

Unit Fourteen: Therapy

Directions: 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 Jack Nicklaus

T				O		N	E		A	I	O	Y		
S	O	A	T	F	I	A	N	A	I	N	T	I		O
C	E	N	C	E	N	T	R	X	T	E	T	N	D	I

.

I've been called many names like perfectionist, difficult and obsessive.

Unit Fourteen: Therapy

Directions: Answer each of these questions in the space provided.

What is therapy?

What is psychotherapy?

What is biological therapy?

What is a system?

What is global therapy?

What is specific therapy?

What is primary prevention?

What is secondary prevention?

What is tertiary prevention?

What are day hospitals?

What are halfway houses?

What are sheltered workshops?

What is free association?

What is resistance?

What is transference?

What are dreams?

What is manifest content?

What is latent content?

What is catharsis?

What is working through?

What is REM sleep?

What is dynamic focus?

What is symptom substitution?

What is experiencing?

What is pet-facilitated therapy?

What is figure-ground relationships?

What is skillful frustration?

What is the here and now?

What is role-play?

What is authentic life?

What is logotherapy?

What is systematic desensitization?

What is fear hierarchy?

What is aversion therapy?

What is token economy?

What are social skills training?

What is rationalemotive therapy?

What is cognitive therapy?

What is self-instruction training?

What are self-statements?

What are psychotropic drugs?

What are antianxiety drugs?

What are antidepressant drugs?

What are antibipolar drugs?

What are antipsychotic drugs?

What is the extrapyramidal effect?

What is electroconvulsive therapy?

What is group therapy?

What is family therapy?

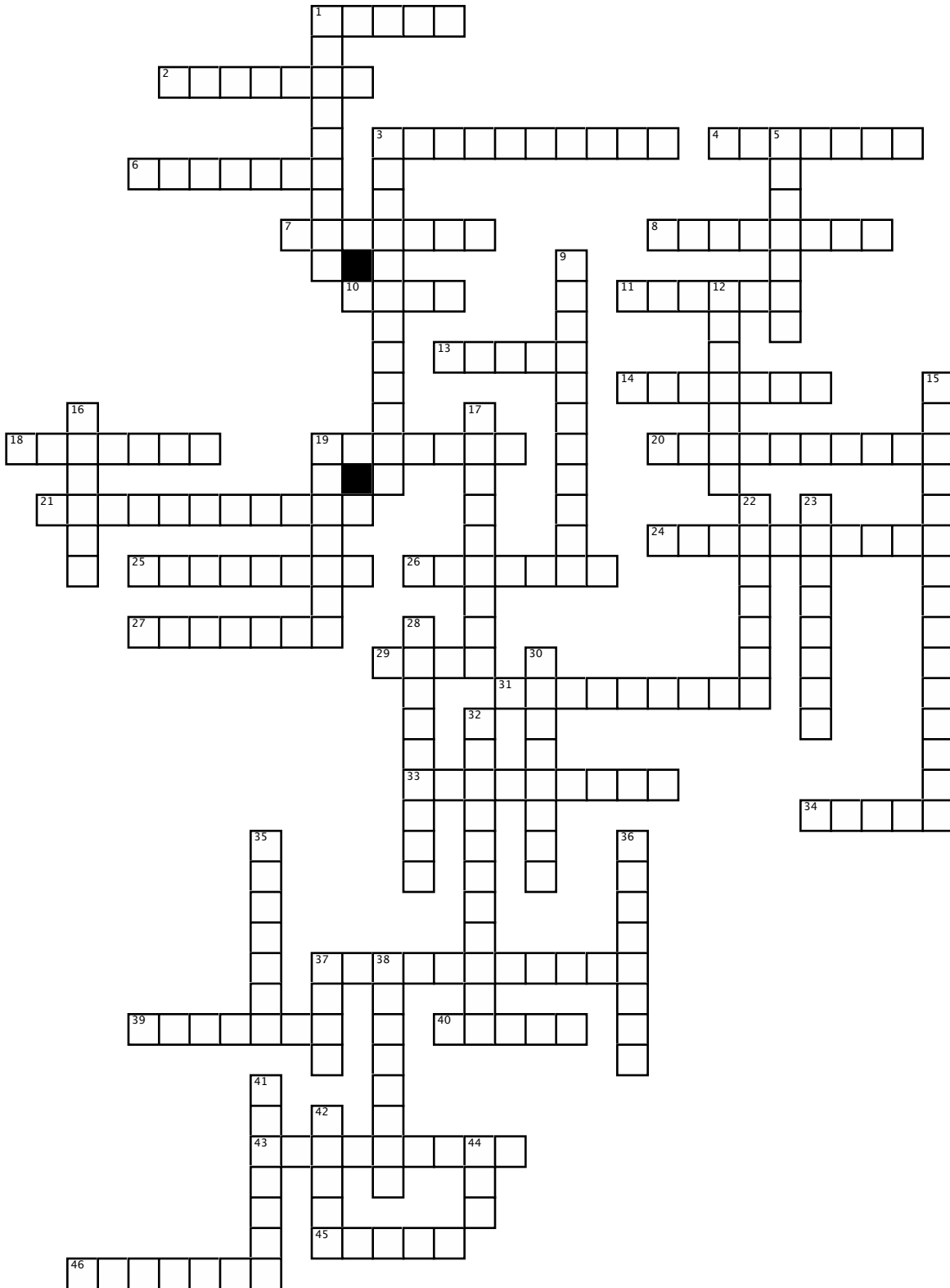
What is marital therapy?

