

What is the significance of Albert Ellis?

Albert Ellis was an American psychotherapist who in 1955 developed Rational Emotive Behavior Therapy.

What is all-or-nothing thinking?

All or nothing thinking means to think of objects or events as absolutely right or wrong, good or bad, acceptable or unacceptable, and so forth.

What is an antidepressant?

An antidepressant is a mood-elevating drug.

What is an antipsychotic?

An antipsychotic is a drug that, in addition to having tranquilizing effects, also tends to reduce hallucinations and delusional thinking.

What is Assertiveness Training?

Assertiveness training can help the student recognise when they are being abused or manoeuvred for someone else's benefit, and how to resist such treatment effectively without becoming angry and aggressive.

What is authenticity?

In Carl Rogers's terms, authenticity is the ability of a therapist to be genuine and honest regarding his or her feelings.

What is aversion therapy?

Aversion therapy is the suppression of an undesirable response by associating it with aversive (painful or uncomfortable) stimuli.

What is behavior modification?

Behavior modification is the application of learning principles to change human behavior, especially maladaptive behavior.

What is behavior therapy?

Behavior therapy is the use of learning principles to make constructive changes in behavior.

What is bibliotherapy?

Bibliotherapy is the use of books to impart helpful information, either alone or as an adjunct to other forms of therapy.

What is chemotherapy from a psychological point of view?

Chemotherapy is the use of psychoactive drugs to treat mental or emotional disturbances.

What is client-centered therapy?

Client-centered therapy is a non-directive therapy based on drawing insights from conscious feelings; emphasizes accepting one's true self.

What is cognitive therapy?

Cognitive therapy is the use of learning principles and other methods to change maladaptive thoughts, beliefs, and feelings.

What is cognitive-behavioral therapy?

Cognitive-behavioral therapy is the use of learning principles to change maladaptive thoughts, beliefs, and feelings that underlie emotional and behavioral problems.

What is a community mental health center?

A community mental health center is a facility offering a wide range of mental health services, such as prevention, counseling, consultation, and crisis intervention.

What is community psychology?

Community psychology is the use of community resources to promote mental health and treat or prevent mental health problems.

What is confrontation?

In existential therapy, confrontation is the process of confronting clients with their own values and with the need to take responsibility for their existence.

What is covert reinforcement?

Covert reinforcement is using positive imagery to reinforce desired behavior.

What is covert sensitization?

Covert sensitization is the use of aversive imagery to reduce the occurrence of an undesired response.

What is deinstitutionalization?

Deinstitutionalization means to reduce the use of full-time commitment to mental institutions to treat mental disorders.

What is demonology?

In medieval Europe, demonology was the study of demons and the treatment of persons "possessed" by demons.

What is desensitization?

Desensitization is the reducing fear or anxiety by repeatedly exposing a person to emotional stimuli while the person is deeply relaxed.

What are dream symbols?

Dream symbols are the images in dreams that serve as visible signs of hidden ideas, desires, impulses, emotions, relationships, and so forth.

What is electroconvulsive therapy or ECT?

Electroconvulsive therapy is a medical treatment for severe depression, consisting of an electric shock passed directly through the brain.

What is empathy?

Empathy is the capacity for taking another's point of view; the ability to feel what another is feeling.

What is an encounter group?

An encounter group is a group experience based on intensely honest expressions of feelings and reactions of participants to one another.

What is existential therapy?

Existential therapy is an insight therapy that focuses on the problems of existence, such as death, meaning, choice, and responsibility.

What is exorcism?

In medieval Europe, exorcism was the practice of expelling or driving off an "evil spirit," especially one residing in the body of a person who is "possessed."

What is extinction?

Extinction, in therapy is the gradual loss of an undesired response.

What is family therapy?

Family therapy is a technique in which all family members participate, both individually and as a group, to change destructive relationships and communication patterns.

What is flooding?

In therapy, flooding usually means the psychotherapeutic technique used to treat phobia. It works by exposing the patient to their painful memories with the goal of reintegrating their repressed emotions with their current awareness.

What is free association?

Free association is the technique of having a client say anything that comes to mind, regardless of how embarrassing or unimportant it may seem.

What is gestalt therapy?

Gestalt therapy is an approach that focuses on immediate experience and awareness to help clients rebuild thinking, feeling, and acting into connected wholes; emphasizes the integration of fragmented experiences.

What is group therapy?

Group therapy is psychotherapy conducted with a group of people.

What is a halfway house?

A halfway house is a community-based facility for individuals making the transition from an institution (mental hospital, prison, and so forth) to independent living.

What is a hierarchy?

A hierarchy is a rank-ordered series of higher and lower amounts, levels, degrees, or steps.

What is large-group awareness training? Large-group awareness training is any of a number of programs (many of them commercialized) that claim to increase self-awareness and facilitate constructive personal change.

What does latent dream content mean? Latent dream content is the hidden or symbolic meaning of a dream, as revealed by dream interpretation and analysis.

What is the significance of lithium carbonate? Lithium carbonate is a drug used to lessen mood swings in persons suffering from some types of affective disorders.

