CHAPTER 15

Therapy

CHAPTER OVERVIEW

Chapter 15 discusses the major psychotherapies and biomedical therapies for maladaptive behaviors. The various psychotherapies all derive from the personality theories discussed earlier, namely, the psychoanalytic, humanistic, behavioral, and cognitive theories. The chapter groups the therapies by perspective but also emphasizes the common threads that run through them. In evaluating the therapies, the chapter points out that, although people who are untreated often improve, those receiving psychotherapy tend to improve somewhat more, regardless of the type of therapy they receive. This section includes a discussion of several popular alternative therapies.

The biomedical therapies discussed are drug therapies, electroconvulsive therapy and other forms of brain stimulation, and psychosurgery, which is seldom used. By far the most important of these, drug therapies are being used in the treatment of psychotic, anxiety, and mood disorders.

Because the origins of problems often lie beyond the individual, the chapter concludes with approaches that aim at preventing psychological disorders by focusing on the family or on the larger social environment as possible contributors to psychological disorders.

NOTE: Answer guidelines for all Chapter 15 questions begin on page 374.

CHAPTER REVIEW

First, skim each section, noting headings and boldface items. After you have read the section, review each objective by answering the fill-in and essay-type questions that follow it. As you proceed, evaluate your performance by consulting the answers beginning on page 374. Do not continue with the next section until you understand each answer. If you need to, review or reread the section in the textbook before continuing.

Introducing Therapy (p. 637)

Objective 1: Discuss how psychotherapy, biomedical therapy, and an eclectic approach to therapy differ.

1. Mental health therapies are classified as either
   [ ] therapies or
   [ ] therapies.

2. Psychological therapy is more commonly called
   [ ]. This type of therapy is appropriate for disorders that are
   [ ].

3. Biomedical therapies include the use of
   [ ] and medical procedures that act directly on the patient's
   [ ].

4. Some therapists, particularly those who adopt a biopsychosocial view, blend several psychotherapy techniques and so are said to take an
   [ ] approach. Closely related to this approach is
   [ ], which attempts to combine methods into a single, coherent system.

The Psychological Therapies (pp. 638–650)

Objective 2: Define psychoanalysis, and discuss the aims, methods, and criticisms of this form of therapy.

1. The goal of Freud's psychoanalysis, which is based on his personality theory, is to help the patient gain [ ].
2. Freud assumed that many psychological problems originate in childhood impulses and conflicts that have been

3. Psychoanalysts attempt to bring

4. Freud's technique in which a patient says whatever comes to mind is called

5. When, in the course of therapy, a person omits shameful or embarrassing material, ____________ is occurring. Insight is facilitated by the analyst's ________________ of the meaning of such omissions, of dreams, and of other information revealed during therapy sessions.

6. Freud referred to the hidden meaning of a dream as its ________________.

7. When strong feelings, similar to those experienced in other important relationships, are developed toward the therapist, ________________ has occurred.

8. Critics point out that psychoanalysts' interpretations are hard to ________________ and that therapy takes a long time and is very ________________.

Objective 3: Contrast psychodynamic therapy and interpersonal therapy with traditional psychoanalysis.

9. Therapists who are influenced by Freud's psychoanalysis but who talk to the patient face to face are ________________ therapists. In addition, they work with patients only ________________ (how long?) and for only a few weeks or months. These therapists focus on ________________ across important relationships.

10. A brief alternative to psychodynamic therapy that has proven effective with ________________ patients is ________________.

11. While this approach aims to help people gain ________________ into the roots of their difficulties, it focuses on ________________ rather than on past hurts.

Objective 4: Identify the basic characteristics of the humanistic therapies, and describe the specific goals and techniques of Carl Rogers' client-centered therapy.

12. Humanistic therapies attempt to help people meet their potential for ________________.

List several ways that humanistic therapy differs from psychoanalysis.

13. The humanistic therapy based on Rogers' theory is called ________________-

14. To promote growth in clients, Rogerian therapists exhibit ________________ and ________________.

15. Rogers' technique of restating and clarifying what a person is saying is called ________________.

Given a nonjudgmental environment that provides ________________, patients are better able to accept themselves as they are and to feel valued and whole.

16. Three tips for listening more actively in your own relationships are to ________________ and ________________.
Objective 5: Explain how the basic assumption of behavior therapy differs from those of traditional psychoanalytic and humanistic therapies, and describe the techniques used in exposure therapies and aversive conditioning.

