• motivational interviewing in psychotherapy
  o 5 stages of change
    ▪ pre-contemplation
    ▪ contemplation
    ▪ preparation
    ▪ action
    ▪ maintenance
• cultural influences on motivation
  o collective vs. individualism
    ▪ do children from different cultures prefer to play with games that are chosen for them or that they get to choose
  o Anagrams:
    ▪ William Shakespeare= I am a weakish speller
    ▪ Madonna Louise Ciccone= occasional nude income
  o Two phases
    ▪ Mother chooses or child chooses which type of game will be played
    ▪ Free play: child allowed to play alone in the room

**Emotion**
• The reality of emotion
  o Emotion events are always brief and transient
  o Emotion functions are always benign and never a danger
  o Emotion always has a constructive function
• What do emotions reveal?
  o Sadness
    ▪ Loss of something valuable
  o Anxiety
    ▪ Anticipation of loss of something valuable
  o Anger
    ▪ Hostility towards object that has caused loss of something valuable
• Emotion Classification
  o Basic emotions
    ▪ Anger
    ▪ Disgust
    ▪ Fear
    ▪ Happiness
    ▪ Sadness
    ▪ Surprise
  o Self-conscious emotions
    ▪ Embarrassment
    ▪ Guilt
    ▪ Humiliation
    ▪ Pride
Twin/adoption studies
Animal studies

Stockholm Adoption Study (1978)

- 2 types of Alcohol problems
  - type I: late onset (past 30); less severe
  - type II: Early onset (before 25); much more severe; occurs in men almost exclusively
  - both types have a genetic influence, but the type II problem is much more genetically influenced

- Scientist have even been able to breed alcoholic rate
  - Subsequent generations of mice selected for Meth Amphetamine response show increasing response

Heritability of Various Psychological Disorders
- Bipolar I Disorder .86
- Schizophrenia .63
- Alcoholism .54
- Major Depression .45
- Bulimia .04

Disease model: what’s going on?
- Studies also suggest that sons of w= fathers with alcohol problems drink more and show fewer signs of intoxication
  - This means they don’t have the same “warning” signals that they have had too much to drink and don’t know when to stop
- What does it really mean?
  - First, nobody has suggested that genes are the only influence over behavior. The environment also plays a strong role.
  - However, the disease model suggests that alcohol can become a strong force in people’s lives due to how it interacts with brain chemistry.
  - In fact, alcohol appears to take on the same cravings as food, water, and sex. Imagine not drinking water for 2 days. How thirsty would you be?

Learning Theory Model
- Disorders seen as more environmental than disease model
- Classical conditioning: remember Pavlov’s dogs?
  - Alcohol becomes “associated” certain situations, making them “cues” that trigger behavior
- Operant conditioning
  - The positive benefits occur more quickly than the negative consequences
- Social learning: we do what we see other people do
- What does it really mean?
  - Learning theory has been important in helping us understand “cues: to drinking
    - In treatment, we use this to help people avoid or manage cues

Cognitive-behavioral model:
What does it really mean
• Family therapists use this as an opportunity to help the family break free from unhealthy roles and find new ways of relating to each other.
  o Ex: Wives of alcoholic husbands sometimes focus more on their husbands when the subject of alcohol arises. Couples therapists try to break this pattern.

  o **Pulling it all together: the Bio-psycho-social model**
    • This model draws from all the other models, recognizing that they are all tapping into an important aspect of alcohol problems
      • Genes
      • Cues
      • coping mechanisms
      • underlying issues
      • family roles and functioning

**Psychological Disorders II**
• Classifying Psychological Disorders
  o DSM-IV-TR
    • American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders* (Fourth Edition)
    • A widely used system for classifying psychological disorders
  o DSM-IV
    • *Diagnostic and Statistical Manual, 4th Edition (TR)*
    • To meet criteria for a condition (e.g., Depression), the individual must:
      o Have several issues out of a larger list of issues
      o For a specified amount of time
      o Must interfere with basic life functions (family, work, health)

  o **Example-depression**
    • Example symptoms:
      o Depressed mood
      o Loss of interest or pleasure
      o Feelings of worthlessness
      o Decreased ability to concentrate
    • Time: At least 2 weeks
    • Must interfere significantly with functioning
  o Depression: Bio-psycho-social
    • Biological: 30% of MZ twins will develop Depression; Prozac highly effective
    • Biological: Genotype variation and major depression
    • Psycho-analytic: Depression is anger turned inward; Depression is a “role”; Depression is vengeance