

Psychotherapy of depressive disorders

Prof. Tringer László

„Psychotherapy” in the Bible

 **A depresszió ábrázolása a középkorban**



quare tristis es anima mea
& quare conturbas me

AST MA

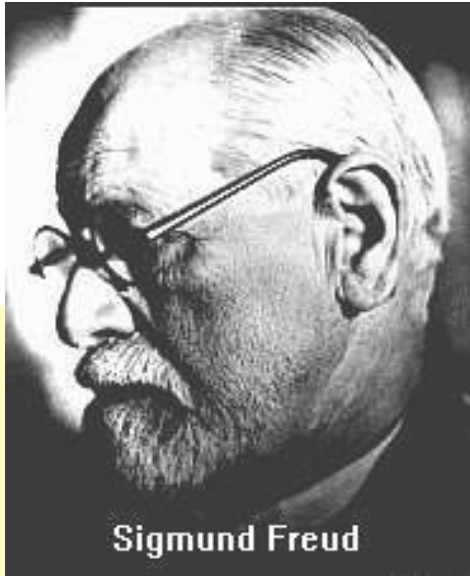
Spera in dō qm̄ adhuc: confitebor illi



Lecture of Charcot in the Salpêtrière



Sigmund Freud



(1856-1939)

Research in neurology

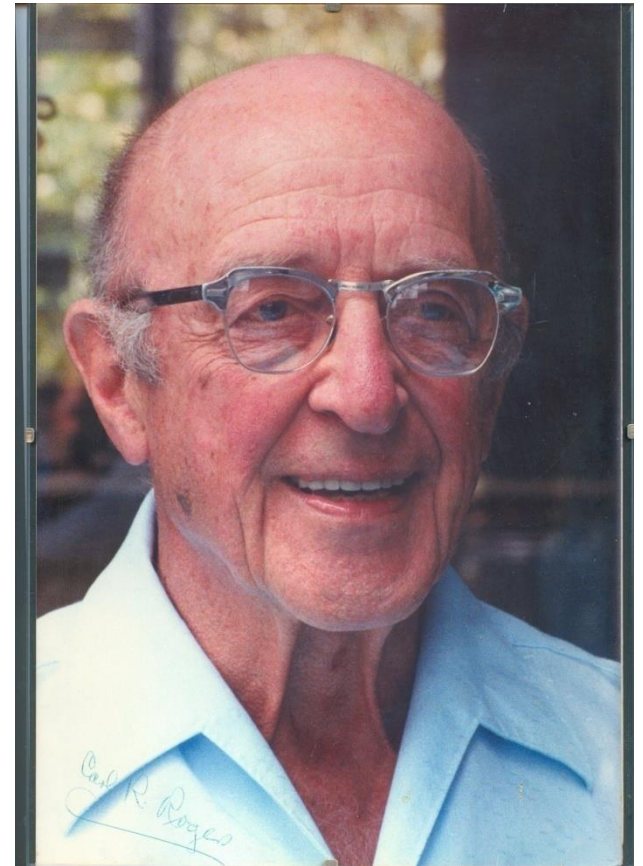
**No medical condition
behind the complaints**

University of Vienna



The theory of Carl R. Rogers

- **Humanistic Psychology**
- Organism: The individual endeavours to self-realisation
- Self-image: ideas, perceptions, emotions, values and attitudes concerning the self
- Ideal self: the person, the individual desires to become



1902 - 1987

The necessary and sufficient conditions of psychotherapy

Carl R. Rogers

- Empathy - verbalisation
- Unconditional acceptance (regard)
of the patient
- Congruence

Common factors of psychotherapies

- 1. Positive and warm therapeutic relationship
- 2. Use of effective procedures (support, encouragement, acceptance etc.
- 3. Acceptable explanation of symptoms integrated with the treatment
- 4. Eliciting positive expectations for the treatment

