

Unit Fourteen

Therapy

Directions: As an introduction to the unit, this is a quote to give you the chance to think about the concepts we are about to discuss. Determine which letter from the choices above is the correct one and fits into the spaces below. When you are finished fill in the quote below.

A quote from Carl Rogers:

"The mainspring of creativity appears to be

P	L								C		C	D	O		S	Y		D		E
C	H	E		E	A	N	T	H	E	E	C	U	E	A	C	E		E	E	F
O	H	Y	E	A	I	M	E	P	T	Y	V	E	R	T	T	I	R	A	H	I
T	R	C	W	S	S	D	I	S	S	O	N	H	R	N	H	O	V	W	P	Y

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A	A		H				N	O	E	E	C	F		T	O		T	E	E	O
M	L	N	Z	I	S	H	P	D	T	N	L	T		A	O		B	I	C	U
M	E	I	S	E	T	E	I	M	S	E	N	Y	I	T	L	I	A	C	T	S

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By this I mean the organic and human life, the urge to expand, extend, develop, mature - the tendency to express and activate all the capacities of the organism, or the self."

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DIRECTIONS: Define or explain the significance of each of the following concepts. These concepts are directly taken from the Chapter Test.

ACTIVE LISTENING

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ALBERT ELLIS

-----

ANXIETY

-----

AVERSIVE CONDITIONING

-----

BEHAVIOR THERAPY

-----

BEING MAD

-----

CARL ROGERS

-----

CLIENTS

-----

COGNITIVE BEHAVIORAL THERAPY

-----

COGNITIVE THERAPY

-----

CONTINGENT MANAGEMENT

-----

COUNTER CONDITIONING

-----

DOROTHEA DIX

-----

DREAM ANALYSIS

-----

ECLECTIC

-----

ECT

-----

ELLIS'S ABC'S

-----

EMPATHY

-----

FAMILY THERAPY

-----

FLOODING

-----

FREE ASSOCIATION

-----

GROUP

-----

HANS EYSENCK

-----

HUMANISTIC APPROACH

-----

LATENT CONTENT

---

LITHIUM CARBONATE

---

MANIFEST CONTENT

---

NOREPINEPHRINE

---

PERSON CENTERED THERAPY

---

PLACEBO

---

PREFRONTAL LOBOTOMIES

---

PSYCHOANALYSIS

---

PSYCHOSURGERY

---

PSYCHOTHERAPIST

---

PSYCHOTHERAPY

---

RATIONAL EMOTIVE THERAPY

---

REFLECTION

---

RET

---

SCHOOLS OF THOUGHT

---

SELF HELP GROUPS

---

SEROTONIN

---

SIGMUND FREUD

---

SYSTEMATIC DESENSITIZATION

---

TIME OUT

---

TOKEN ECONOMY

---

TRANSFERENCE

---

TRANSFERENCE

---

TRUSTING RELATIONSHIP

---

UNCONDITIONAL POSITIVE REGARD

---

UNCONSCIOUS URGES

---

VICARIOUS DESENSITIZATION

---

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## Across

1. The most common form of counter conditioning is called \_\_\_\_\_ desensitization.
5. Depression is associated with imbalances in \_\_\_\_\_ and norepinephrine levels.
6. Family therapy often focusses on the \_\_\_\_\_ of family members.
7. Main techniques used by psychoanalysis includes \_\_\_\_\_
9. Token \_\_\_\_\_ is a system of awards.
10. When therapy involves several people in a session at one time, it is called \_\_\_\_\_ therapy.
12. We do not know exactly why \_\_\_\_\_ works, but for several types of disorders, it does.
14. Ellis spoke of activities, beliefs and \_\_\_\_\_ that influenced a person's behavior.
17. A client's hopes and anticipation for getting better may have a positive effect on their therapy which is called the \_\_\_\_\_ effect.
18. Person \_\_\_\_\_ therapy was developed in the early 1950's by psychologist Carl Rogers.
21. Rational \_\_\_\_\_ therapy is used by cognitivists.
22. In earlier days, people with psychological disorders were seen as \_\_\_\_\_ and locked away or harmed.
25. The \_\_\_\_\_ approach is the use of many different techniques from many different schools of thought.
26. The goal of \_\_\_\_\_ behavioral therapy is to use behaviorism to change a person's interpretation of a situation and therefore change the behavior associated with the situation.
27. The methods of \_\_\_\_\_ aim to change the thought process, feelings, behavior, of the individual.
30. Self \_\_\_\_\_ groups are composed of people who share the same problem, such as overeating, drug addiction, and compulsive gambling.
32. Dream \_\_\_\_\_ interprets the content of a client's dreams to unlock unconscious feelings and thoughts.
34. The main goal of \_\_\_\_\_ is to reduce the anxiety and guilt over unconscious urges.
35. Active \_\_\_\_\_ is a widely used communication technique in which the listener repeats, rephrases, and asks for clarification of the statements made by the speaker.
36. Many psychologists believe that \_\_\_\_\_ placed too much emphasis on sexual and aggressive urges.
37. Freud distinguished between the \_\_\_\_\_ and latent content of dreams.
38. The main goal of \_\_\_\_\_ therapy is to eliminate undesirable behaviors or acquire desirable behaviors.

## Down

2. Carl Rogers refereed to his patients as \_\_\_\_\_.
3. Prefrontal \_\_\_\_\_ are significantly less common than they were in the 1940's.
4. Family therapy focuses on the \_\_\_\_\_ of the members of the family.
8. The main goal in \_\_\_\_\_ therapy is to change assumptions or though processes.
11. The development of a trusting relationship between client and therapist is on way that \_\_\_\_\_ helps people with psychological problems.
13. Aversive \_\_\_\_\_ is in a sense, the opposite of systematic desensitization.
15. The use of behavioral techniques to associate desired behaviors with positive stimuli is called \_\_\_\_\_.
16. Albert \_\_\_\_\_ developed the therapy called rational emotive therapy.
19. The capacity for warm understanding is termed \_\_\_\_\_.
20. rational \_\_\_\_\_ therapy (RET) is based on Ellis' belief that people are basically logical in their thinking and actions.
23. Dorothea \_\_\_\_\_ was an advocate and activist for the rights of the mentally ill.
24. Lithium Carbonate is a natural chemical that controls \_\_\_\_\_ levels.
28. There are many \_\_\_\_\_ help groups like Alcoholics Anonymous.
29. Hans \_\_\_\_\_ argued that psychoanalysis was no more effective than no treatment at all.
30. The main goal of \_\_\_\_\_ therapy is to help clients realize their full potential.
31. Free \_\_\_\_\_ is a technique used by psychoanalysis where clients are asked to relax and to talk about whatever comes to mind.
33. That which refers to the hidden meaning in the dream that the therapist interprets from the manifest content is called \_\_\_\_\_ content.

**Across**

39. The behavioral technique called contingent \_\_\_\_\_ involves client and the therapist deciding what behaviors need to be eliminated and then using behaviorism to accomplish the goal.