

Basi psych therapies- ch 14



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Founder of psychoanalysis: Sigmund Freud French physician who started a movement towards treating mentally ill patients more humanely. Philippe Pinel

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Type of therapy that involves talking things out with a professional is called Psychotherapy

Main goal of ___ therapies is to give people better understanding of their feelings & actions. insight

Type of therapies aimed at changing disordered behavior are called insight

An _____ 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 interpretation According to Freud, the storyline content of your dreams are called _____ content. manifest

In interpreting a dream, a psychoanalyst would attempt to uncover the _____ content.

latent

Client's tendency to transfer his/her feelings onto the therapist is called transference

When a client starts to block the forward movement of therapy, Freud called this resistance

Humanistic therapy emphasizes personal choice and _____ free will

Carl Rogers believed most personal troubles were the result of mismatch between ideal self & self

Warmth & respect without conditions attached is called unconditional positive regard

Gestalt therapy was developed based on the work of Fritz Perls

A good candidate for humanistic therapy may be someone who is looking to change

occupations _____ therapy is based on various learning principles.

Behavior

Behavior therapy often works based upon _____ modification.

behavior

Relaxing clients in the presence of a feared object or situation is _____ desensitization.

systematic _____ therapy pairs an undesirable behavior with and aversive stimulus.

aversion

Systematic 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 is modelingWhen 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