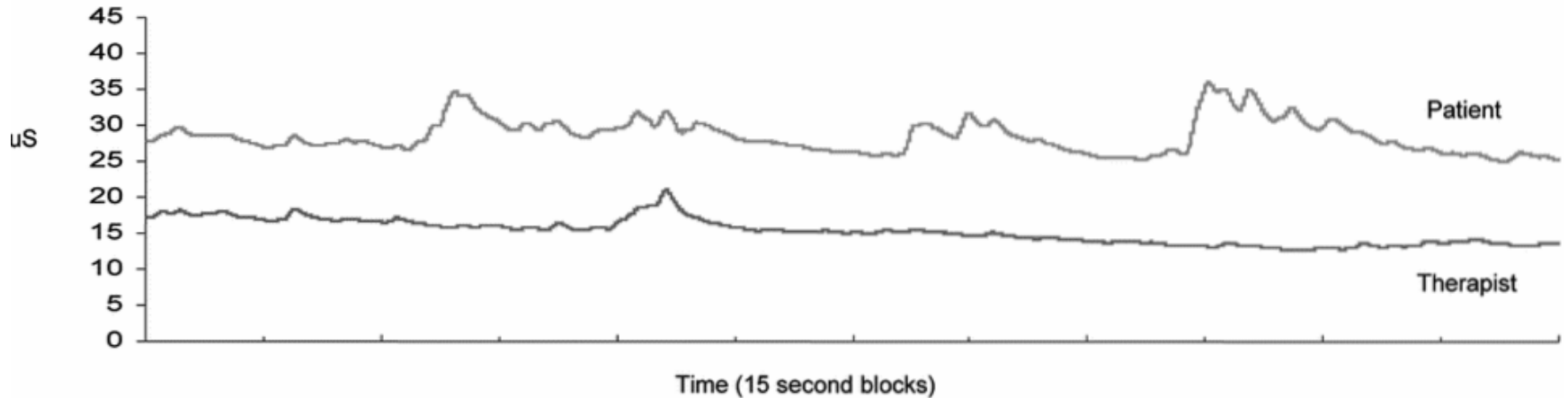
Frank 1991, Arkowitz 1992

The aim of psychotherapy in neurobiological terms

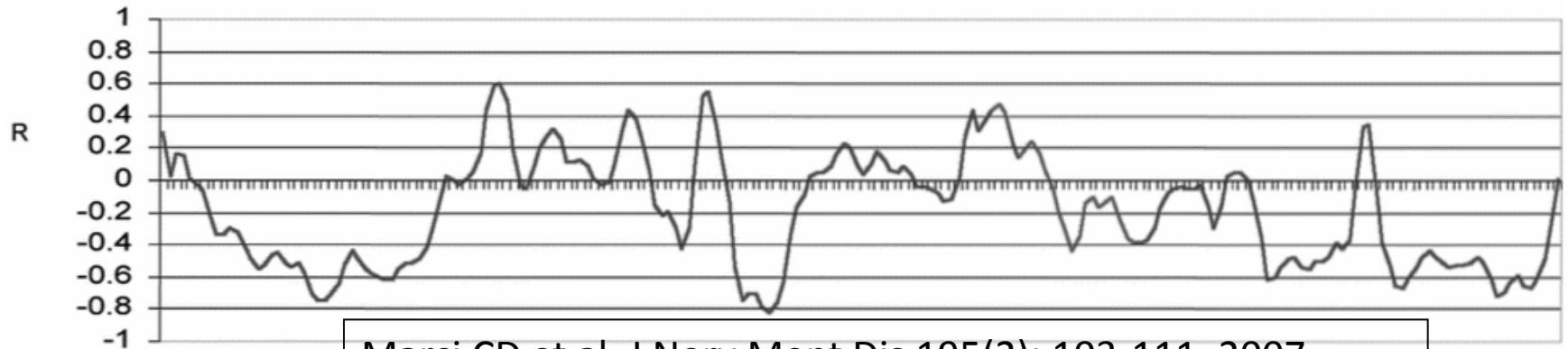
- Restructuring of neural networks of the subcortical and limbic system, responsible for the non-conscious emotional and motivational dispositions.

Skin conductance and low empathy I.

