## **CONTENTS**

| List of Tables and Figures Forward Preface Acknowledgements       |   |                             |  |  |
|---|---|-----------------------------|--|--|
| Part I<br>Shortcomings of Traditional Theories of Psychopathology |   |                             |  |  |
| 1   | Psychoanalysis: Flaws in Repression The Unconscious System Forgetting and Permanency of Memory Pathogenic Effect of Repression Discussion | 3<br>4<br>14<br>19<br>24    |  |  |
| 2   | Flaws in Behavioral-Cognitive Theories of Fear<br>Behavioral Models<br>Cognitive Models<br>Non-Associative Account of Fear<br>Discussion  | 33<br>33<br>47<br>56<br>58  |  |  |
| 3   | Biological Models of Psychopathology: A Critique<br>Neurosis<br>Psychosis<br>Discussion   | <b>61</b><br>61<br>77<br>85 |  |  |

## Part II Psychobizarreness Theory

| Introduction |  | 93        |
|--------------|--|-----------|
| 4            | Repression: The Cornerstone of PBT       | 95        |
|              | Definition                               | 95        |
|              | Normal Repression                        | 96        |
|              | Pathological Repression                  | 98<br>103 |
|              | Diagnosis of Bizarreness                 | 105       |
|              | Emotional Function of Bizarreness        | 103       |
|              | Case Studies                             | 115       |
|              | Discussion                               | 113       |
| 5            | Choice of Neurotic Symptom               | 119       |
|              | The Preliminary Stage                    | 120       |
|              | The Symptom Adoption Stage               | 124       |
|              | Controllability                          | 124       |
|              | Availability                             | 140       |
|              | Cost-Benefit                             | 159       |
|              | Discussion                               | 168       |
| 6            | Unawareness: A Self-Deceptive Process    | 171       |
|              | Definition                               | 171       |
|              | Generation of Unawareness                | 174       |
|              | Preservation of Unawareness              | 181       |
|              | Stabilization of Unawareness             | 192       |
|              | Exceptional Cases                        | 201       |
|              | Discussion                               | 206       |
| 7            | PBT as a Unified Theory of Psychotherapy | 209       |
| •            | Introduction                             | 209       |
|              | Behavioral Therapy                       | 212       |
|              | Cognitive Therapy                        | 235       |
|              | Informal Therapy                         | 242       |
|              | Psychoanalysis                           | 246       |
|              | Drug Therapy                             | 249       |
|              | Discussion                               | 251       |

| 8  | Psychoses                                       | 255 |
|----|---|-----|
|    | Definition                                      | 255 |
|    | Schizophrenia                                   | 256 |
|    | Typical Schizophrenia                           | 258 |
|    | Paranoid Schizophrenia                          | 273 |
|    | Catatonic/Schizoaffective Disorders             | 278 |
|    | Bipolar Disorder                                | 283 |
|    | A Unified Therapeutic Theory of Psychoses       | 287 |
|    | Discussion                                      | 295 |
| 9  | Rational-Automatic Theory                       | 299 |
|    | Theoretical Foundations                         | 301 |
|    | Facilitating/Inhibiting Factors of Conditioning | 305 |
|    | Spontaneous Conditioning Method                 | 309 |
|    | Resistance to Extinction                        | 313 |
|    | Discussion                                      | 314 |
| 10 | Concluding Remarks                              | 317 |
|    | References                                      | 323 |
|    | Index   | 397 |