

Therapy
The Application of Psychological Principles to Help People

What is therapy and how can it be used to help those that are in psychological need?

You should be able to define the purposes and basic concepts of the current psychotherapies.

Essential Details

The definitions of psychotherapy are each related to the schools of psychological thought.

The purpose of therapy is to help people who have interpersonal and situational difficulties.

The primary goal of therapy is to assist the individual in controlling his or her own life.

The secondary goals of psychotherapy involve diagnosing and assisting individuals who fall into the following categories:

1. Those who have disturbed thoughts and thinking.
2. Those who have disturbed, dangerous or irrational behaviors.
3. Those who have anxious or disturbed emotional states.

Therapies tend to be psychodynamic, humanistic, cognitive, or behavioral in nature.

Therapists are trained in an eclectic array of techniques from each of the schools of thought.

You should be able to identify the basic types of therapies and the schools from which they come.

Essential Details

The biomedical approach to therapy treats individuals with drugs to attempt to create chemical balances.

Electro Convulsive Therapy (ECT) is a very effective therapy for the severely depressed

Psychosurgery is an effective treatment for some forms of personality disorder.

Psychoanalysis is therapy based on the psychodynamic school of thought and is an effective therapy system.

Cognitive therapy, based on the work of Albert Ellis is sometimes called Rational Emotive Behavioral Therapy.

Client centered therapy based on the humanistic approach of Carl Rogers is very popular today.

Behavioral therapy is perhaps the most widely used today and is based on behavior modification.

Several combinations of these therapies are often used in group setting called therapy groups.

You should be able to explain some of the basic history of psychotherapy as it applies to psychology.

Essential Details

In the late 1700's Phillippe Pinel released insane patients from their chains and began human treatment.

In the late 1800's, Dorethea Dix brought attention to similar conditions U.S. Asylums.

In the early 1900's Freud began his neurotic case studies and psychdynamic theories.

Several Neo-Freudians like Alfred Adler and Carl Young left Freud's ideas and developed their own.

In the 1940's and 1950's Carl Rogers, the humanist, developed the idea of client centered therapy.

The Diagnostic and Statistical Manual of Mental Disorders was first published in 1952.

In 1953 B. F. Skinner first developed and presented the idea of Behavioral Therapy to the world of psychology.

In 1957, Albert Ellis proposed the idea of Rational Emotive Behavioral Therapy, also called REBT.

Psychotherapy is much more vast and complicated than it appears.

Unit 15: Therapy

Directions: Each week in Advanced Placement Psychology, there will be three quizzes. Each quiz is worth 10 test points. This sheet will be turned in at the end of the week.

Quiz 01 (02 Points Each)

1. _____
2. _____
3. _____
4. _____
5. _____

Total Points _____

Quiz 02 (02 Points Each)

1. _____
2. _____
3. _____
4. _____
5. _____

Total Points _____

Quiz 03 (02 Points Each)

1. _____
2. _____
3. _____
4. _____
5. _____

Total Points _____

Grand Total _____

Therapy

Directions: Answer each of the following questions. Explain the significance of each answer.

Who was Albert Ellis?

What is all-or-nothing thinking?

What are antidepressants?

What are antipsychotics?

What is assertiveness training?

What is authenticity?

What is aversion therapy?

What is behavior modification?

What is behavior therapy?

What is bibliotherapy?

What is chemotherapy?

What is client-centered therapy?

What is cognitive therapy?

What is cognitive-behavioral therapy?

What is a community mental health center?

What is community psychology?

What is confrontation?

What is covert reinforcement?

What is covert sensitization?

What is deinstitutionalization?

What is demonology?

What is desensitization?

What are dream symbols?

What is electroconvulsive therapy (ECT)?

What is empathy?

What is an encounter group?

What is existential therapy?

What is exorcism?

What is extinction?

What is family therapy?

What is flooding?

What is free association?

What is gestalt therapy?

What is group therapy?

What is a halfway house?

What is a hierarchy?

What is large-group awareness training?

What is latent dream content?

What is lithium carbonate?

What is logotherapy?

What is manifest dream content?

What is mental hospitalization?

What are minor tranquilizers?

What is the mirror technique?

What is modeling?

What is neuroleptics?

What is overgeneralization?

What is a paraprofessional?

What is partial hospitalization?

What is a peer counselor?

What is a prefrontal lobotomy?

What is psychoanalysis?

What is a psychodrama?

What is psychosurgery?