A. SC Levels during Low Physiologic Concordance

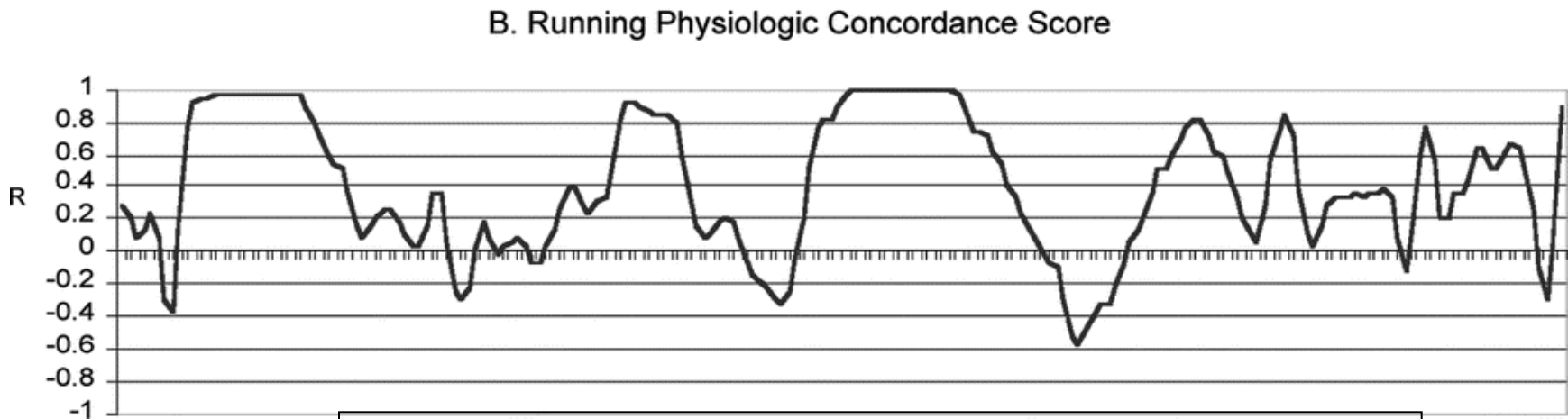
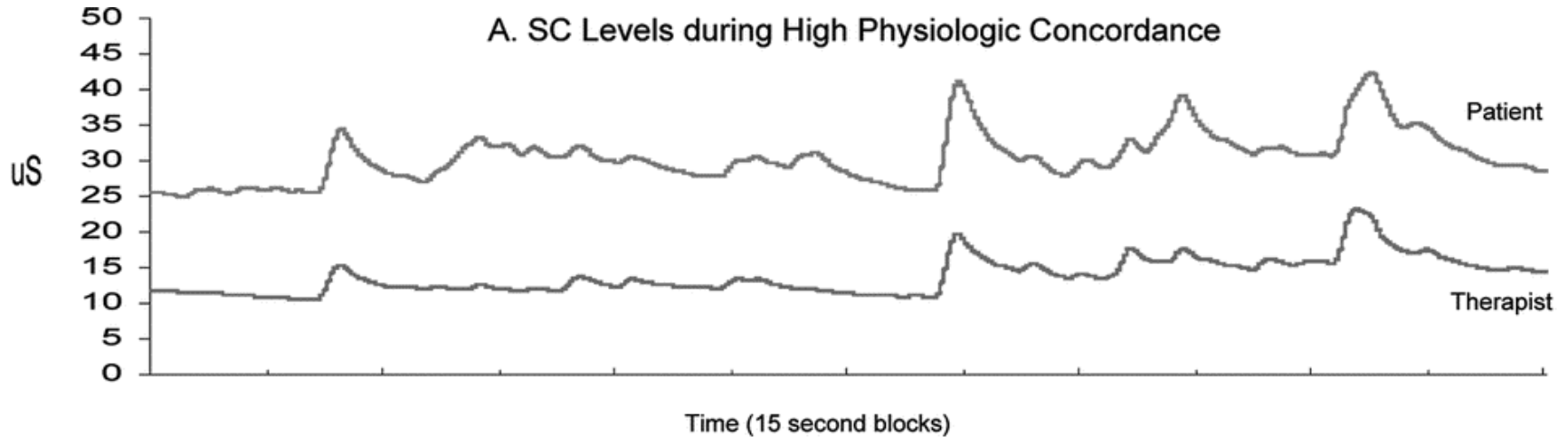


B. Running Physiologic Concordance Score



Marci CD et al. J Nerv Ment Dis 195(2): 103-111. 2007

Skin conductance and high empathy II.



