

## Citation metadata

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## Main content

Abstract :

The rational choice approach has become more prevalent in many disciplines in recent years. The rational choice theory of neurosis maintains that patients consciously and deliberately adopt neurotic disorders when confronted with intolerable levels of stress. Despite the striking differences, rational choice theory of neurosis continues Freud's framework of thinking as it employs a new concept of repression. According to this new theory, all therapies exert their effect either by disrupting patients' ability to preserve unawareness, increasing the cost of the symptom, decreasing the patient's emotional distress, or eliminating the stressor. Repression is defined as a conscious coping mechanism by which the individual deliberately employs distractive measures to eliminate stressrelated thoughts from attention in this theory. This article aims to review the definition of rational choice theory and its integrative therapeutic approach in psychiatry. Key words: Neurosis, rationality, stress, choice, therapy. Rasyonel secim yaklasimi son yillarda pek cok disiplinde yaygin olarak kullanilmaya baslanmistir. nevrozlarin rasyonel secim teorisi, hastalarin dayanilmaz stres seviyeleri ile karsi karsiya kaldiklarinda bilincli ve kasitli olarak nevrozik bozukluklari ortaya cikardigini savunur. Carpici farkliliklara ragmen, nevrozlarin rasyonel-secim teorisi, yeni bir represyon kavrami kullanmakla birlikte Freud'un dusunce cercevesini surdurur. Bu yeni teoriye gore, tum terapiler etkilerini ya hastalarin farkindalik yoklugunu ortadan kaldirmak, belirtilerin maliyetini arttirmak, hastanin duygusal sikintisini azaltmak ya da stres faktorunu ortadan kaldirmak suretiyle gosterirler. Bu teoride birey stresle ilgili dusunceleri dikkat cekmeden ortadan kaldirmak icin bilincli olarak dikkat dagitici onlemler kullanir ve represyon bilincli bir basa cikma mekanizmasi olarak tanimlanir. Bu makalede rasyonel secim teorisinin psikiyatride tanimi, butuncul yaklasimi, en sik uygulama alanlari ve tedavide kullanimini gozden gecirmek amaclaridir. Anahtar sozcukler: Nevroz, rasyonellik, stres, secim, terapi.

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