

## Psychotherapy

Name \_\_\_\_\_

Hr. \_\_\_ Location \_\_\_\_\_

<http://www.learner.org/discoveringpsychology/22/e22expand.html>

*“To say that a particular psychiatric condition is incurable or irreversible is to say more about the state of our ignorance than about the state of the patient.”*

---Milton Rokeach

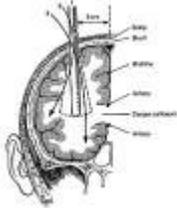
Questions to answer as you watch:

### Part I: Biomedical approaches

1. *The biomedical approach is based on what premise?*

- treatment must be biologically based to eradicate the disorder
- the bio-psycho-social model is applied

**Psycho surgery:** cutting the nerves fibers that connect the frontal lobe with the thalamus



2. *The prefrontal lobotomy is no longer widely used. What was the main disadvantage of this operation?*

- high mortality rate
- some got violent
- made the symptoms worse
- made subjects emotionally flat

3. *Electro convulsive shock therapy has been effective mainly in cases of people suffering from:*

- schizophrenia
- depression
- amnesia
- anxiety

4. *What side effect might a person who received ECT suffer from?*

- depression
- memory loss
- vestibular disorientation

5. *Vinnie suffers from manic depression disorder, but his mood swings are kept under control because he takes the drug:*

- valium
- vicodin
- lithium
- qualudes

6. *The Woodruff family receives genetic counseling because of a particular kind of mental retardation that runs in their family. What is the purpose of this counseling?*

- explain the probability of passing on defective genes
- helping to eliminate the attitudes of biological biasing

### Part II: Psychotherapy

7. *In psychodynamic therapy, what is the source of disorder?*

- learning and reinforcement of nonproductive behaviors
- unresolved conflicts in childhood experiences

OVER

*Dr. Hans Strupp discusses the elements necessary from both patient and therapist for successful psychotherapy.*

**8. The key ingredients of successful psychotherapy are**

- a. a patient who can work in therapy
- b. a therapist who can work with his or her patient, and
- c. a relationship between the two allowing them to work together over time
- d. all of these are necessary



**9. In Freud's view much of the contents of the mind are \_\_\_\_\_ thoughts, that can't be studied because they are too \_\_\_\_\_ to the self esteem. In treatment, emphasis is focused on the development of the \_\_\_\_\_.**

**10. The basic techniques of psychoanalysis include:**

- a. free association
- b. analysis of the patient's defenses
- c. dream analysis
- d. all of these

**Behaviorism**

**11. The therapist is handling dental instruments. What is he doing?**

- a. using fear reduction strategy
- b. teaching a new behavior

**12. The therapist helping the girl to learn to control seizures is making what use of the pen?**

- a. it signals the onset of attacks
- b. it reinforces the correct action for an attack

**Cognitive**

**13. Albert Ellis' goal in counseling is to change his client's \_\_\_\_\_ during his Rational Emotive Therapy sessions.**

**14. When Dr. Ellis works with the young woman, what point is he making?**

- a. every normal person strives to achieve fulfillment
- b. the belief is what creates the "hurt"

**Humanistic**

**15. According to Rollo May, what is the main task of the therapist?**

- a. substitute new behaviors for old ones
- b. affirm the potentialities of the individual

**Evaluating therapies**

**16. What point does Enrico Jones make about investigating the effectiveness of different therapies in treating depression?**

- a. all therapies are equally effective
- b. the job is complicated by the different kinds of depression