Marci CD et al. J Nerv Ment Dis 195(2): 103-111. 2007

The depressive syndrome

- Behaviour
 - Slowing down, inhibition of movements, thinking, and attention disorders
- Somatic symptoms
 - Sleep disorder, loss of appetite, loss of weight, sexual disorders
- Subjective symptoms
 - Anxiety, low spirits, hopelessness, worthlessness, sense of guilt, suicidal ideas

The double wrinkle of the upper lid (Veraguth)



Kettős szemhéjredő



Bleuler: Lehrbuch der Psychiatrie





Concepts of depression

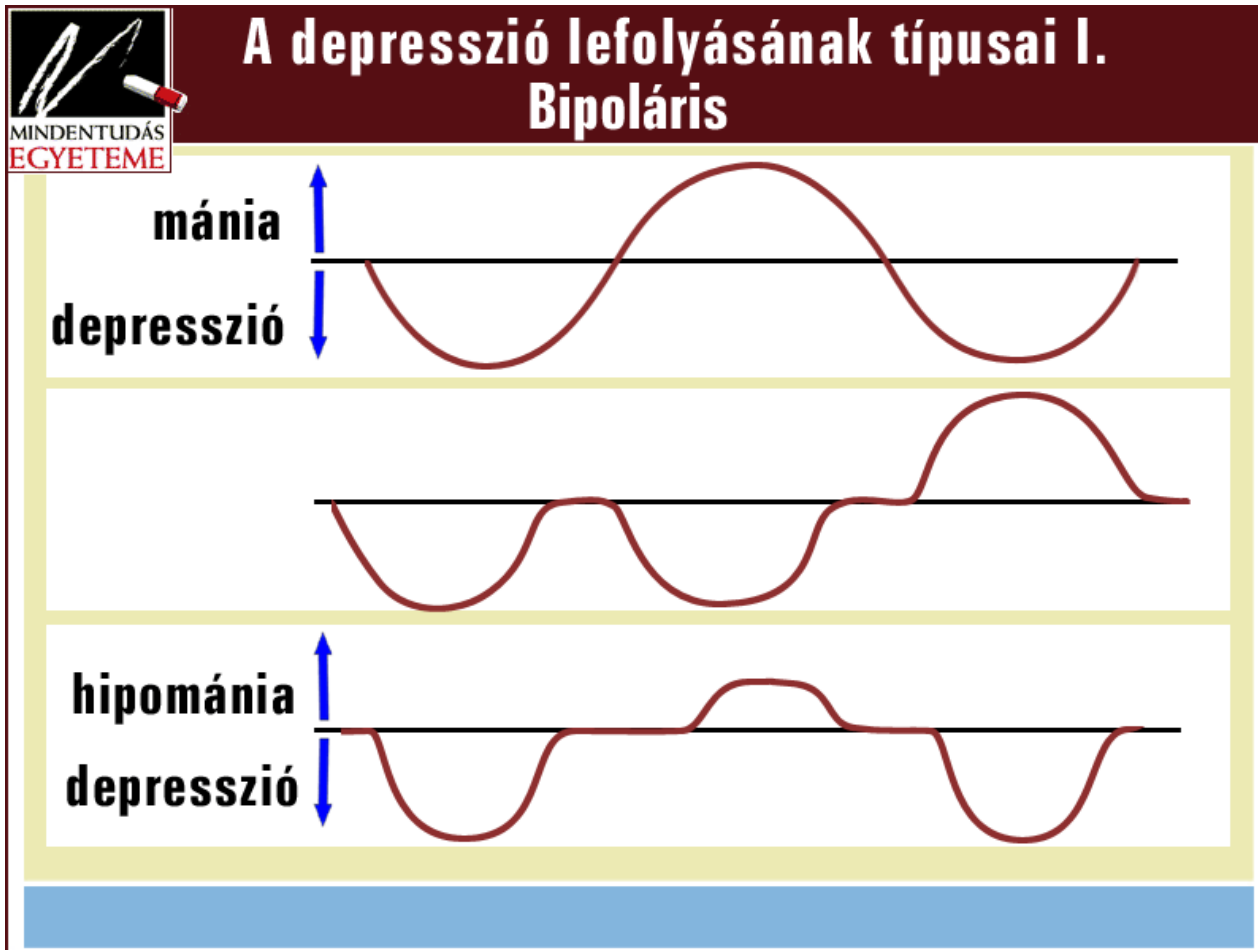
Monistic views:

- Continuity between normal states and clinically severe forms of depression

Dualistic views:

- Psychological and biological depressions

Bipolar course



Unipolar course



A depresszió lefolyásának típusai II. Unipoláris

Periodikus depresszió



Disztímia

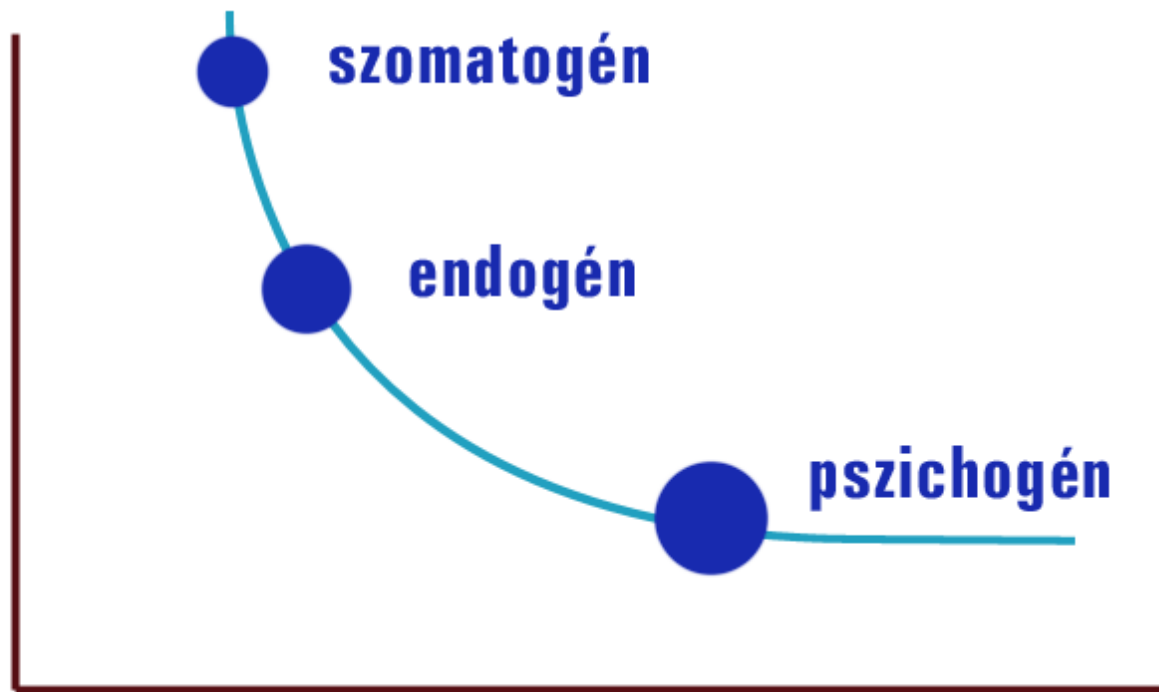


View of depressions (Kielholz, modified)