17. Behavior therapy applies principles of _______________ to eliminate troubling behaviors.

Contrast the assumptions of the behavior therapies with those of psychoanalysis and humanistic therapy.

21. For those who are unable to visually imagine an anxiety-arousing situation, or too afraid or embarrassed to do so, _______________

 _______________ therapy offers a promising alternative.

22. In aversive conditioning, the therapist attempts to substitute a _______________ (positive/negative) response for one that is currently _______________ (positive/negative) to a harmful stimulus. In this technique, a person's unwanted behaviors become associated with _______________ feelings. In the long run, aversive conditioning _______________ (does/does not) work.

Objective 6: State the main premise of therapy based on operant conditioning principles, and describe the views of proponents and critics of behavior modification.

23. Reinforcing desired behaviors and withholding reinforcement for undesired behaviors are key aspects of _______________.

24. Therapies that influence behavior by controlling its consequences are based on principles of _______________ conditioning. One application of this form of therapy to institutional settings is the _______________, in which desired behaviors are rewarded.

State two criticisms of behavior modification.

20. The first step in systematic desensitization is the construction of a _______________ of anxiety-arousing stimuli. The second step involves training in _______________. In the final step, the person is trained to associate the _______________ state with the _______________ -arousing stimuli.
Objective 7: Contrast cognitive therapy and cognitive-behavior therapy, and give some examples of cognitive therapy for depression.

25. Therapists who teach people new, more constructive ways of thinking are using __________________________ therapy.

26. One variety of cognitive therapy attempts to reverse the __________________________ beliefs often associated with __________________________ by helping clients see their irrationalities. This therapy was developed by __________________________.

27. Training people to restructure their thinking in stressful situations is the goal of __________________________ __________________________ training. Students trained to __________________________ their negative thoughts are less likely to experience future depression.

28. Treatment that combines an attack on negative thinking with efforts to modify behavior is known as __________________________ _____________.

Objective 8: Discuss the rationale and benefits of group therapy, including family therapy.

List several advantages of group therapy.

29. The type of group interaction that focuses on the fact that we live and grow in relation to others is __________________________.

30. In this type of group, therapists focus on improving __________________________ within the family.

Evaluating Psychotherapies (pp. 650–660)

Objective 9: Explain why clients and clinicians tend to overestimate the effectiveness of psychotherapy, and describe two phenomena that contribute to clients’ and clinicians’ misperceptions in this area.

1. In contrast to earlier times, most therapy today __________________________ (is/is not) provided by psychiatrists.

2. A majority of psychotherapy clients express __________________________ (satisfaction/dissatisfaction) with their therapy.

Give three reasons that client testimonials are not persuasive evidence for psychotherapy’s effectiveness.

3. Clinicians tend to __________________________ (overestimate/underestimate) the effectiveness of psychotherapy.

4. One reason clinicians’ perceptions of the effectiveness of psychotherapy are inaccurate is that clients justify entering therapy by emphasizing their __________________________ and justify leaving therapy by emphasizing their __________________________.

5. (Thinking Critically) Clients’ and therapists’ perceptions of therapy’s effectiveness may be inflated by their __________________________ that a treatment works. This phenomenon is called the __________________________ ____________. Another phenomenon that may inflate their perceptions of therapy’s effectiveness is the phenomenon called __________________________ ____________, which is the tendency for __________________________ events or emotions to return to their __________________________ state.

Objective 10: Discuss some of the findings of outcome studies in judging the effectiveness of psychotherapies, and describe which psychotherapies are most effective for specific disorders.

6. In hopes of better assessing psychotherapy’s effectiveness, psychologists have turned to __________________________ research studies.

7. The debate over the effectiveness of psychotherapy began with a study by __________________________; it showed that the rate of improvement for those who received therapy __________________________
8. In the best studies of the effectiveness of therapy, researchers randomly assign people on a waiting list to therapy or no therapy and later evaluate everyone. These are ________________ trials.

9. A statistical technique that makes it possible to combine the results of many different psychotherapy outcome studies is called ________________. Overall, the results of such analyses indicate that psychotherapy is ________________ (somewhat effective/ineffective).

10. Comparisons of the effectiveness of different forms of therapy reveal ________________ (clear/no clear) differences, that the type of therapy provider ________________ (matters greatly/does not matter), and that whether therapy is provided by an individual therapist or within a group ________________ (makes a difference/does not make a difference).

