

**PsychSim 5: MYSTERY THERAPIST**

Name: \_\_\_\_\_ Section: \_\_\_\_\_

Date: \_\_\_\_\_

This activity will test your knowledge of the various types of psychotherapy.

**The Specific Types of Therapies**

- Complete the table below by filling in one main point about each of the eight types of therapy and listing the case number and name of the client receiving that type of treatment.

Type of Therapy	Brief Description	Case Number and Client
Psychoanalysis		
Client-centered therapy		
Systematic desensitization		
Aversive conditioning		
Cognitive therapy for depression		
Family therapy		
Drug therapy		
Electroconvulsive therapy		

**Commonalities of Effective Therapies**

- As you tried to identify the various types of therapies represented in this activity, did you notice any common themes that ran through all of the therapies?