

**Therapy**

Psychotherapy- an emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties. Ex. Treatment of Phobias would be done in psychotherapy.

Eclectic Approach- an approach to psychotherapy that, depending on the client's problems, uses or integrates techniques from various forms of therapy (also known as psychotherapy integration),

**Psychoanalysis**

Psychoanalysis- Sigmund Freud (created the first psychological therapy) believed the patient's free associations, resistances, dreams, and transferences- and the therapist's interpretations of them- released previously repressed feelings, allowing the patient to gain self-insight, helping people gain insight into the unconscious origins of their disorder, usually looking back into the past for the answers to what is happening now.

Resistance- blocking from consciousness of anxiety-laden material

Interpretation- that analyst's noting supposed dream meanings, resistances, and other significant behaviors in order to promote insight

Transference- the patient's transfer to the analyst of emotions linked with other relationships

Psychoanalysis is criticized because its interpretations cannot be proven or disproven.

**Humanist Therapy**- tends to focus on the present (versus the past of psychoanalysis), take more responsibility for their own feelings and actions, seek to promote personal growth and self-fulfillment.

Client-Centered Therapy- humanistic therapy developed by Carl Rogers; therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate clients' growth, patients' discovering their own ways of effectively dealing with their difficulties, empathic understanding of the patient's subjective experiences

Active Listening-feature of client centered therapy, empathic listening in which the listener echoes, restates, and clarifies

Unconditional Positive Regard- is a caring, nonjudgmental attitude that was introduced by Carl Rogers as a technique for the humanist therapist.

**Behavior Therapy**

Behavior Therapy- therapy that applies learning principles to the elimination of unwanted behaviors. Ex. Bell pad method. Or phobias like claustrophobia.

Counterconditioning- Procedure that conditions new responses to stimuli that trigger unwanted behaviors, Based on classical conditioning. (Ex. Baby, Rabbit and cookies) Two counterconditioning techniques for replacing unwanted responses include aversive conditioning and exposure therapy.

Exposure Therapy- exposure therapy is intended to help the patient face and gain control of the fear and distress that was overwhelming in the trauma, and must be done very carefully in order not to re-traumatize the patient.

Systematic Desensitization-Type of Exposure Therapy- Associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli.

Virtual Reality Exposure Therapy- Virtual reality exposure therapy places you in a computer-generated world where you "experience" the various stimuli related to your phobia.

Aversive Conditioning-Type of counterconditioning that associates an unpleasant state with an unwanted behavior, Nausea! Alcohol

### **Operant Conditioning-**

Token Economy-An operant conditioning procedure that rewards desired behavior, patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.

Behavior Modification- Reinforcing desired behaviors and withholding reinforcement for undesired behaviors

**Cognitive Therapy**-Teaches people new, more adaptive ways of thinking and acting, based on the assumption that thoughts intervene between events and our emotional reactions, encourage depressed clients to stop blaming themselves

Rational-Emotive Therapy (RET)-Confrontational cognitive therapy developed by Albert Ellis, vigorously challenges people's illogical, self-defeating attitudes and assumptions. also called rational-emotive behavior therapy by Ellis, emphasizing a behavioral "homework" - do at home- component

Beck's cognitive therapy- emphasis on reality based interpretations of information and actively seeks to minimize the many ifs, buts, ands and maybes that may haunt the stressed individual. The approach developed by Beck aims to facilitate the client in focusing on reality based data to interpret environmental transactions.

**Group Therapies**- more effective than individual therapy for enabling people to discover that others have problems similar to their own.

Family Therapy-Treats the family as a system. <http://www.mimisthelook.com/clothes/sweaters-jackets/milly-printed-navy-poncho-one-size.html> Views an individual's unwanted behaviors as influenced by or directed at other family members, Encourages family members toward positive relationships and improved communication

### **Types of Therapists**

TYPE	DESCRIPTION
Psychiatrist	Physicians who specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.'s they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have private practices
Clinical Psychologists	Most are psychologists with a Ph.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship. About half work in agencies and institutions, half in private practices.
Clinical or psychiatric Social workers	A two-year Master of Social Work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems. About half have earned the National Association of Social Workers' designation of clinical social work.
Counselors	Marriage and family counselors specialize in problems arising from family relations. Pastoral counselors provide counseling to

countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims.

### **Biomedical Therapies**

Psychopharmacology- study of the effects of drugs on mind and behavior, such drugs that are prescribed along with the effect on the nervous system.

EMDR- eye movement desensitization and reprocessing

Light exposure therapy- Seasonal Affect Disorder (depression)

Lithium- chemical that provides an effective drug therapy for the mood swings of bipolar disorders

Electroconvulsive Therapy (ECT)- therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient

Psychosurgery- surgery that removes or destroys brain tissue in an effort to change behavior

Lobotomy- now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients

### **Interpretation of Therapy**

Placebo effect- belief in the therapy (overestimate its effectiveness)

Regression toward the mean- getting a lower score after getting a high score on a test.

### **Drugs-**

Antipsychotic drugs - used for treatment on things like hallucinations or delusions

Prozac- antidepressant, blocks the removal or reabsorption of serotonin

SSRI- are used mostly for treatment of depression

Lithium- mood stabilizing drug