11. With phobias, compulsions, and other specific behavior problems, ________________ therapies have been the most effective. Other studies have demonstrated that depression may be effectively treated with ________________ therapy.

12. As a rule, psychotherapy is most effective with problems that are ________________ (specific/nonspecific).

13. Clinical decision making that integrates research with clinical expertise and patient preferences is called _________________.

Objective 11: Evaluate the effectiveness of eye movement desensitization and reprocessing (EMDR) and light exposure therapies.

14. Today, many forms of ________________ are touted as effective treatments for a variety of complaints.

15. Aside from testimonials, there is very little evidence based on ________________ research for such therapies.

16. In one popular alternative therapy, a therapist triggers eye movements in patients while they imagine ________________. This therapy, called ________________, ________________, has proven ________________ (completely ineffective/somewhat effective) as a treatment for nonmilitary ________________. However, skeptics point to evidence that ________________ is just as effective as triggered eye movements in producing beneficial results. The key seems to be in the person’s ________________ traumatic memories and in a ________________ effect.

17. For people who suffer from the wintertime form of depression called ________________, ________________, ________________, timed ________________ therapy may be beneficial.

Objective 12: Describe the three benefits attributed to all psychotherapies. Discuss the role of values and cultural differences in the therapeutic process.

18. All forms of psychotherapy offer three benefits: ________________ for demoralized people; a new ________________ on oneself; and a relationship that is ________________, ________________, and ________________.

19. The emotional bond between therapist and client—the ________________—is a key aspect of effective therapy. In one study of depression treatment, the most effective therapists were those who were perceived as most ________________ and ________________.

Objective 13: Discuss the role of values and cultural differences in the therapeutic process, and identify some guidelines for selecting a therapist.

20. Generally speaking, psychotherapists’ personal values ________________ (do/do not) influence their therapy. This is particularly significant
when the therapist and client are from different ______________. Another area of potential value conflict is ______________.

21. In North America, Europe, and Australia, most therapists reflect their culture’s __________________________.

22. Differences in values may help explain the reluctance of some ____________ populations to use mental health services.

23. The American Psychological Association suggests that a person should seek help when he or she has feelings of ________________, a deep and lasting ________________, disruptive ________________, sudden ________________ shifts, and ________________ rituals, for example.

**The Biomedical Therapies** (pp. 660–668)

**Objective 14:** Define *psychopharmacology,* and explain how double-blind studies help researchers evaluate a drug’s effectiveness.

1. As noted earlier, therapy involving changing the brain’s functioning is referred to as ______________ therapy. The most widely used biomedical treatments are the ______________ therapies. Thanks to these therapies, the number of residents in mental hospitals has _______________ (increased/decreased) sharply.

2. The field that studies the effects of drugs on the mind and behavior is ______________.

3. To guard against the ______________ effect and normal ______________, neither the patients nor the staff involved in a study may be aware of which condition a given individual is in; this is called a ______________ study.

**Objective 15:** Describe the characteristics of antipsychotic, antianxiety, antidepressant, and mood-stabilizing drugs, and discuss their use in treating psychological disorders.

4. One effect of ______________ drugs such as ______________ is to help those experiencing ______________ (positive/

negative) symptoms of schizophrenia by decreasing their responsiveness to irrelevant stimuli. Schizophrenia patients who are apathetic and withdrawn may be more effectively treated with atypical antipsychotics such as ______________.

5. The antipsychotic drugs work by blocking the receptor sites for the neurotransmitter ______________. The atypical antipsychotics also target ______________ receptors.

6. Long-term use of antipsychotic drugs can produce ______________ ________________, which involves involuntary movements of the muscles of the ______________, ______________, and ______________.

7. Xanax and Ativan are classified as ______________ drugs.

8. These drugs depress activity in the ______________ ______________ ________________.

9. When used in combination with ______________, these drugs can help people cope with frightening situations.

10. Antianxiety drugs have been criticized for merely reducing ______________, rather than resolving underlying ______________. These drugs can also cause ______________.

11. Drugs that are prescribed to alleviate depression are called ______________ drugs. They are increasingly being used to treat ______________ disorders. These drugs work by increasing levels of the neurotransmitters ______________ or ______________.

12. One example of this type of drug is ______________, which works by blocking the reabsorption and removal of ______________ from synapses and is therefore called a ______________ ________________ drug. Increased serotonin promotes ______________, the development of new brain cells.
13. Equally effective in calming anxious people and energizing depressed people is ______, which has positive side effects. Even better is to use drugs, which work ______ (bottom-up/top-down), in conjunction with ______ therapy, which works ______ (bottom-up/top-down).

