

Name: _____

Period: _____

AP Psychology – Guided Reading

Chapter 15 – Treatment of Psychological Disorders

Introduction

Eclectic approach –

The Psychological Therapies

Psychotherapy –

A. **Psychoanalysis** –

1. Aims

2. Methods

- free association
 - o resistance -
 - o interpretation –
 - o transference –

3. Psychodynamic therapy –

- interpersonal psychotherapy –

B. Humanistic Therapies

1. insight therapies –
2. client-centered therapies –
3. active listening –
4. unconditional positive regard –

C. Behavior Therapies

1. counterconditioning –
2. exposure therapies –
3. systematic desensitization –
4. virtual reality exposure therapy –
5. aversive conditioning –

6. behavior modification –

7. token economy –

D. **Cognitive Therapies** – teaches people new, adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and our emotional reactions

1. Cognitive-behavioral therapy –

E. **Group and Family Therapies**

1. family therapy – therapy that treats the family as a system. Views and individual's unwanted behaviors as influenced by, or directed at, other family members.

EVALUATING PSYCHOTHERAPIES

1. **meta-analysis** – a procedure for statistically combining the results of many different research studies

A. **The Relative Effectiveness of Different Therapies**

1. **evidence based practice** –

B. Evaluating Alternative Therapies

1. Eye movement Desensitization and Reprocessing – therapist will move his or her fingers back and forth in front of your face and ask you to follow these hand motions with your eyes. At the same time, the EMDR therapist will have you recall a disturbing event. This will include the emotions and body sensations that go along with it.

Gradually, the therapist will guide you to shift your thoughts to more pleasant ones. Some therapists use alternatives to finger movements, such as hand or toe tapping or musical tones.

2. Light Exposure Therapy – give people suffering from seasonal affective disorder a timed daily dose of intense light

C. Commonalities Against Psychotherapies

1. Hope for demoralized people – therapy offers the expectation that with commitment from the therapy seeker, things can and will get better

2. A New Perspective – with a fresh perspective, a client may approach life with a new attitude

3. An Empathic, Trusting, Caring Relationship – effective therapists are empathic people who seek to understand another's experience; who communicate their care and concern to the client

SECTION 3 – THE BIOMEDICAL THERAPIES

biomedical therapy –

1. Drug Therapies

- a. **psychopharmacology** – the study of the effects of drugs on mind and behavior

- b. **antipsychotic drugs** –

- c. **tardive dyskinesia** – involuntary movements of the facial muscles, tongue, and limbs; a possible neurotic side effect of long-term use of antipsychotic drugs that target certain dopamine receptors

- d. **antianxiety drugs** –

- e. **antidepressant drugs** – drugs used to treat depression; also increasingly prescribed for anxiety; different types work by altering the availability of various neurotransmitters

- f. **mood-stabilizing drugs** –

2. Brain Stimulation

- a. **electroconvulsive therapy** – a biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient

- b. repetitive transcranial magnetic stimulation (rTMS) –**

- 3. Psychosurgery – surgery that removes or destroys brain tissue in an effort to change behavior**
 - a. lobotomy –**

- 4. Therapeutic Life-Style Change**
 - a. aerobic exercise**

 - b. adequate sleep**

 - c. light exposure**

 - d. social connection**