

UNIT 13 — TREATMENT OF PSYCHOLOGICAL DISORDERS

Vocabulary Term	Definition of Term	Example
Eclectic Approach	Uses various forms of therapy depending on the client's problems	Receiving drug therapy in combination with psychotherapy
Psychotherapy	Treatment involving psychological techniques	Psychoanalysis, Behavior Therapy, Cognitive Therapy, Group and Family Therapy...etc.
Psychoanalysis	Freud's belief in patient's free associations, resistances, dreams, and transferences	
Resistance	The blocking from consciousness of anxiety-laden material	Repression of painful memories, experiences, etc.
Interpretation	The analyst's noting supposed dream meanings, resistances, and other significant events in order to promote insight	
Transference	The patient's transfer to the analyst of emotions linked with other relationships	Love or hatred for a parent directed toward analyst
Psychodynamic Therapy	Views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight	
Insight Therapies	Aim to improve psychological functioning by increasing the client's awareness of underlying motives and self defenses	Gain insight into angry impulses and defenses against anger
Client-Centered Therapy	Humanistic therapy developed by Carl Rogers to facilitate client growth	Active listening and empathic environment
Active Listening	Empathic listening in which the listener echoes, restates, and clarifies	Talk therapy
Unconditional Positive Regard	A caring, accepting, non-judgmental attitude believed to be conducive to developing self-awareness and self-acceptance	Self esteem and confidence
Behavior Therapy	Therapy that applies learning principles to the elimination of unwanted behaviors	Classical and operant conditioning
Counterconditioning	Uses classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors	Exposure therapies and aversive conditioning
Exposure Therapies	Behavioral techniques that treat anxieties by exposing people to the things they fear or avoid	Systematic Desensitization
Systematic Desensitization	A type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli.	Showing someone who is afraid of snakes pictures of snakes in a relaxed environment until they are no longer afraid of them
Virtual Reality Exposure Therapy	Progressively exposes people to simulations of their greatest fears	Airplane flying, spiders, or public speaking
Aversive Conditioning	A type of counterconditioning that associates an unpleasant state with an unwanted behavior	Associating nausea with drinking alcohol to treat alcoholism
Token Economy	An operant conditioning procedure in which people earn a token of some sort for exhibiting a desired	A kid getting a token every time he does something nice. He could later exchange the tokens he's saved up

	behavior and an later exchange the tokens for various privileges or treats	for a privilege or treat.
Cognitive Therapy	Teaches people new, more adaptive ways of thinking or acting.	Beck's therapy for depression
Cognitive Behavior Therapy	Integrated therapy that combines cognitive therapy with behavior therapy	Changing self defeating behavior along with changing behavior
Family Therapy	Treats family as a system; views an individual's unwanted behaviors as influenced by, or directed at, other family members	Divorce therapy and alcohol addiction
Regression Toward the Mean	The tendency for extremes of unusual scores to fall back toward their average	
Meta-Analysis	A procedure for statistically combining the results of many different research studies	
Evidence Based Practice	Clinical decision-making that integrates the best available research with clinical expertise and patient characteristics and preferences	Evaluating patient before deciding which approach to take in treatment
Biomedical Therapy	Prescribed medications or medical procedures that act directly on the patient's nervous system	Drugs, ECT, magnetic impulses, psychosurgery, etc.
Psychopharmacology	The study of the effects of drugs on mind and behavior	Looking at how Paxil effects a patient with depression
Antipsychotic Drugs	Drugs used to treat schizophrenia and other forms of severe thought disorder	Thorazine
Tardive Dyskinesia	Involuntary movement of the facial muscles, tongue, and limbs. Possible neurotoxic side effect of long-term use of antipsychotic drugs.	
Antianxiety Drugs	Drugs used to control anxiety and agitation	Xanax or Ativan
Antidepressant Drugs	Drugs used to treat depression and increasingly to treat anxiety. Work by altering the availability of various neurotransmitters.	Paxil, Zoloft, and Prozac
Electroconvulsive Therapy (ECT)	A biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient	
Repetitive Transcranial Magnetic Stimulation (rTMS)	The application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity	
Psychosurgery	Surgery that removes or destroys brain tissue in an effort to change behavior	Lobotomy
Lobotomy	Cut nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain	

Authors of Important Study	Basic of What Was Done	Lesson(s) learned from the study
David Malan	Psychodynamic therapy with depressed patient	Shows the effectiveness of interpersonal therapy in treating depression
O.H. Mowrer	Developed a successful conditioning therapy for chronic bedwetters.	Classical conditioning can change unwanted behaviors
Mary Cover Jones	Replaced child's fear of rabbits with the pleasure of eating	First instances of successful exposure therapy
Arthur Wiens and Carol Menustik	Paired nausea with alcohol to treat alcoholism	Aversion therapy

Name of Important Person	What this person is known for	Impact on Psychology
Dorthea Dix	Fought for humane treatment of patients in insane asylums	No longer use of restraint on mentally ill
Carl Rogers	Developed client-centered therapy	Popularized idea of humanistic psychology
Aaron Beck	Beck's therapy for depression	Influenced cognitive therapy
Sigmund Freud	Analyzing dreams, free associations, and transferences of his patients	Created the Psychoanalytic Perspective