

Name: _____

AP PSYCH
Unit 13.1 Activities
The Psychological Therapies

Use your book and the notes to answer the following questions.

1. Read the end of p605. Classify the 2 major types of treatment AND give an example of the disorder (review from Unit 12) each form of treatment would attempt to cure and how.

Treatment & description	Disorder (review from Unit 12) that the treatment would attempt to cure & how

2. You are a psychiatrist. Design an eclectic treatment for a patient. Choose a disorder from Unit 12, describe an eclectic approach, a blend of therapies:

3. Aims of Psychoanalysis: What are the aims of psychoanalysis?

4. Methods of Psychoanalysis - Free Association: (Review) what is free association?

5. Methods: Take a look at each term in bold print below. First, write a real-world skit / script / dialogue of a client and therapist undergoing psychoanalysis. Then take each term below and describe how each term is used as a method to analyze free associations during the psychoanalysis: **Resistance, Interpret, Dream Analysis / Latent Content of Dreams, Transferring.**

Real-world skit / script / dialogue of a client and therapist:

Term	Textbook Description	How it was demonstrated in the skit you wrote
Resistance		
Interpret		
Dream Analysis / Latent Content of Dreams		
Transferring		

6. Methods: What are 2 critiques of psychoanalysis?

--	--

7. Psychodynamic Therapy: What are at least 3 major differences between psychodynamic therapy and psychoanalysis?

8. Psychodynamic Therapy: Write a real-world skit / script / dialogue of a typical psychodynamic therapy session. Use the one on p608 as a guide to get you started, but make up your own. Please write several lines of back and forth interaction between client/patient and therapist. Remember that the therapist *interprets and provides insight* to the client.

9. Psychodynamic Therapy: What are the differences between a typical psychodynamic therapist & interpersonal psychotherapy?

10. Humanistic Therapies: What are the 4 differences between psychodynamic and humanistic therapy?

11. Humanistic Therapies: Is using the term “client” instead of “patient” a good idea? Why or why not?

12. Humanistic Therapies: Write a real-world skit / script / dialogue of a typical *client-centered therapy* session. It must be totally different than the psychodynamic skit you previously wrote. Use the one on p609 and 610 as a guide to get you started, but make up your own. Please write several lines of back and forth interaction between client/patient and therapist.

13. Humanistic Therapies: Look back at the skit you just wrote. Describe how the therapist used *nondirective therapy* AND *active listening*.

14. Humanistic Therapy: How would a therapist demonstrate genuineness, acceptance, and empathy in a session. Demonstrate with real-world examples.

Genuineness	Acceptance	Empathy

15. Humanistic Therapy: Write the 3 tips on how to demonstrate unconditional positive regard.

--	--	--

16. Behavior Therapies: What are the biggest disagreements between behavior therapists and humanistic therapists?

17. Classical Conditioning Techniques: What is *counterconditioning*? Use the terms *trigger stimulus* and *response* in your answer.

18. Classical Conditioning Techniques: Write a real-world skit / script / story about how a therapist would use an *exposure therapy* on a patient. You must use the term *systematic desensitization* in your skit. Use examples from the section on behavior therapies from the book to get you started, but make up your own. Please write a well-detailed story in which you list the person's problems and describe the full treatment.

19. Classical Conditioning Techniques: Write a real-world example about how a therapist would use *virtual reality exposure therapy* on a patient. And you MUST explain WHY they would use this method instead.

20. Aversive Conditioning: Write a real-world skit / script / story about how a therapist would use *aversive conditioning* / *aversion therapy* on a patient. Use examples from the section on behavior therapies from the book to get you started, but make up your own. Please write a well-detailed story in which you *list the person's problems and describe the full treatment*.

21. Does aversive conditioning work? Why or why not?

22. Operant Conditioning: Write a real-world skit / script / story about how a therapist would use a *token economy* on a patient. Use examples from the section on behavior therapies from the book to get you started, but make up your own. Please write a well-detailed story in which you *list the person's problems and describe the full treatment*.

23. What are the 2 concerns with token economies?

--	--

24. Cognitive Therapies: Write a real-world skit / script / story about how a therapist would use *cognitive therapy* on a patient (Aaron Beck's therapy). Use examples from the section on cognitive therapies from the book to get you started, but make up your own. Please write several lines of back and forth interaction.

25. Cognitive-Behavioral Therapy: Write a real-world skit / script / story about how a therapist would use *cognitive-behavioral therapy* on a patient.

26. Group & Family Therapies: Imagine you took part in group or family therapy. Describe the positives and negatives of group or family therapy.

Positives	Negatives

27. What are some famous group therapies?