14. Although people with depression often improve after one month on antidepressants, studies demonstrate that a large percentage of the effectiveness is due to ______ or a ______.

15. To stabilize the mood swings of a bipolar disorder, the simple salt ______ is often prescribed.

16. Another effective drug in the control of mania was originally used to treat epilepsy; it is ______.

Objective 16: Describe the use of brain stimulation techniques and psychosurgery in treating specific disorders.

17. The therapeutic technique in which the patient receives an electric shock to the brain is referred to as ______ therapy, abbreviated as ______.

18. ECT is most often used with patients suffering from severe ______. Research evidence ______ (confirms/does not confirm) ECT’s effectiveness with such patients.

19. The mechanism by which ECT works is ______.

20. A gentler alternative is a chest ______ that intermittently stimulates the ______ nerve.

21. Another gentler procedure called ______ ______ aims to treat depression by presenting pulses through a magnetic coil held close to a person’s skull above the right eyebrow. Unlike ECT, this procedure produces no ______ loss, or other side effects. This procedure may work by energizing the brain’s left ______, which is relatively inactive in depressed patients.

22. The biomedical therapy in which a portion of brain tissue is removed or destroyed is called ______.

23. In the 1930s, Moniz developed an operation called the ______. In this procedure, the ______ lobe of the brain is disconnected from the rest of the brain.

24. Today, most psychosurgery has been replaced by the use of ______ or some other form of treatment.

Objective 17: Explain how therapeutic life-style change reflects the idea that humans are integrated biopsychosocial systems.

25. A recent approach to therapy promotes ______ ______ change, which includes regular aerobic exercise, adequate sleep, light exposure, social connection, anti-rumination, and nutritional supplementation.

26. The relative success of this ______ approach seems to confirm that everything psychological is also biological and that we are all social creatures.

Preventing Psychological Disorders (pp. 668–669)

Objective 16: Explain the rationale of preventive mental health programs.

1. Psychotherapies and biomedical therapies locate the cause of psychological disorders within the ______.

2. An alternative viewpoint is that many psychological disorders are responses to ______ ______.

3. According to this viewpoint, it is not just the ______ who needs treatment but also the person’s ______ ______.

4. One advocate of ______ mental health, George Albee, believes that many social
stresses undermine people's sense of
________________________, ________________________
________________________, and __________________________.
These stresses include __________________________,
work that is __________________________, constant
________________________, ________________________,
________________________, and __________________________.

5. Albee's views remind us that disorders are not
just biological and not just environmental or psy-
chological because we are all an __________________________
________________________ system.

PROGRESS TEST 1

Multiple-Choice Questions

Circle your answers to the following questions and
check them with the answers beginning on page 375.
If your answer is incorrect, read the explanation for
why it is incorrect and then consult the appropriate
pages of the text (in parentheses following the correct
answer).

1. Electroconvulsive therapy is most useful in the
treatment of
   a. schizophrenia.
   b. depression.
   c. personality disorders.
   d. anxiety disorders.

2. The technique in which a person is asked to
report everything that comes to his or her mind is
called ______; it is favored by ______ therapists.
   a. active listening; cognitive
   b. spontaneous remission; humanistic
   c. free association; psychoanalytic
   d. systematic desensitization; behavior

3. Of the following categories of psychotherapy,
which is known for its nondirective nature?
   a. psychoanalysis    c. behavior therapy
   b. humanistic therapy d. cognitive therapy

4. Which of the following is NOT a common criti-
cism of psychoanalysis?
   a. It emphasizes the existence of repressed mem-
ories.
   b. It provides interpretations that are hard to dis-
prove.
   c. It is generally a very expensive process.
   d. It gives therapists too much control over
patients.

5. Which of the following types of therapy does
NOT belong with the others?
   a. cognitive therapy
   b. family therapy
   c. behavior therapy
   d. psychosurgery

6. Which of the following is NOT necessarily an ad-
   vantage of group therapies over individual ther-
   apies?
   a. They tend to take less time for the therapist.
   b. They tend to cost less money for the client.
   c. They are more effective.
   d. They allow the client to test new behaviors in
      a social context.