Unit Fourteen: Therapy
The World of Abnormal Behavior - Psychotherapies

Directions: Answer each of these questions in the space provided.

1. Identify the major foci of psychodynamic, cognitive-behavioral, and gestalt therapies and differentiate among these.
2. The actor, "Tom," goes to two therapists with different orientations. How do their orientations differ? Discuss how these differences can be seen in the way they work with Tom.
3. Differentiate between the role of the therapist in individual therapy and in group therapy.
4. If Tom had gone to the gestalt therapist as well, what aspects of this story do you think would have drawn the therapist's attention? How might a Gestalt therapist have applied the empty chair chair technique in Tom's case?
5. What buried thoughts and feelings did Dr. Cooper help Tom become aware of?
6. What function does the use of free association play in psychodynamic therapy?
7. Discuss how cognitive restructuring was applied in Tom's case.
8. Dr. Goldfried says that gestalt therapy tries to help patients "become aware of what is going on in their body and how they are experiencing it." How does this apply to the work that Alan Cohen does with Deborah?
9. Dr. Goldfried says that the two most typical issues in couples therapy are love (or the absence of it) and control. What do you learn about these issues in reference to Harry and Wanda.
10. Why do you think Dr. Rivas-Vasquez suggests that Harry undergo individual therapy?
11. Dr. Rivas-Vasquez talks about why a marriage may break up after one spouse successfully undergoes therapy. Discuss why this happens.
12. What are the particular strengths of group therapy? Illustrate your thoughts with reference to Debbie.