What is a psychotherapist?

What is psychotherapy?

What is rational-emotive behavior therapy (REBT)?

What is reciprocal inhibition?

What is reflection?

What is resistance?

What is role reversal?

What is role-playing?

What is the scientist-practitioner model?

What is a sedative?

What is selective perception?

What is a self-help group?

What is a sensitivity group?

What is short-term dynamic therapy?

What is somatic therapy?

What is spontaneous remission?

What is a support group?

What is systematic desensitization?

What are target behaviors?

What is the therapy placebo effect?

What is thought stopping?

What is the significance of time out?

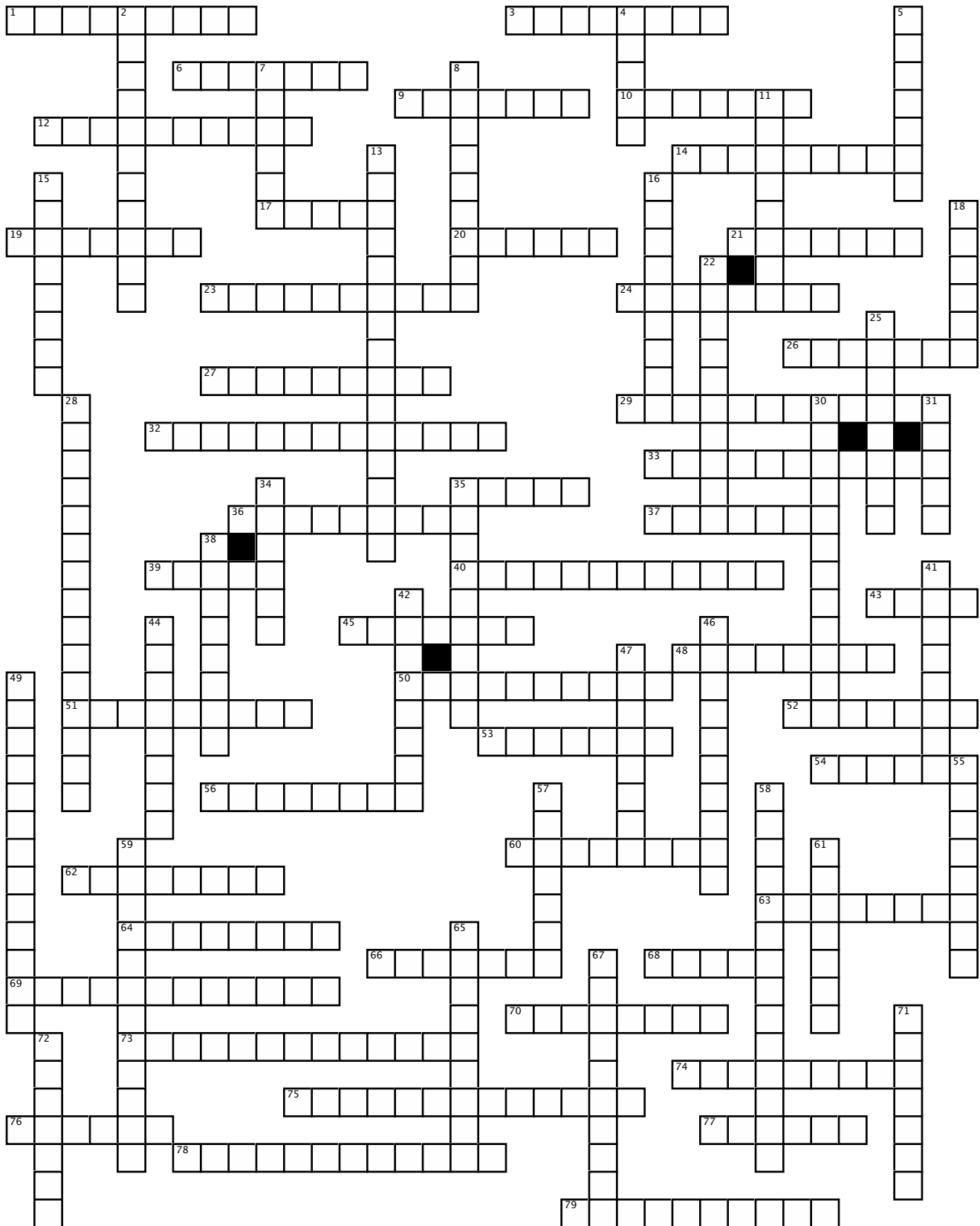
What is a token economy?

