

Name: _____

TREATMENT OF PSYCHOLOGICAL DISORDERS

The Psychological Therapies

Psychoanalysis

Name:

Aims:

Free Association:

Resistance:

Transference:

Length and Cost:

Behavior Therapies

Their view of disorders:

Exposure therapies:

Systematic Desensitization:

Progressive Relaxation:

Virtual Reality Exposure therapy:

Aversive Conditioning:

Token Economy:

Humanistic Therapies

Name:

Client-centered therapy:

Non-directive therapy:

Active listening:

What is the therapist's most important contribution?

Cognitive Therapies

Name:

Their assumptions:

Catastrophizing:

Cognitive Behavioral Therapy:

Group & Family Therapies

Benefits:

Goals of family therapy:

Examples of problems for which this is successful:

TREATMENT OF PSYCHOLOGICAL DISORDERS

Types of Psychotherapists

Type:	Description:
Counselors	
Clinical or psychiatric social workers	
Clinical psychologists	
Psychiatrists	

The Biomedical Therapies

Drug Therapies

Psychopharmacology:

Name some and how they work:

Antipsychotic Drugs:

Antianxiety Drugs:

Antidepressant Drugs:

Mood Stabilizing Drugs:

Brain Stimulation

Electroconvulsive Therapy: ()

Used for:

How it is used:

Drawbacks:

Magnetic Stimulation:

Deep Brain Stimulation:

Psychosurgery

Definition:

Lobotomy:

Results:

Life-Style Changes

Suggestions from Ilardi:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.