7. Which biomedical therapy is most likely to be
   practiced today?
   a. psychosurgery
   b. electroconvulsive therapy
   c. drug therapy
   d. counterconditioning

8. The effectiveness of psychotherapy has been
   assessed both through clients' perspectives and
   through controlled research studies. What have
   such assessments found?
   a. Clients' perceptions and controlled studies
      alike strongly affirm the effectiveness of psy-
      chotherapy.
   b. Whereas clients' perceptions strongly affirm
      the effectiveness of psychotherapy, studies
      point to more modest results.
   c. Whereas studies strongly affirm the effective-
      ness of psychotherapy, many clients feel dis-
      satisfied with their progress.
   d. Clients' perceptions and controlled studies
      alike paint a very mixed picture of the effec-
      tiveness of psychotherapy.

9. Cognitive-behavior therapy aims to
   a. alter the way people act.
   b. make people more aware of their irrational
      negative thinking.
   c. alter the way people think and act.
   d. countercondition anxiety-provoking stimuli.

10. The results of outcome research on the effective-
    ness of different psychotherapies reveal that
    a. no single type of therapy is consistently supe-
       rior.
    b. behavior therapies are most effective in treat-
       ing specific problems, such as phobias.
    c. cognitive therapies are most effective in treat-
       ing depressed emotions.
    d. all of these statements are true.
11. The antipsychotic drugs appear to produce their effects by blocking the receptor sites for
   a. dopamine.       c. norepinephrine.
   b. epinephrine.    d. serotonin.

12. Psychologists who advocate a ______ approach to mental health contend that many psychological disorders could be prevented by changing the disturbed individual's ______.
   a. biomedical; diet
   b. family; behavior
   c. humanistic; feelings
   d. preventive; environment

13. An eclectic psychotherapist is one who
   a. takes a nondirective approach in helping clients solve their problems.
   b. views psychological disorders as usually stemming from one cause, such as a biological abnormality.
   c. uses one particular technique, such as psychoanalysis or counterconditioning, in treating disorders.
   d. uses a variety of techniques, depending on the client and the problem.

14. The technique in which a therapist echoes and restates what a person says in a nondirective manner is called
   a. active listening.
   b. free association.
   c. systematic desensitization.
   d. transference.

15. Unlike traditional psychoanalytic therapy, interpersonal psychotherapy
   a. helps people gain insight into the roots of their problems.
   b. offers interpretations of patients' feelings.
   c. focuses on current relationships.
   d. does all of these things.

16. The technique of systematic desensitization is based on the premise that maladaptive symptoms are
   a. a reflection of irrational thinking.
   b. conditioned responses.
   c. expressions of unfulfilled wishes.
   d. all of these things.

17. The operant conditioning technique in which desired behaviors are rewarded with points or poker chips that can later be exchanged for various rewards is called
   a. counterconditioning.
   b. systematic desensitization.
   c. a token economy.
   d. exposure therapy.

18. One variety of ______ therapy is based on the finding that depressed people often attribute their failures to ______.
   a. humanistic; themselves
   b. behavior; external circumstances
   c. cognitive; external circumstances
   d. cognitive; themselves

19. A person can derive benefits from psychotherapy simply by believing in it. This illustrates the importance of
   a. spontaneous recovery.
   b. the placebo effect.
   c. the transference effect.
   d. interpretation.

20. Before 1950, the main mental health providers were
   a. psychologists.       c. psychiatrists.
   b. paraprofessionals.  d. the clergy.
Matching Items

Match each term with the appropriate definition or description.

Terms
1. cognitive therapy
2. behavior therapy
3. systematic desensitization
4. cognitive-behavior therapy
5. client-centered therapy
6. exposure therapy
7. aversive conditioning
8. psychoanalysis
9. preventive mental health
10. biomedical therapy
11. counterconditioning
12. insight therapy

Definitions or Descriptions
a. associates unwanted behavior with unpleasant experiences
b. associates a relaxed state with anxiety-arousing stimuli
c. emphasizes the social context of psychological disorders
d. integrated therapy that focuses on changing self-defeating thinking and unwanted behavior
e. category of therapies that teach people more adaptive ways of thinking and acting
f. the most widely used method of behavior therapy
g. therapy developed by Carl Rogers
h. therapy based on Freud’s theory of personality
i. treatment with psychosurgery, electroconvulsive therapy, or drugs
j. classical conditioning procedure in which new responses are conditioned to stimuli that trigger unwanted behaviors
k. category of therapies based on learning principles derived from classical and operant conditioning
l. therapies that aim to increase the client’s awareness of underlying motives and defenses

PROGRESS TEST 2

Progress Test 2 should be completed during a final chapter review. Answer the following questions after you thoroughly understand the correct answers for the section reviews and Progress Test 1.