What is transference?

What is the importance of unconditional positive regard?

What is vicarious desensitization?

Unit Review Number 15
Therapy



Across

1. A _____ is a rank-ordered series of higher and lower amounts, levels, degrees, or steps.
3. In therapy, _____ usually means the psychotherapeutic technique used to treat phobia. It works by exposing the patient to their painful memories, [1] with the goal of reintegrating their repressed emotions with their current awareness.
6. Electroconvulsive _____ is a medical treatment for severe depression, consisting of an electric shock passed directly through the brain, which produces a convulsion.
9. Aversion _____ is the suppression of an undesirable response by associating it with aversive (painful or uncomfortable) stimuli.
10. Desensitization is the reducing fear or _____ by repeatedly exposing a person to emotional stimuli while the person is deeply relaxed.
12. Community _____ is the use of community resources to promote mental health and treat or prevent mental health problems.
14. An _____ group is a group experience based on intensely honest expressions of feelings and reactions of participants to one another.
17. Neuroleptics are a group of psychoactive _____ commonly but not exclusively used to treat psychosis.
19. Logotherapy is a form of existential therapy that emphasizes the need to find and maintain _____ in one's life.
20. Dream symbols are the _____ in dreams that serve as visible signs of hidden ideas, desires, impulses, emotions, relationships, and so forth.
21. Family _____ is a technique in which all family members participate, both individually and as a group, to change destructive relationships and communication patterns.
23. Reciprocal _____ is the principle that one emotional state can block another, such as joy preventing fear or anxiety inhibiting pleasure.
24. Role _____ is the taking of the role of another person to learn how one's own behavior appears from the other person's perspective.
26. Rational-emotive behavior _____ is an approach that attempts to change or remove irrational beliefs that cause emotional problems.
27. Transference is the tendency of a client to transfer to the _____ feelings that correspond to those the client had for important persons in his or her past.
29. Chemotherapy is the use of _____ drugs to treat mental or emotional disturbances.
32. Covert _____ is the use of aversive imagery to reduce the occurrence of an undesired response.

Down

2. In psychoanalysis, free _____ is the technique of having a client say anything that comes to mind, regardless of how embarrassing or unimportant it may seem.
4. Latent _____ content is the hidden or symbolic meaning of a dream, as revealed by dream interpretation and analysis.
5. A _____ group is a group formed to provide emotional support for its members through discussion of shared stresses and concerns.
7. Unconditional positive _____ is unshakable love and approval given without qualification.
8. Spontaneous _____ is the disappearance of a psychological disturbance without the aid of therapy.
11. Cognitive-behavioral therapy is the use of learning principles to change maladaptive _____, beliefs, and feelings that underlie emotional and behavioral problems.
13. Mental _____ is the confinement to a protected environment that provides various forms of therapy for mental, emotional, and behavioral problems.
15. Psychoanalysis is the _____ approach to psychotherapy emphasizing the exploration of unconscious conflicts.
16. Large-group _____ training is any of a number of programs (many of them commercialized) that claim to increase self-awareness and facilitate constructive personal change.
18. Somatic therapy is any _____ therapy, such as drug therapy, electroconvulsive therapy, or psychosurgery.
22. In client-centered therapy, significance of _____ is the process of rephrasing or repeating thoughts and feelings so that clients become aware of what they are saying about themselves.
25. Assertiveness _____ can help the student recognize when they are being abused or manoeuvred for someone else's benefit, and how to resist such treatment effectively without becoming angry and aggressive.
28. Vicarious _____ is the reduction in fear or anxiety that takes place vicariously ("secondhand") when a client watches models perform the feared behavior.
30. Behavior therapy is the use of learning principles to make _____ changes in behavior.
31. Albert _____ was an American psychotherapist who in 1955 developed Rational Emotive Behavior Therapy.
34. Group therapy is psychotherapy conducted with a group of _____.
35. Target _____ are actions or other behaviors (such as speech) that a behavior therapist seeks to modify.
38. A prefrontal _____ is an antiquated surgery in which portions of the frontal lobes were destroyed or disconnected from other brain areas.
41. Extinction, in therapy is the gradual loss of an undesired _____.