A depressziók háttere

testi eredetű



lelki eredetű

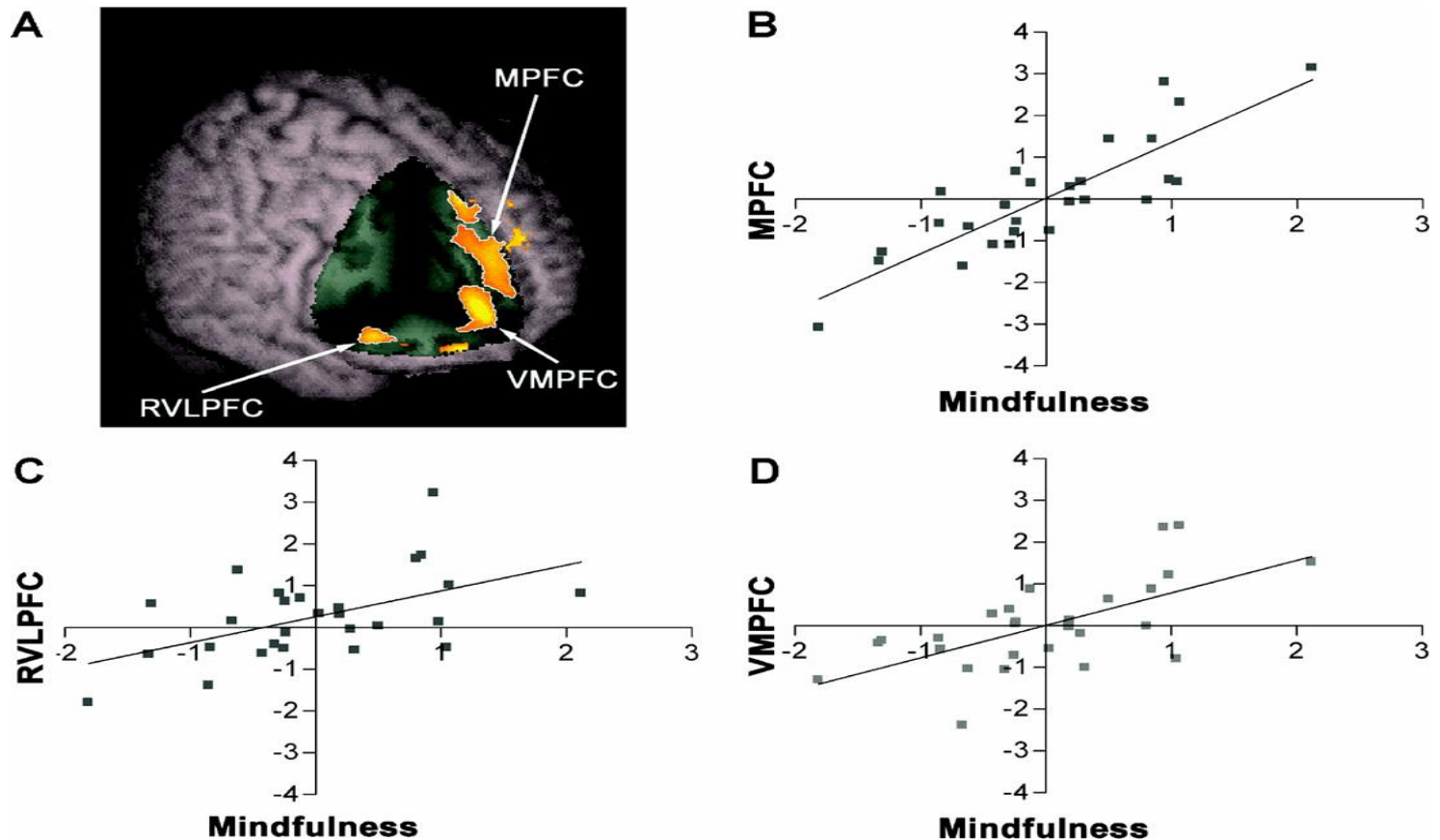
Kielholz után, módosítva

Neurobiological correlations of mindfulness (fMRI studies)

- Increase of the activity of the medial prefrontal cortex
- Decrease of the activity of bilateral amygdala

