

# [Basi psych therapies- ch 14](https://assignbuster.com/basi-psych-therapies-ch-14/)

Founder of psychoanalysis: Sigmund FreudFrench physician who started a movement towards treating mentally ill patients more humanely. Philippe Pinel ONBASI PSYCH THERAPIES- CH 14 SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowType of therapy that involves talking things out with a professional is calledPsychotherapyMain goal of \_\_\_\_ therapies is to give people better understanding of their feelings & actions. insightType of therapies aimed at changing disordered behavior are calledinsightAn \_\_\_\_\_\_\_\_ therapist would help a client change his/her maladaptive behavior. action\_\_\_\_\_\_\_\_\_\_ is a type of insight-oriented therapy. psychoanalysis\_\_\_\_\_\_\_\_\_\_\_\_ is a key component of Freud's theory of psychotherapy. dream interpretationAccording to Freud, the storyline content of your dreams are called \_\_\_\_\_\_ content. manifestIn interpreting a dream, a psychoanalyst would attempt to uncover the \_\_\_\_\_\_ content. latentClient's tendency to transfer his/her feelings onto the therapist is calledtransferenceWhen a client starts to block the forward movement of therapy, Freud called thisresistenceHumanistic therapy emphasizes personal choice and \_\_\_\_\_\_\_free willCarl Rogers believed most personal troubles were the result of mismatch between ideal self ℜ selfWarmth & respect without conditions attached is calledunconditional positive regardGestalt therapy was developed based on the work ofFritz PerlsA good candidate for humanistic therapy may be someone who is looking to changeoccupations\_\_\_\_\_\_\_\_\_\_ therapy is based on various learning principles. BehaviorBehavior therapy often works based upon \_\_\_\_\_\_\_\_\_\_ modification. behaviorRelaxing clients in the presence of a feared object or situation is \_\_\_\_\_\_\_\_\_\_ desensitization. systematic\_\_\_\_\_\_\_ therapy pairs an undesirable behavior with and aversive stimulus. aversionSystematic desensitization works best on people who have anxiety and/or \_\_\_\_\_\_\_\_\_\_. phobiasTechniques like flooding & systematic desensitization are known as \_\_\_\_\_ therapies/techniques. exposureProcess of learning through observation and imitation of others ismodelingWhen a therapist models a specific learning technique to a clientparticipant modeling\_\_\_\_\_\_\_ strengthens a response by following it with a pleasurable consequence. positive reinforcement\_\_\_\_\_\_ strengthens a response by removing an unpleasant stimulus. negative reinforcementInvolves awarding tokens for good behavior which can be traded for desired items. token economyA formal agreement regarding rules of behavior and consequences of not following them. contingency contractRemoval of reinforcer to reduce the frequency of a behavior. extinctionBeck's cognitive therapy is most effective at treatingdepressionTaking responsibility for many things, even though you are not responsible for the problems. personalizationWhen one focuses on only one negative aspect while ignoring the positive aspects (Aaron Beck). selective thinkingDraws sweeping conclusions that your worst nightmare will come true & interfere with your life. magnificationA therapist who tries to change client's irrational thoughts and increase coping mechanismscognitive-behavioralType of therapy in which clients meet regularly in a group setting to discuss problemsgroupMedication, electroconvulsive shock therapy and psychosurgery are all types ofbiomedical therapyAlcoholics Anonymous is a well-known \_\_\_\_\_\_\_\_\_\_self help groupHallucinations, delusions and bizarre, erratic behavior can be treated withanti-psychotic drugsTraditional antianxiety drugs or minor tranquilizers are calledbenzodiazepines