What is logotherapy? Logotherapy is a form of existential therapy that emphasizes the need to find and maintain meaning in one's life.

What does manifest dream content mean?

Manifest dream content is the surface, "visible" content of a dream; dream images as they are remembered by the dreamer.

What does mental hospitalization mean?

Mental hospitalization is the confinement to a protected environment that provides various forms of therapy for mental, emotional, and behavioral problems.

What are minor tranquilizers?

Minor tranquilizers are drugs (such as Valium) that produce relaxation or reduce anxiety.

What is the mirror technique?

The mirror technique involves observing another person reenact one's own behavior, to help persons to see themselves more clearly.

What is modeling?

In the modeling form of behavioral therapy, clients are asked to observe persons coping effectively in the situations that they find anxiety provoking.

What are neuroleptics?

Neuroleptics are a group of psychoactive drugs commonly but not exclusively used to treat psychosis.

What is overgeneralization?

Overgeneralization means blowing a single event out of proportion by extending it to a large number of unrelated situations.

What is a paraprofessional?

A paraprofessional is an individual who works in a near-professional capacity under the supervision of a more highly trained person.

What is partial hospitalization?

Partial hospitalization is treatment in which patients spend only part of their time at the hospital.

What is a peer counselor?

A peer counselor is a non-professional person who has learned basic counseling skills.

What is a prefrontal lobotomy?

A prefrontal lobotomy is an antiquated surgery in which portions of the frontal lobes were destroyed or disconnected from other brain areas.

What is psychoanalysis?

Psychoanalysis is the Freudian approach to psychotherapy emphasizing the exploration of unconscious conflicts.

What is psychodrama?

Psychodrama is a therapy in which clients act out personal conflicts and feelings in the presence of others who play supporting roles.

What is psychosurgery?

Psychosurgery is any surgical alteration of the brain designed to bring about desirable behavioral or emotional changes.

What is a psychotherapist?

A psychotherapist is anyone who does psychological therapy. Persons who call themselves psychotherapists are not always psychologists.

What is psychotherapy?

Psychotherapy is any form of psychological treatment for behavioral or emotional problems.

What is rational-emotive behavior therapy or REBT?

Rational-emotive behavior therapy is an approach that attempts to change or remove irrational beliefs that cause emotional problems.

What is reciprocal inhibition?

Reciprocal inhibition is the principle that one emotional state can block another, such as joy preventing fear or anxiety inhibiting pleasure.

What is the significance of reflection?

In client-centered therapy, significance of reflection is the process of rephrasing or repeating thoughts and feelings so that clients become aware of what they are saying about themselves.

What is resistance?

Resistance is blocking that occurs in psychoanalysis during free association; topics the client resists thinking or talking about.

What is the importance of role reversal?

Role reversal is the taking of the role of another person to learn how one's own behavior appears from the other person's perspective.

What is role-playing?

Role-playing is the dramatic enactment or reenactment of significant life events.

What is the scientist practitioner model?

The scientist practitioner model is the training of clinical psychologists to do both research and therapy.

What is a sedative?

A sedative is a substance that calms, tranquilizes, or induces sleep by depressing activity in the nervous system.

What is selective perception?

Selective perception is recognizing only certain stimuli among a larger array of possibilities.

What is a self-help group?

A self-help group is a group of people who share a particular type of problem and provide mutual support to one another.

What is a sensitivity group?

A sensitivity group is a group experience designed to increase self-awareness and sensitivity to others.

What is short-term dynamic therapy?

Short-term dynamic therapy is a modern psychodynamic therapy designed to produce insights within a shorter time than traditional psychoanalysis.

What is somatic therapy?

Somatic therapy is any bodily therapy, such as drug therapy, electroconvulsive therapy, or psychosurgery.

What is spontaneous remission?

Spontaneous remission is the disappearance of a psychological disturbance without the aid of therapy.

What is a support group?

A support group is a group formed to provide emotional support for its members through discussion of shared stresses and concerns.

What is systematic desensitization?

Systematic desensitization is a guided reduction in fear, anxiety, or aversion.

What are target behaviors?

Target behaviors are actions or other behaviors (such as speech) that a behavior therapist seeks to modify.

What is the therapy placebo effect?

The therapy placebo effect is any improvement caused not by the actual process of therapy but by a client's expectation that therapy will help.

What is thought stopping?

Thought stopping is the use of aversive stimuli to interrupt or prevent upsetting thoughts.

What is time out?

Time out is the removing of a person from a situation in which rewards for maladaptive behavior are available

What is a token economy?

A token economy is a therapeutic program in which desirable behaviors are reinforced with tokens that can be exchanged for goods, services, activities, and privileges.

What is transference?

Transference is the tendency of a client to transfer to the therapist feelings that correspond to those the client had for important persons in his or her past.

What is unconditional positive regard?

Unconditional positive regard is unshakable love and approval given without qualification.

What is vicarious desensitization?

Vicarious desensitization is the reduction in fear or anxiety that takes place vicariously ("secondhand") when a client watches feared behavior.