Across

33. In _____ therapy, confrontation is the process of confronting clients with their own values and with the need to take responsibility for their existence.
35. Bibliotherapy is the use of _____ to impart helpful information, either alone or as an adjunct to other forms of therapy.
36. Covert reinforcement is using positive imagery to _____ desired behavior.
37. Manifest dream _____ is the surface, "visible" content of a dream; dream images as they are remembered by the dreamer.
39. A self-help _____ is a group of people who share a particular type of problem and provide mutual support to one another.
40. In Carl Rogers's terms, _____ is the ability of a therapist to be genuine and honest regarding his or her feelings.
43. A _____ counselor is a non-professional person who has learned basic counseling skills.
45. All or _____ thinking means to think of objects or events as absolutely right or wrong, good or bad, acceptable or unacceptable, and so forth.
48. Cognitive therapy is the use of _____ principles and other methods to change maladaptive thoughts, beliefs, and feelings.
50. Selective _____ is recognizing only certain stimuli among a larger array of possibilities.
51. Psychotherapy is any form of psychological _____ for behavioral or emotional problems.
52. Empathy is the capacity for taking another's point of view; the ability to feel what another is _____.
53. Psychodrama is a _____ in which clients act out personal conflicts and feelings in the presence of others who play supporting roles.
54. Gestalt therapy is an approach that focuses on immediate experience and awareness to help clients rebuild thinking, feeling, and acting into connected _____; emphasizes the integration of fragmented experiences.
56. Resistance is _____ that occurs in psychoanalysis during free association; topics the client resists thinking or talking about.
60. In the _____ form of behavioral therapy, clients are asked to observe persons coping effectively in the situations that they find anxiety provoking.
62. In medieval Europe, _____ was the practice of expelling or driving off an "evil spirit," especially one residing in the body of a person who is "possessed."
63. Role-playing is the _____ enactment or reenactment of significant life events.

Down

42. Thought _____ is the use of aversive stimuli to interrupt or prevent upsetting thoughts.
44. A _____ is a substance that calms, tranquilizes, or induces sleep by depressing activity in the nervous system.
46. In medieval Europe, _____ was the study of demons and the treatment of persons "possessed" by demons.
47. Partial hospitalization is treatment in which patients spend only part of their time at the _____.
49. Short-term dynamic _____ is a modern freudian therapy designed to produce insights within a shorter time than traditional psychoanalysis.
55. Psychosurgery is any _____ alteration of the brain designed to bring about desirable behavioral or emotional changes.
57. A token _____ is a therapeutic program in which desirable behaviors are reinforced with tokens that can be exchanged for goods, services, activities, and privileges.
58. An _____ is a mood-elevating drug.
59. Behavior _____ is the application of learning principles to change human behavior, especially maladaptive behavior.
61. The therapy _____ effect is any improvement caused not by the actual process of therapy but by a client's expectation that therapy will help.
65. Lithium carbonate is a drug used to lessen mood swings in persons suffering from some types of _____ disorders.
67. Overgeneralization means blowing a single event out of _____ by extending it to a large number of unrelated situations.
71. A psychotherapist is anyone who does psychological _____. Persons who call themselves psychotherapists are not always psychologists.
72. Systematic desensitization is a guided reduction in fear, _____, or aversion.

Across

64. Client-centered therapy is a non-directive therapy based on drawing _____ from conscious thoughts and feelings; emphasizes accepting one's true self.
66. A _____ house is a community-based facility for individuals making the transition from an institution (mental hospital, prison, and so forth) to independent living.
68. A sensitivity _____ is a group experience designed to increase self-awareness and sensitivity to others.
69. Deinstitutionalization means to reduce the use of full-time commitment to mental _____ to treat mental disorders.
70. Time out is the _____ of a person from a situation in which rewards for maladaptive behavior are available; also, the withholding of social reinforcers (attention, approval) when undesirable responses are made.
73. An _____ is a drug that, in addition to having tranquilizing effects, also tends to reduce hallucinations and delusional thinking.
74. Existential therapy is an insight therapy that focuses on the problems of _____, such as death, meaning, choice, and responsibility.
75. Minor _____ are drugs (such as Valium) that produce relaxation or reduce anxiety.
76. The _____ technique involves observing another person reenact one's own behavior, like a character in a play; designed to help persons to see themselves more clearly.
77. A community mental health _____ is a facility offering a wide range of mental health services, such as prevention, counseling, consultation, and crisis intervention.
78. The scientist _____ model is the training of clinical psychologists to do both research and therapy.
79. A paraprofessional is an _____ who works in a near-professional capacity under the supervision of a more highly trained person.