

Antianxiety drugs
 Antidepressant drugs
 Antipsychotic drugs
 Aversion therapy
 Behavior therapies
 Biomedical therapies
 Client-centered therapy
 Clinical psychologists
 Cognitive-behavioral treatments
 Cognitive therapy
 Counseling psychologists

Deinstitutionalization
 Dream analysis
 Eclecticism
 Electroconvulsive therapy (ECT)
 Free association
 Group therapy
 Insight therapies
 Interpretation
 Mental hospitals
 Mood stabilizers
 Placebo effects

Psychiatrists
 Psychoanalysis
 Psychopharmacotherapy
 Regression toward the mean
 Resistance
 Social skills training
 Spontaneous remission
 Systematic desensitization
 Tardive dyskinesia
 Transference

1. Psychologists who specialize in the treatment of full-fledged disorders.
2. Physicians who specialize in the treatment of psychological disorders.
3. Therapies that involve verbal interactions intended to enhance a client's self-knowledge and thus produce healthful changes in personality and behavior.
4. An insight therapy that emphasizes the recovery of unconscious conflicts, motives, and defenses through techniques such as free association and transference.
5. A technique in which clients are urged to spontaneously express their thoughts and feelings with as little personal censorship as possible.
6. A technique for interpreting the symbolic meaning of dreams.
7. A therapist's attempts to explain the inner significance of a client's thoughts, feelings, memories, and behavior.
8. A client's largely unconscious defensive maneuvers intended to hinder the progress of therapy.
9. A process that occurs when clients start relating to their therapist in ways that mimic critical relationships in their lives.
10. An insight therapy that emphasizes providing a supportive emotional climate for clients who play a major role in determining the pace and direction of their therapy.
11. An insight therapy that emphasizes recognizing and changing negative thoughts and maladaptive beliefs.
12. The simultaneous treatment of several clients.
13. Therapies that involve the application of learning principles to change a client's maladaptive behaviors.
14. A behavior therapy used to reduce anxiety responses through counterconditioning.
15. A behavior therapy in which an aversive stimulus is paired with a stimulus that elicits an undesirable response.
16. Recovery from a disorder that occurs without formal treatment.
17. A behavior therapy designed to improve interpersonal skills and which emphasizes shaping, modeling, and behavioral rehearsal.
18. Therapies that use physiological interventions intended to reduce symptoms associated with psychological disorders.

- _____ 19. The treatment of mental disorders with drug therapy.
- _____ 20. Drugs that relieve tension, apprehension, and nervousness.
- _____ 21. Drugs that gradually reduce psychotic symptoms.
- _____ 22. A neurological disorder marked by chronic tremors and involuntary spastic movements.
- _____ 23. Drugs that gradually elevate mood and help bring people out of a depression.
- _____ 24. Drugs used to control mood swings in patients with bipolar mood disorder.
- _____ 25. A treatment in which electric shock is used to produce cortical seizure accompanied by convulsions.
- _____ 26. A medical institution specializing in the provision of inpatient care for psychological disorders.
- _____ 27. Involves drawing ideas from two or more systems of therapy, instead of just committing to one system.
- _____ 28. Transferring the treatment of mental illness from inpatient institutions to community-based facilities that emphasize outpatient care.
- _____ 29. Occur when people's expectations lead them to experience some change, even though they receive a fake treatment.
- _____ 30. Occurs when people who score extremely high or low on some trait are measured a second time, and their new scores fall closer to the mean.
- _____ 31. Psychologists who specialize in the treatment of everyday adjustment problems.
- _____ 32. Employ varied combinations of verbal interventions and behavior modification techniques to help clients change maladaptive patterns of thinking.

Review of Key People

Aaron Beck
Dorthea Dix

Sigmund Freud
Carl Rogers

Joseph Wolpe

- _____ 1. Developed a systematic treatment procedure, which he called psychoanalysis.
- _____ 2. The developer of client-centered therapy.
- _____ 3. Noted for his work in the development of cognitive therapy.
- _____ 4. The developer of systematic desensitization.
- _____ 5. One of the early reformers who helped to establish state-funded mental hospitals.

9. Which of the following therapies is most likely to see the symptom as the problem?
- psychoanalysis
 - client-centered therapy
 - cognitive therapy
 - behavior therapy
10. Which of the following therapies would be most likely to employ aversive conditioning?
- psychoanalysis
 - behavior therapy
 - biomedical therapies
 - client-centered therapy
11. Which of the following behavior therapy techniques would most likely be used to treat a fear of flying?
- systematic desensitization
 - aversive conditioning
 - modeling
 - biofeedback
12. Electroconvulsive therapy (ECT) is now primarily used to treat patients suffering from
- anxiety
 - phobias
 - severe mood disorders
 - psychosis
13. Psychotherapists who combine several different approaches in their approach to therapy are said to be
- enigmatic
 - eclectic
 - unspecific
 - imaginative
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14. The trend toward deinstitutionalization mainly came about because large state mental institutions:
- were becoming too expensive
 - were actually worsening the condition of many patients
 - were overstaffed
 - were becoming too political
15. Which of the following factors can affect the outcome of a treatment program?
- the efficacy of the treatment itself
 - regression toward the mean
 - placebo effects
 - all of these above