Multiple-Choice Questions

1. Carl Rogers was a _____ therapist who was the creator of _____.
   a. behavior; systematic desensitization
   b. psychoanalytic; insight therapy
   c. humanistic; client-centered therapy
   d. cognitive; cognitive therapy for depression

2. Using techniques of classical conditioning to develop an association between unwanted behavior and an unpleasant experience is known as
   a. aversive conditioning.
   b. systematic desensitization.
   c. transference.
   d. electroconvulsive therapy.

3. Which type of psychotherapy emphasizes the individual’s inherent potential for self-fulfillment?
   a. behavior therapy
   b. psychoanalysis
   c. humanistic therapy
   d. biomedical therapy

4. Light-exposure therapy has proven useful as a form of treatment for people suffering from
   a. bulimia.
   b. seasonal affective disorder.
   c. schizophrenia.
   d. dissociative identity disorder.

5. Which type of psychotherapy focuses on changing unwanted behaviors rather than on discovering their underlying causes?
   a. behavior therapy
   b. cognitive therapy
   c. humanistic therapy
   d. psychoanalysis
6. The techniques of counterconditioning are based on principles of
   a. observational learning.
   b. classical conditioning.
   c. operant conditioning.
   d. behavior modification.

7. In which of the following does the client learn to associate a relaxed state with a hierarchy of anxiety-arousing situations?
   a. cognitive therapy
   b. aversive conditioning
   c. counterconditioning
   d. systematic desensitization

8. Principles of operant conditioning underlie which of the following techniques?
   a. counterconditioning
   b. systematic desensitization
   c. stress inoculation training
   d. the token economy

9. Which of the following is NOT a common criticism of behavior therapy?
   a. Clients may rely too much on extrinsic rewards for their new behaviors.
   b. Behavior control is unethical.
   c. Outside the therapeutic setting, the new behavior may disappear.
   d. All of these are criticisms of behavior therapy.

10. Which type of therapy focuses on eliminating irrational thinking?
    a. EMDR
    b. client-centered therapy
    c. cognitive therapy
    d. behavior therapy

11. Antidepressant drugs are believed to work by affecting serotonin or
    a. dopamine.
    b. lithium.
    c. norepinephrine.
    d. acetylcholine.

12. After many years of taking antipsychotic drugs, Greg’s facial muscles sometimes twitch involuntarily. This behavior is called
    a. tardive dyskinesia.
    b. spontaneous recovery.
    c. repetitive transcranial magnetic stimulation.
    d. EMDR.

13. Which of the following is the mood-stabilizing drug most commonly used to treat bipolar disorder?
    a. Ativan
    b. chlorpromazine
    c. Xanax
    d. lithium

14. The type of drugs criticized for reducing symptoms without resolving underlying problems are the
    a. antianxiety drugs.
    b. antipsychotic drugs.
    c. antidepressant drugs.
    d. amphetamines.

15. Which form of therapy is most likely to be successful in treating depression?
    a. behavior modification
    b. psychoanalysis
    c. cognitive therapy
    d. humanistic therapy

16. Although Moniz won the Nobel prize for developing the lobotomy procedure, the technique is not widely used today because
    a. it produces a lethargic, immature personality.
    b. it is irreversible.
    c. calming drugs became available in the 1950s.
    d. of all of these reasons.

17. Unusual emotions tend to return to their average state. This phenomenon is called
    a. regression toward the mean.
    b. resistance.
    c. counterconditioning.
    d. systematic desensitization.

18. Among the common ingredients of the psychotherapies is
    a. the offer of a therapeutic relationship.
    b. the expectation among clients that the therapy will prove helpful.
    c. the chance to develop a fresh perspective on oneself and the world.
    d. all of these are common ingredients.

19. Family therapy differs from other forms of psychotherapy because it focuses on
    a. using a variety of treatment techniques.
    b. conscious rather than unconscious processes.
    c. the present instead of the past.
    d. how family tensions may cause individual problems.
20. One reason that aversive conditioning may only be temporarily effective is that
   a. for ethical reasons, therapists cannot use sufficiently intense unconditioned stimuli to sustain classical conditioning.
   b. patients are often unable to become sufficiently relaxed for conditioning to take place.
   c. patients know that outside the therapist’s office they can engage in the undesirable behavior without fear of aversive consequences.
   d. most conditioned responses are elicited by many nonspecific stimuli and it is impossible to countercondition them all.

