

Name: \_\_\_\_\_

**AP PSYCH**  
**Unit 13.2 Activities**  
**Evaluating Psychotherapies**

This first question should be based on your own opinions and life experiences. You don't have to use the book.

1. Does psychotherapy work? Why or why not? Discuss a minimum of 3 supporting details to prove your answer(s).

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

1. Client's Perceptions: What are the clients' perceptions of psychotherapy? There are 3 major testimonials. Fill out the table:

Client perception	Description

2. Why should we be skeptical of the results in the chart on #1? Use details from the book to support your answer.

3. Clinicians' Perceptions: Do clinicians believe psychotherapy works? Why or why not?

4. Outcome Research: Describe the best way to measure if psychoanalysis truly works. (What is meta-analysis?)

5. The Relative Effectiveness of Different Therapies: Which therapies have little to no evidence of effectiveness? Fill out the table:

Unsupported Approach	Description

6. The Relative Effectiveness of Different Therapies: Make sure you understand how the APA encourages evidence-based practice. Make sure there is something on it in your notes.

7. Evaluating Alternative Therapies: How do alternative therapies fare under scientific scrutiny? Fill out the table. You must list the alternative therapy, describe how it works, describe the effectiveness, and draw a picture of what this therapy would look like:

Alternative Therapy	Description	Effectiveness	Drawing of what this therapy looks like

8. Commonalities Among Psychotherapies: What are the 3 elements shared by all forms of psychotherapy? Fill out the table:

Shared Element	Description

9. Culture and Values in Psychotherapy: How do cultures and values influence the therapist-client relationship?

10. Culture and Values in Psychotherapy: You were in charge of either DIS or another school. Design a scenario in which clients are struggling because of a culture or value conflict, and come up with a way to solve the problem.

11. A Consumers' Guide to Psychotherapists: Look at the table on p627. Copy the table here; but also describe who this person might be and where to meet them in your community

Therapist title	Description of their training & what they do	Who this person might be	Where to find them