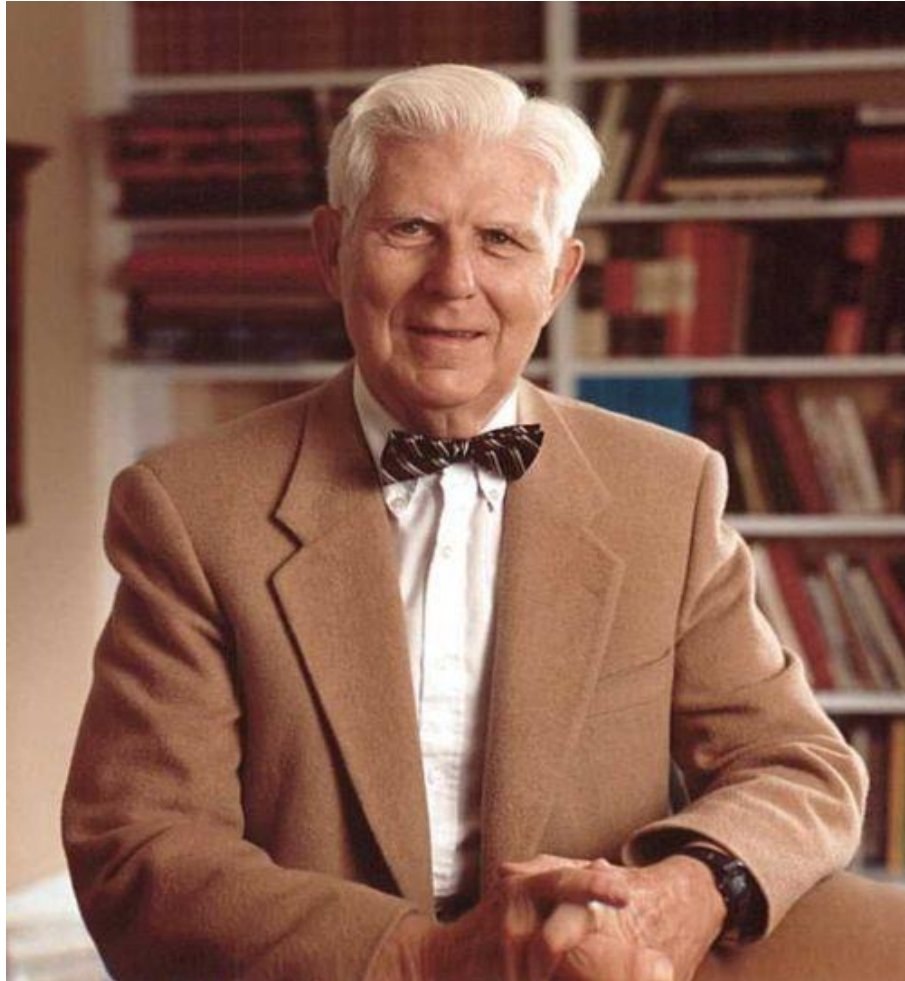
Creswell JD et al: Psychosom Med 69(6):560-565. 2007