Matching Items

Match each term with the appropriate definition or description.

Terms

1. active listening
2. token economy
3. placebo effect
4. lobotomy
5. lithium
6. psychopharmacology
7. double-blind technique
8. Xanax
9. free association
10. stress inoculation training
11. evidence-based practice
12. regression toward the mean
13. meta-analysis

Definitions or Descriptions

a. type of psychosurgery
b. mood-stabilizing drug
c. clinical decision making that integrates research, clinical expertise, and patient characteristics
d. empathic technique used in person-centered therapy
e. the beneficial effect of a person’s expecting that treatment will be effective
f. antianxiety drug
g. the tendency for unusual emotions to return toward their average state
h. technique of psychoanalytic therapy
i. an operant conditioning procedure
j. the study of the effects of drugs on the mind and behavior
k. a procedure for statistically combining the results of many research studies
l. experimental procedure in which both the patient and staff are unaware of a patient’s treatment condition
m. cognitive-behavior therapy in which people are trained to restructure their thinking in stressful situations

PSYCHOLOGY APPLIED

Answer these questions the day before an exam as a final check on your understanding of the chapter’s terms and concepts.

Multiple-Choice Questions

1. During a session with his psychoanalyst, Jamal hesitates while describing a highly embarrassing thought. In the psychoanalytic framework, this is an example of
   a. transference.  
   b. insight.  
   c. mental repression.  
   d. resistance.

2. During psychoanalysis, Jane has developed strong feelings of hatred for her therapist. The analyst interprets Jane’s behavior in terms of a ______ of her feelings toward her father.
   a. projection  
   b. resistance  
   c. regression  
   d. transference

3. Given that Jim’s therapist attempts to help him by offering genuineness, acceptance, and empathy, she is probably practicing
   a. psychoanalysis.  
   b. behavior therapy.  
   c. cognitive therapy.  
   d. client-centered therapy.
4. To help Sam quit smoking, his therapist blew a blast of smoke into Sam's face each time Sam inhaled. Which technique is the therapist using?
   a. exposure therapy
   b. behavior modification
   c. systematic desensitization
   d. aversive conditioning

5. After Darnel dropped a pass in an important football game, he became depressed and vowed to quit the team because of his athletic incompetence. The campus psychologist used gentle questioning to reveal to Darnel that his thinking was irrational: his "incompetence" had earned him an athletic scholarship. The psychologist's response was most typical of a _____ therapist.
   a. behavior
   b. psychoanalytic
   c. client-centered
   d. cognitive

6. Seth enters therapy to talk about some issues that have been upsetting him. The therapist prescribes some medication to help him. The therapist is most likely a
   a. clinical psychologist.
   b. psychiatrist.
   c. psychiatric social worker.
   d. clinical social worker.

7. In an experiment testing the effects of a new antipsychotic drug, neither Dr. Cunningham nor her patients know whether the patients are in the experimental or the control group. This is an example of
   a. outcome research.
   b. within-subjects research.
   c. the double-blind technique.
   d. the single-blind technique.

8. A close friend who for years has suffered from wintertime depression is seeking your advice regarding the effectiveness of light-exposure therapy. What should you tell your friend?
   a. "Don't waste your time and money. It doesn't work."
   b. "A more effective treatment for seasonal affective disorder is eye movement desensitization and reprocessing."
   c. "You'd be better off with a prescription for lithium."
   d. "It might be worth a try. There is some evidence that morning light exposure produces relief."

9. A relative wants to know which type of therapy works best. You should tell your relative that
   a. psychotherapy does not work.
   b. behavior therapy is the most effective.
   c. cognitive therapy is the most effective.
   d. no one type of therapy is consistently the most successful.

10. Leota is startled when her therapist says that she needs to focus on eliminating her problem behavior rather than gaining insight into its underlying cause. Most likely, Leota has consulted a _____ therapist.
    a. behavior
    b. humanistic
    c. cognitive
    d. psychoanalytic

11. To help him overcome his fear of flying, Duane's therapist has him construct a hierarchy of anxiety-triggering stimuli and then learn to associate each with a state of deep relaxation. Duane's therapist is using the technique called
    a. systematic desensitization.
    b. aversive conditioning.
    c. shaping.
    d. free association.

