

CHAPTER
19**REVIEW WORKSHEET****METHODS OF THERAPY**

Fill in the blanks with the term or terms that complete each sentence.

1. Methods of treating psychological disorders fall into two categories:
_____ and _____.
2. Psychotherapy helps people by giving them hope for recovery, helping them gain new perspectives on their own problems, and _____.
3. The professionals who primarily practice psychotherapy are _____,
_____, and _____.
4. A type of group therapy that involves people who share the same problem, such as drug addiction, is called _____.
5. In the psychoanalytic technique known as _____, the analyst asks the patient to say whatever comes to mind and then interprets what he or she said to reveal unconscious thoughts and feelings.
6. In dream analysis, the _____ of a dream refers to the hidden meaning that the therapist interprets from the _____.
7. By using _____, a psychoanalyst helps a patient expose unresolved problems in earlier relationships that the patient can then resolve with the help of the analyst.
8. The primary goal of _____ therapy is to help individuals reach their full potential.
9. The goal of _____ therapists is to change people's way of thinking by showing them that their thinking is based on faulty assumptions or illogical thoughts.
10. _____ therapists use techniques such as role-playing to help people think more realistically.

► **Review Worksheet (continued)**

11. The focus of Aaron Beck's method of cognitive therapy is on _____.
12. The goal of _____ therapy is to teach people more desirable ways of behaving.
13. By using the _____ technique, behaviorists hope to help people unlearn undesirable behavior.
14. Therapists use _____ to train a person to relax in the presence of an anxiety-producing situation.
15. In _____, the therapist helps a person acquire a more desirable behavior by replacing a positive response to a stimulus with a negative response.
16. The technique of _____ is based on the assumption that behavior that is positively reinforced tends to be repeated.
17. One method of operant conditioning involves having a therapist set up a system of rewards, called a(n) _____.
18. Behavior therapy is less useful than _____ in treating depression.
19. _____ therapy is different from other methods of psychotherapy in that the treatments are medical in nature.
20. The most widely used biological treatment for psychological disorders is _____.
21. People with bipolar disorder are often treated with _____.
22. People with schizophrenia are often treated with _____.
23. Two controversial procedures—_____ and _____—are rarely used today to treat psychological disorders.