Unit Review Number Fourteen
Therapy



Across

1. Antipsychotic _____ are drugs that help alleviate the confusion, hallucinations, and delusions of psychosis (a loss of contact with reality)
2. Group _____ is when therapists give certain types of therapy to a group.
3. Self-statements are helpful _____ that clients make to themselves.
4. Marital _____ is when therapists work with two people who are in a long-term relationship, focusing again on the structure and communication patterns in their relationships.
6. Extrapyramidal _____ are movement disorders such as: shaking, bizarre-looking contractions of the face and body, and extreme restlessness.
7. Antianxiety drugs are drugs that reduce _____ and anxiety.
8. Social skills _____ is when therapists point out the social deficits of clients and then role-play social situations with the clients.
10. Authentic _____ is a term used by psychologists that clients live a life full of meaning and values.
11. A _____ of therapy is a set of principles and techniques employed in accordance with a particular theory of change.
13. Psychotropic _____ are drugs that act primarily on the brain and often help to alleviate the symptoms of mental disorders.
14. Biological _____ is therapy consisting of physical and chemical procedures.
18. Aversion _____ is when therapists help clients to acquire anxiety response to stimuli that the clients have been finding too attractive.
19. Dynamic focus is the single _____ or issue that psychologists give in psychodynamic therapies.
20. Therapies are systematic _____ used for helping people overcome their psychological difficulties.
21. Skill _____ is a technique Gestalt therapists use where they refuse to meet many of their client's expectations and even their outright demands.
24. In global therapies, _____ try to help individuals recognize and change general features of their personality that the therapists believe are at the root of the problem.
25. Pet-facilitated therapy is when _____, who have problems in their relationships with peers and adults, participate in a program in which they live and work on a farm.
26. Figure-ground relationships is a _____ principle that says a healthy person's current needs can be perceived clearly in that person's life, just as any figure can be perceived against any distinct ground.
27. Role-play is when _____ act out various roles assigned by therapists.

Down

1. Antidepressant drugs are drugs that help lift the spirits of people who are _____.
3. Symptom _____ is the replacement of old symptoms by new ones.
5. Token _____ is a program in which desirable behavior is reinforced with tokens that can later be exchanged for food, privileges, or other rewards.
9. Logotherapy is an _____ therapy which helps clients assign values and spiritual meaning to their lives through loving other people and confronting their own suffering.
12. Psychotherapy is _____ by words, acts, and rituals in which the sufferer, healer or group participate jointly.
15. Systematic _____ is a process of teaching phobic clients to react calmly instead of with intense fear to the objects or situations they dread.
16. Fear hierarchy is a list of _____ objects or situations.
17. Catharsis is the reliving of past _____ feelings.
19. Experiencing is a _____ a client goes through so that they may be able to look at themselves with honesty and acceptance.
22. In _____ prevention, community workers strive to improve community attitudes and policies with the goal of preventing mental disorders altogether.
23. In _____ therapy, therapists focus attention primarily on the symptoms.
28. Sheltered _____ are protected and supervised workplaces that offer clients occupational training.
30. In _____ prevention, workers seek to prevent moderate or severe mental disorders from becoming long-term problems by offering appropriate and effective treatment when it is needed.
32. Halfway houses are _____ group homes that have live-in staff offering support, guidance, and practical advice to residents.
35. Rational _____ therapy is when therapists help clients discover the irrational assumptions that govern their emotional responses and to change those assumptions into constructive ways of viewing themselves and the world.
36. Self-instruction _____ is a technique used to help people solve problems and cope with stress more effectively.
37. Transference is how a patient _____ and feels toward the therapist or other important figures in their childhood.
38. Latent content is a dream's _____ meaning.
41. Cognitive _____ is when therapists help clients to recognize the negative thoughts, biased interpretations, and errors in logic that pervade their thinking and cause them to feel depressed.

Across

29. Dreams are termed by Freud as the royal _____ to the unconscious.
31. In _____ prevention, community workers try to identify and treat mental disorders at their earliest stages of development and thus prevent the disorders from reaching more serious levels.
33. Day _____ are treatment facilities that provide day long activities and treatment.
34. Electroconvulsive therapy is when therapists use electrodes and pass currents through the _____.
37. Free _____ is a process in psychodynamic therapy when the therapist tells the patient to describe any thought, feeling, or image that comes to mind even if it seems unimportant.
39. Manifest _____ is the consciously remembered dream.
40. Resistance is when patients encounter a _____ in their free associations or change the subject so as to avoid a potentially painful discussion.
43. Working through is the process of _____ the same issues over and over in the course, each time with new and sharper clarity.
45. Antibipolar _____ are drugs that help stabilize the moods of persons with a bipolar mood disorder marked by mood swings from mania to depression.
46. Family _____ is when therapists give therapy to a family at one time.

Down

42. REM sleep is the stage of sleep characterized by the _____ eye movement.
44. The here and _____ is a principle Gestalt therapists use to keep their clients in the present day reality.