Increase of the activity of prefrontal regions in the function of mindfulness

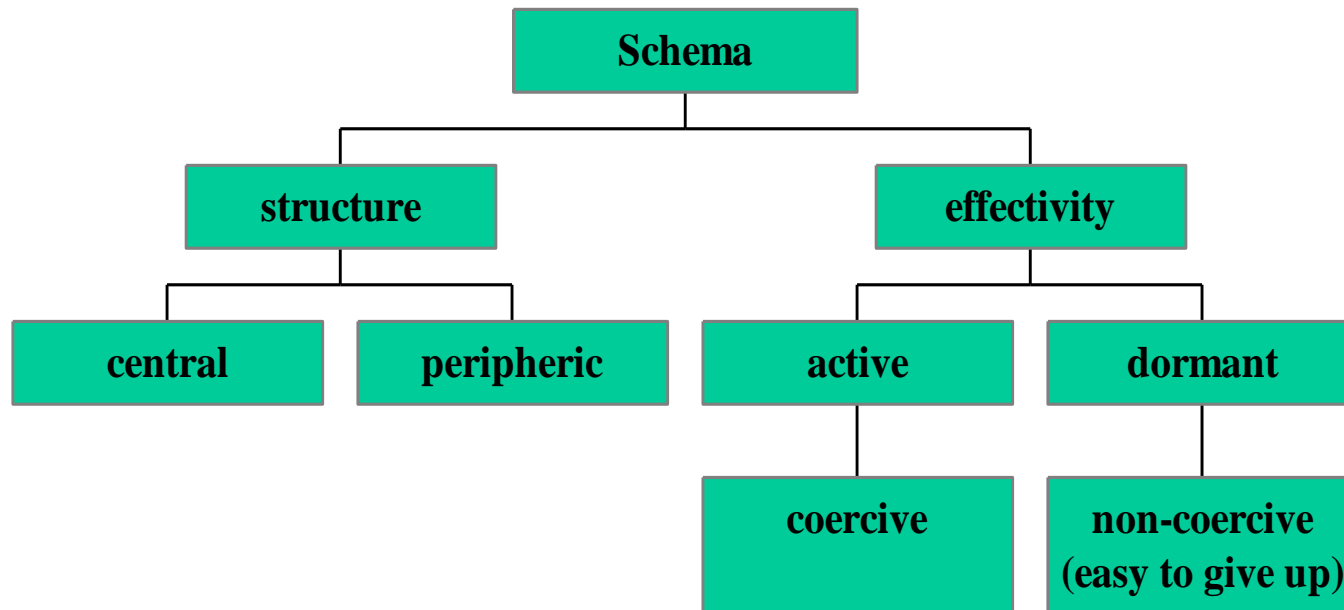


Creswell JD et al: Psychosom Med 69(6):560-565.
2007

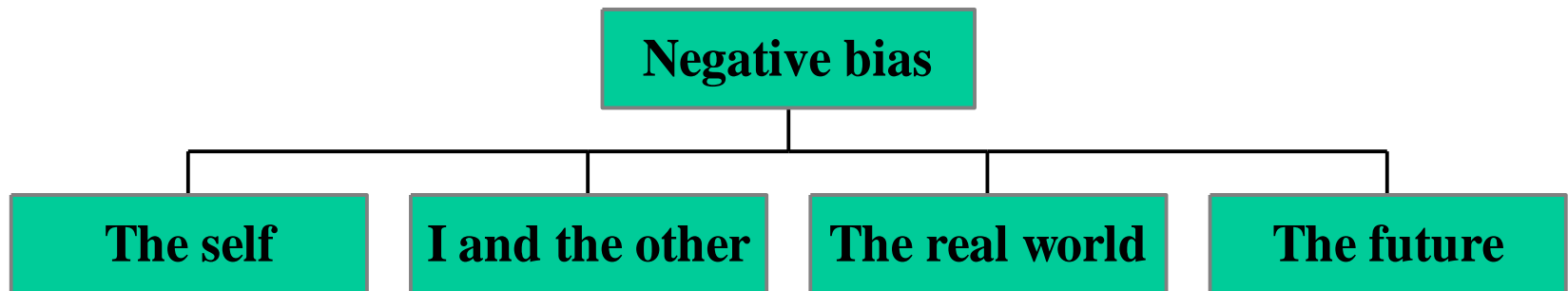
Aaron Beck (1921-)



Classification of cognitive schemata



Hierarchy of the cognitive „tetrad“



Cognitive distortions

- All or nothing (dichotomous thinking)
- Exaggerated generalisation
- Mental filter (selective abstraction)
- Disqualification of the positive
- Mind reading (early conclusion)
- Future telling
- Catastrophising
- Minimalisation - maximalisation
- Emotional logic
- Should statements
- Labelling
- Personalisation

„Superiority” of CBT

CBT	Control	Superiority	No. of Studies
Major depr. Dysthymia	Waiting list Placebo	29%	20
„	Antidepressants	15%	17
„	„Other” psychotherapies	10%	22
„	Behavior th.	2%	13

Process of cognitive therapy

- Building up relationship
- Aims and priorities
- Identification of automatic thoughts
- Control of automatic thoughts
- Identification and modification of cognitive schemata
- Correction of the self-image