

Emotional Problems, Interventions, and Explanations of the Therapeutic Process

Main Problem	Type of Intervention	How Treatment Works
Stressful events or situations	Situational (problem-focused)	Changes events to change emotions
Conflicting motives	Psychodynamic	In relationship with therapist, shows that motives need not conflict
Inaccurate appraisal	Cognitive	Changes unrealistic to realistic appraisal
Physiological malfunction in appraisal or emotion system	Pharmacological	Drug corrects or compensates for the biological problem in appraisal (e.g., in schizophrenia) or emotion itself (e.g., ↓ dopamine transmission in schizophrenia ↑ GABA transmission in anxiety disorders)
Maladaptive behaviors cause negative events or appraisals	Behavioral: Operant conditioning techniques	Teaches new behaviors that can change events (e.g., social skills training) or appraisals (e.g., meditation)
Inappropriate conditioning of associations between stimulus and response	Behavioral: Classical conditioning techniques	Changes conditioned responses: extinguish old conditioned responses (flooding) or learn new conditioned responses (systematic desensitization, aversion therapy)