**Flip 3: Treatments of Schizophrenia**

**Drug therapy**

Fill out the first part of the table below using your information pack **(DO NOT complete the last 3 boxes- research, side effects, relapse)**

ANTIPSYCHOTICS

|  |  |  |  |
| --- | --- | --- | --- |
| **How can they be administered?**  **How long are they taken for?** | |  | |
|  | **Typical (around since \_\_\_\_\_\_)** | | **Atypical (around since \_\_\_\_\_\_)** |
| **Example** |  | |  |
| **How do they work?** | Act as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ system.  They block dopamine \_\_\_\_\_\_\_\_\_\_  This reduces the \_\_\_\_\_\_\_\_ of the neurotransmitter  This \_\_\_\_\_\_\_\_ the positive symptoms e.g. \_\_\_\_\_\_\_\_\_\_\_ | | These drugs act by binding to dopamine \_\_\_\_\_\_\_\_\_\_\_\_.  Also act on \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ receptors.  This can increase \_\_\_\_\_\_\_\_\_  And decrease \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_. |
| **Draw a small diagram of the synapse and what these drugs are doing to the receptors.** |  | | |
| **Research support** |  | |  |
| **Side effects** |  | |  |
| **Relapse rates** |  | |  |

**Cognitive behavioural therapy (CBT)**

**Answer the following questions to prepare for the lesson**

1. What is the aim of CBT?
2. How might an individual’s irrational thoughts be challenged?
3. In this video clip how does the therapist challenge his irrational thoughts? <https://www.youtube.com/watch?v=w8namZ5rt2k>
4. Is CBT a cure for the symptoms of schizophrenia?
5. What affect does understanding their delusions and hallucinations have on a patient?

**Family therapy**

**1. Thinking about psychological explanations of schizophrenia:** *Can you describe why family therapy was introduced as a form of treatment for schizophrenia?*

**2. Using the information pack, make brief notes under the following headings:**

* What happens in family therapy
* Why do relatives need to be involved in treatment?
* What evidence is there for family therapy working?

**Token Economies (managing Schizophrenia)**

Firstly, read about token economies in your information pack to give you an idea how they are used in the treatment of schizophrenia. Your task is then to design your own token economy by following the steps below:

1. Choose a context where you want behaviour to change, (e.g. behaviour in school, scouts, lunchtime, little brother/sisters at home etc.)
2. Pinpoint the behaviours that need to be changed- these should be specific, observable and measurable.
3. Choose the types of tokens to be used (e.g. plastic chips, gold stars, play money etc.)
4. Choose the reinforcers that the tokens can be exchanged for, (e.g. TV time, chocolate, internet use)
5. Set the reinforcer cost i.e. determine how many tokens are required for each reinforcer