12. A patient in a hospital receives poker chips for making her bed, being punctual at meal times, and maintaining her physical appearance. The poker chips can be exchanged for privileges, such as television viewing, snacks, and magazines. This is an example of the
    a. psychodynamic therapy technique called systematic desensitization.
    b. behavior therapy technique called token economy.
    c. cognitive therapy technique called token economy.
    d. humanistic therapy technique called systematic desensitization.

13. Ben is a cognitive-behavior therapist. Compared with Rachel, who is a behavior therapist, Ben is more likely to
    a. base his therapy on principles of operant conditioning.
    b. base his therapy on principles of classical conditioning.
    c. address clients' attitudes as well as behaviors.
    d. focus on clients' unconscious urges.
14. A psychotherapist who believes that the best way to treat psychological disorders is to prevent them from developing would be most likely to view disordered behavior as
   a. maladaptive thoughts and actions.
   b. expressions of unconscious conflicts.
   c. conditioned responses.
   d. an understandable response to stressful social conditions.

15. Linda’s doctor prescribes medication that blocks the activity of dopamine in her nervous system. Evidently, Linda is being treated with an _______ drug.
   a. antipsychotic
   b. antianxiety
   c. antidepressant
   d. anticonvulsive

16. Abraham’s doctor prescribes medication that increases the availability of norepinephrine or serotonin in his nervous system. Evidently, Abraham is being treated with an _______ drug.
   a. antipsychotic
   b. mood-stabilizing
   c. antidepressant
   d. anticonvulsive

17. In concluding her talk entitled “Psychosurgery Today,” Ashley states that
   a. “Psychosurgery is still widely used throughout the world.”
   b. “Electroconvulsive therapy is the only remaining psychosurgical technique that is widely practiced.”
   c. “With advances in psychopharmacology, psychosurgery has largely been abandoned.”
   d. “Although lobotomies remain popular, other psychosurgical techniques have been abandoned.”

18. A psychiatrist has diagnosed a patient as having bipolar disorder. It is likely that she will prescribe
   a. an antipsychotic drug.
   b. lithium.
   c. an antianxiety drug.
   d. a drug that blocks receptor sites for serotonin.

19. Which type of psychotherapy would be most likely to use the interpretation of dreams as a technique for bringing unconscious feelings into awareness?
   a. client-centered therapy
   b. psychodynamic therapy
   c. cognitive therapy
   d. behavior therapy

20. Of the following therapists, who would be most likely to interpret a person’s psychological problems in terms of repressed impulses?
   a. a behavior therapist
   b. a cognitive therapist
   c. a humanistic therapist
   d. a psychoanalyst

Essay Question
Willie has been diagnosed as suffering from major depressive disorder. Describe the treatment he might receive from a psychoanalyst, a cognitive therapist, and a biomedical therapist. (Use the space below to list points you want to make, and organize them. Then write the essay on a separate sheet of paper.)

KEY TERMS

Writing Definitions
Using your own words, on a separate piece of paper, write a brief definition or explanation of each of the following terms.

1. eclectic approach
2. psychotherapy
3. psychoanalysis
4. resistance
5. interpretation
6. transference
7. psychodynamic therapy
8. insight therapies
9. client-centered therapy
10. active listening
11. unconditional positive regard
12. behavior therapy
13. counterconditioning
14. exposure therapies
15. systematic desensitization
16. virtual reality exposure therapy
17. aversive conditioning
18. token economy
19. cognitive therapy
20. cognitive-behavior therapy
21. family therapy
22. regression toward the mean
23. meta-analysis

24. evidence-based practice
25. biomedical therapy
26. psychopharmacology
27. antipsychotic drugs
28. tardive dyskinesia
29. antianxiety drugs
30. antidepressant drugs
31. electroconvulsive therapy (ECT)
32. repetitive transcranial magnetic stimulation (rTMS)
33. psychosurgery
34. lobotomy

**Cross-Check**

As you learned in the Prologue, reviewing and overlearning of material are important to the learning process. After you have written the definitions of the key terms in this chapter, you should complete the crossword puzzle to ensure that you can reverse the process—recognize the term, given the definition.

**ACROSS**
1. Therapy that teaches people new and more adaptive ways of thinking.
5. Approach that draws on a variety of forms of therapy to best suit clients' needs.
13. Therapy that attempts to change behavior by removing or destroying brain tissue.
14. Therapy that uses prescribed medications or medical procedures to treat psychological disorders.
15. Conditioning in which an unpleasant state is associated with an unwanted behavior.

**DOWN**
2. Nondirective technique in which the listener echoes and restates, but does not interpret, clients' remarks.