Chapter 15: Therapy

Key Terms

Writing Definitions

1. With an eclectic approach, therapists are not locked into one form of psychotherapy, but draw on whatever combination seems best suited to a client’s problems. (p. 637)

2. Psychotherapy is an interaction between a trained therapist and someone who suffers from psychological difficulties or wants to achieve personal growth. (p. 638)

3. Psychoanalysis, the therapy developed by Sigmund Freud, attempts to give clients self-insight by bringing into awareness and interpreting previously repressed feelings. (p. 638)
   
   Example: The tools of the psychoanalyst include free association, the analysis of dreams and transferences, and the interpretation of repressed impulses.

4. Resistance is the psychoanalytic term for the blocking from consciousness of anxiety-laden memories. Hesitation during free association may reflect resistance. (p. 639)

5. Interpretation is the psychoanalytic term for the analyst’s helping the client to understand resistances and other aspects of behavior, so that the client may gain deeper insights. (p. 639)

6. Transference is the psychoanalytic term for a patient’s redirecting to the analyst emotions from other relationships. (p. 639)

7. Derived from the psychoanalytic tradition, psychodynamic therapy seeks to enhance patients’ self-insight into their symptoms by focusing on childhood experiences and important relationships in addition to unconscious forces. (p. 640)

8. Insight therapies such as psychoanalysis and humanistic therapy aim to increase the client’s awareness of underlying motives and defenses. (p. 641)

9. Client-centered therapy is a humanistic nondirective therapy developed by Carl Rogers, in which growth and self-awareness are facilitated in an environment that offers genuineness, acceptance, and empathy. (p. 641)

10. Active listening is a nondirective technique of Rogers’ client-centered therapy, in which the listener echoes, restates, and seeks clarification of, but does not interpret, clients’ remarks. (p. 642)

11. Unconditional positive regard refers to the accepting, nonjudgmental attitude that is the basis of client-centered therapy. (p. 642)

12. Behavior therapy is therapy that applies learning principles to the elimination of problem behaviors. (p. 642)

13. Counterconditioning is a category of behavior therapy in which new responses are classically conditioned to stimuli that trigger unwanted behaviors. (p. 643)

14. Exposure therapies treat anxiety by exposing people to things they normally fear and avoid. Among these therapies are systematic desensitization and virtual reality exposure therapy. (p. 643)

15. Systematic desensitization is a type of exposure therapy in which a state of relaxation is classically conditioned to a hierarchy of gradually increasing anxiety-provoking stimuli. (p. 643)
   
   Memory aid: This is a form of counterconditioning in which sensitive, anxiety-triggering stimuli are desensitized in a progressive, or systematic, fashion.

16. Virtual reality exposure therapy progressively exposes people to simulations of feared situations to treat their anxiety. (p. 644)

17. Aversive conditioning is a form of counterconditioning in which an unpleasant state becomes associated with an unwanted behavior. (p. 644)

18. A token economy is an operant conditioning procedure in which desirable behaviors are promoted in people by rewarding them with tokens, or positive reinforcers, which can be exchanged for privileges or treats. For the most part, token economies are used in hospitals, schools, and other institutional settings. (p. 646)

19. Cognitive therapy focuses on teaching people new and more adaptive ways of thinking and acting. The therapy is based on the idea that our feelings and responses to events are strongly influenced by our thinking, or cognition. (p. 646)

20. Cognitive-behavior therapy is an integrated therapy that focuses on changing self-defeating thinking (cognitive therapy) and unwanted behaviors (behavior therapy). (p. 648)

21. Family therapy views problem behavior as influenced by, or directed at, other members of the client’s family. Therapy therefore focuses on relationships and problems among the various members of the family. (p. 649)

22. Regression toward the mean is the tendency for unusual events (or emotions) to return toward their average state. (p. 652)

23. Meta-analysis is a procedure for statistically combining the results of many different research studies. (p. 653)

24. Evidence-based practice is clinical decision making that integrates the best available research with clinical expertise and patient characteristics and preferences. (p. 655)

25. Biomedical therapy is the use of prescribed medications or medical procedures that act on a patient’s nervous system to treat psychological disorders. (p. 660)
26. Psychopharmacology is the study of the effects of drugs on mind and behavior. (p. 660)
   Memory aid: Pharmacology is the science of the uses and effects of drugs. Psychopharmacology is the science that studies the psychological effects of drugs.

27. Antipsychotic drugs are used to treat schizophrenia and other severe thought disorders. (p. 661)

28. Tardive dyskinesia is an involuntary movement of the muscles of the face, tongue, and limbs that sometimes accompanies the long-term use of certain antipsychotic drugs. (p. 661)

29. Antianxiety drugs help control anxiety and agitation by depressing activity in the central nervous system. (p. 661)

30. Antidepressant drugs treat depression by altering the availability of various neurotransmitters. Also increasingly prescribed for anxiety. (p. 662)

31. In electroconvulsive therapy (ECT), a biomedical therapy often used to treat severe depression, a brief electric shock is passed through the brain. (p. 664)

32. Repetitive transcranial magnetic stimulation (rTMS) is the delivery of repeated pulses of magnetic energy to stimulate or suppress brain activity. (p. 665)

33. Psychosurgery is a biomedical therapy that attempts to change behavior by removing or destroying brain tissue. Since drug therapy became widely available in the 1950s, psychosurgery has been infrequently used. (p. 667)

34. Once used to control violent patients, the lobotomy is a form of psychosurgery in which the nerves linking the emotion centers of the brain to the frontal lobes are severed. (p. 667)