

Guided Reading Activity 17-1

For use with textbook pages 485-492

What Is Psychotherapy?

("Healing of the Soul")

Directions: Recalling the Facts Use the information in your textbook to answer the questions.

"Mental Illness"

vs. Mental Problems

eclectic - combination of many types of therapy

Everyone ought to.

Marriages, troubled teens.

Help = parent, relative, close friend

1. What three types of mental health professionals are qualified to provide psychotherapy? 1. Psychologists 2. Psychiatrists 3. Social workers
2. Name five kinds of therapy. 1. Psychoanalysis 2. Humanistic 3. Cognitive 4. Behavioral 5. Biological
3. Why do some psychologists use an eclectic approach to therapy? They use methods that work best for their clients.
4. What is the primary goal of psychotherapy? Strengthen the patient's control over his or her life
5. How is the effectiveness of therapy influenced by the placebo effect? A patient's hopes and expectations for improvement increase effectiveness of therapy.
6. What three characteristics are found in successful therapists? 1. Psychologically healthy 2. Capacity for empathy 3. Experienced with dealing with people
7. How does empathy benefit the relationship between the therapist and her patient? Therapist's warmth + understanding enable client to be more confident and less anxious
8. What is the purpose of family therapy? Allows families to sort out complex relationship problems that have led to emotional problems for one member.
9. What are the advantages of group therapy over individual therapy? 1. See how others struggle 2. Corrected by the group 3. See others with similar problems 4. Help large #
10. Why would a family prefer having a therapist help them work through their problems rather than trying to solve their problems alone? Therapist = objective, able to suggest options that family cannot see
11. How do self-help groups assist their members in dealing with their problems? Members find support from other members
12. How do the findings of Mary Lee Smith and Gene V. Glass differ from those of Hans Eysenck? Eysenck - psychotherapy = no more effective than no therapy
Smith + Glass - most forms of therapy benefit clients

alcoholism, overeating, drug addiction, child abuse, widowhood, single-parenting, cancer, gambling

Types Of Psychotherapy

A. Psychoanalysis

1. Technique

- a. Free Association – client is instructed to say to the therapist whatever comes to mind
- b. Dream Analysis – psychoanalyst interprets contents of client's dreams
- c. Transference – client has feelings towards therapist in a way that he or she feels towards some other important person

2. Goal = reduce anxiety and guilt over unconscious urges

B. Humanistic

1. Technique

- a. Active Listening – therapist empathetically listens to "client"
- b. Unconditional Positive Regard – therapist remains accepting and supportive

2. Goal = help see and fulfill one's potential

C. Cognitive

1. Technique

- a. Ellis's Rational-Emotive Therapy – therapist assists client with changing unrealistic assumptions about him or her self
- b. Beck's Cognitive Therapy – therapist uses persuasion and logic to change client's existing beliefs

2. Goal = unite behaviors and thought

D. Behavior

1. Technique

- a. Counterconditioning – therapist helps client reduce anxiety by using pairing relaxation (desensitization)
- b. Aversive Conditioning – therapist links unpleasant state with unwanted behavior
- c. Contingency Management – therapist reinforces desired behavior

2. Goal = change one's unwanted behaviors and acquire desirable behaviors

E. Biological

1. Technique

- a. Drug Therapy – therapy involving medications
- b. Electroconvulsive Therapy – electrical shocks administered to induce brain convulsions to reduce symptoms of mental disturbance
- c. Psychosurgery – surgeon destroys part of the brain to make the patient calmer and freer of symptoms

2. Goal = use of medication, electric shock, and surgery to correct physiological disturbances