**Unit 13 Reading Guide**

**Treatment of Abnormal Behavior**

**Note: This guide is not assigned as homework and will not be collected for credit or for extra credit. This is provided solely for students to use to guide their note taking. Handwritten responses to this guide can be used on quizzes.**

Module 70: Introduction to Therapy, and Psychodynamic and Humanistic Therapies (pg. 707-715)

* **Psychotherapy:**
* **Biomedical Therapy:**
* **Eclectic Approach:**
* What are the 4 types of “talk therapies”?

1. Psychoanalysis and Psychodynamic Therapy

* **Psychoanalysis:** 
  + Founder of this therapy:
* What does psychoanalytic therapy presume?
* What is the goal of this therapy?

Techniques of Psychanalysis

* **Free association:**
* **Resistance:**
* **Interpretation:**
* **Transferring:**
* Why is this type of therapy not really used anymore?
* **Psychodynamic therapy:**

1. Humanistic Therapies

* **Insight therapies:**
* How is psychoanalytic therapy different from humanistic therapy?
* **Client-Centered Therapy:** 
  + Founder of this therapy:
* What 3 characteristics do therapists have to exhibit?
* **Active listening:**
* **Unconditional positive regard:**

Module 71: Behavior, Cognitive, and Group Therapies (pg. 716-727)

1. Behavior Therapy

* **Behavior Therapy:**
* How is behavior therapy different from psychodynamic and humanistic therapies?
* Explain an example of how classical conditioning techniques can be applied to getting rid of unwanted, learned behaviors.
* **Counterconditioning:**
* **Exposure therapy:**
* **Systematic desensitization:** 
  + Person who created both techniques (important to know!!):
* Explain an example of how you would use both of these therapies with a social anxiety.
* **Virtual reality exposure therapy:**
* **Aversive conditioning:** 
  + Example:
* Does aversive conditioning work? (be sure to explain show vs. long run)
* How does behavior modification work?
* **Token economy:**

1. Cognitive Therapies

* Give examples of disorders that are best treated by cognitive therapy.
* **Cognitive Therapies:**
* **Rational-Emotive Behavior Therapy (REBT):** 
  + Person who created this (important to know!!):
* Explain how Aaron Beck would treat depression.

* **Stress inoculation training:**
* **Cognitive-Behavioral Therapy (CBT):**
* What types of disorders are best treated by CBT?

1. Group and Family Therapies

* **Group Therapy:**
* **Family Therapy:**
* What is one of the most famous self-help groups?

Module 72: Evaluating Psychotherapies and Prevention Strategies (pg. 728-739)

* What 3 reasons make psychologists skeptical about client testimonials of therapies effectiveness?
* After doing meta-analysis studies, what is the general conclusion about the effectiveness of therapy?
* **Evidence-based practice:**
* What does a therapist do during eye movement desensitization and reprocessing therapy (EMDR)?
* What are the 3 benefits of all forms of therapy?
* **Therapeutic alliance:**
* Why are minorities more likely to not use mental health services?
* **Resilience:**
* What is the alternative viewpoint to disorders, instead of dismissing the person as “crazy”?

Module 73: The Biomedical Therapies (pg. 740-749)

1. Drug Therapies

* **Psychopharmacology:**
* What needs to be used when testing a new drug to make sure it is actually effective and people are not just getting results due to the placebo effect?
* **Antipsychotic drugs:** 
  + Example name of antipsychotics:
* **Antianxiety drugs:**
  + Example names of antianxieties:
* What is the criticism of antianxiety drugs?
* **Antidepressant drugs:**
* What other disorders are antidepressants used for?
* What neurotransmitters do antidepressants effect?
* What does SSRI stand for?
* What disorder are mood stabilizing drugs mostly used to treat?
* What is the name of the salt that is a mood stabilizer?

1. Brain Stimulation

* **Electroconvulsive Therapy (ECT):**
* What is ECT used to treat today?
* **Repetitive Transcranial Magnetic Stimulation (rTMS):**
* What disorder is rTMS used to treat today?

1. Psychosurgery

* **Psychosurgery:**
* **Lobotomy:**
* What happened to people who had a lobotomy?