norm

- The agreed upon rules of conduct or demeanor of the group.
Residual Rule Breaking

• Rule violations that do not have an explicit label associated with them but which may result in others labeling the rule violator as mentally ill.
Deviance

• The response of other people to the rule breaker.
• Deviance is a quality of peoples' response to an act and not a characteristic of the act itself.
Career

• The sequence of movements from one position to another in a social system.
Stigma

• A stigmatized person is one with a discrediting identity.
• Persons who have been labeled as "mentally ill" or as "ex-mental patients" are usually said to be stigmatized.
Conventional Sentimentality

• The refusal to question your own competence taking the form of believing that treatment is for the patient's good and that the patient's right are not being violated.
Unconventional Sentimentality

• Assuming things are always worse than they appear and refusing to acknowledge evidence to the contrary.
Sequential Approach

• The idea that a particular factor may have to occur at a certain point in the sequence in order to operate in a casual fashion.
• Ex. Frosting and cake mix
Labeling

• The most important factor in starting residual rule breakers on chronic careers of residual deviance.

• "To publicly describe as suffering from a mental illness."
Master Status

• A status that is emphasized above all and to the exclusion of everything else.

• All other attributes are social roles that the individual may carry are relegated to the background.
Social-advantages

• Focus on labeling process
• Values individual freedom
• Raises issues clearly
Social-disadvantages

• Restricts view of problem
• Used as a socio-political tool
• Limits treatment of individuals
A Christian View of Abnormality
Assumptions

• Scriptures reveal truth
• All people are fallen
Important Concepts

• Sin (absolute)
• Personal responsibility
Definition of Abnormality

• Violation of God’s character as expressed in Scripture
• All people are abnormal
Causes Of Abnormality

• Personal sin
• Failure to respond properly to
  – the sins of others
  – to the sinful world
# Abnormal vs. Sinful

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Currently Sinning: Yes

Currently Sinning: No
# Truth In Theology And Psychology

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## Theology & Psychology

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<td>Bible Only</td>
<td>Psychology based on Bible</td>
<td>Integration of Theology &amp; Psychology</td>
<td>Psychology of Religion</td>
<td>Psychology Only</td>
</tr>
<tr>
<td>Crabb</td>
<td>Collins</td>
<td>Allport</td>
<td>Ellis</td>
<td></td>
</tr>
</tbody>
</table>
Christian Perspective-Advantages

• Highlights the value issue
• Clear-cut, fixed knowable value system
• Clear definition of human
• Clear value of human
• Validates science (not scientism)
Christian Perspective- Disadvantages

• “Truth” culturally unacceptable
• Religion is scientifically suspect
• Confronts scientists personally
Differences In Terminology Between Moral And Christian Perspectives

• The moral model uses terms such as sin or metaphor.
• The Christian position suggests that such terms accurately define the actual nature of the issue.
Empirically Valid Theory

• 3 basic requirements Nagel 1959 believed any theory must satisfy
  – Identify explicit consequences that will arise from the assumptions made by the theory
  – Even if many or most theoretical assumptions are not explicitly defined by empirical procedures, at least some of them must be given definite and unambiguous specifications in terms of rules and procedure operational definition
  – Must be capable of confirmation and disconfirmation

• Price 2nd Ed. 57 - 58
Szasz's definition of abnormal behavior

• Problems in living.

http://www.healthyplace.com/Communities/Depression/images/girl_depression.jpg
Diathesis-Stress perspective

• Considers the often subtle interactions between
  – a predisposition toward disease
    • -the diathesis- and
  – environmental, or life, events disturbing people
    • -the stress.

  – Davison and Neale.
How most therapists describe themselves?

- As eclectic,
- Employing ideas and techniques from a variety of schools.
3 dimensions of the current perspective clash.

- Communication difficulties on the problem, confused vocabulary
- Different levels of analysis
  - biological
  - intrapersonal
  - interpersonal
  - social
- Perspectives are pre-theoretical and do not meet Nagle's 3 criteria
  - explicit consequences of assumption
  - operational definitions
  - capability of disconfirmation
- Price 2nd Ed. 219.
6 criteria that contribute to the survival value of a perspective.

- Ability to
  - Solve problems of previous paradigm
  - Make new, unexpected predictions
  - Move towards formalized theory
  - Describe behavior over a broad range of analysis
  - Reasons appeal to scientists basic prejudices about humans

- Price 2nd Ed. 225
Evaluated each of the perspectives on the following criteria:

- Best
- Worst
- Most Scientific
- Most Christian
Why are we considering so many perspectives?

- Why might it be better to study just one?
- When is it better to study many?
How will you choose between perspectives?

• What criteria are important to you?
• What criteria are not important to you?
How is the Christian perspective different from the others?

• Are these differences qualitative or quantitative?
• How is it the same?
Does the Christian perspective claim to be a perspective?

• Where does it?
• Where doesn't it?
Problems With Adopting One Perspective?

- Concentrating on one level of evidence, we might neglect some other, more crucial evidence."
An Integrative Perspective

• Technical eclecticism
  – Match the intervention to the client

• Theoretical eclecticism
  – Bring divergent models together to form individual psychotherapeutic approach

• Common factors approach
  – Choose the components of various models that have shown to be most effective
  – Single most frequent commonality is development of collaborative therapeutic alliance with client