

Study Questions for Chapter 15

- ~ Summarize the benefits of receiving treatment for psychological disorders and the reasons why some people cannot or will not seek treatment.
- ~ Distinguish among four broad types of psychotherapists, and compare the psychological and biological approaches to treatment.
- ~ Describe the approach of *eclectic psychotherapy*.
- ~ Explain the basic principles of *psychoanalysis*, drawing on its origins in the psychodynamic perspective on personality.
- ~ Discuss why the development of insight is a central goal of psychoanalysis, and explain how free association, dream analysis, interpretation, and analysis of *resistance* each contribute to that overall goal. Discuss *transference*.
- ~ Summarize the main departures from traditional psychoanalysis that were developed by Carl Jung, Alfred Adler, Melanie Klein, and Karen Horney.
- ~ Describe the central tenets of *interpersonal psychotherapy*; compare and contrast it with traditional psychoanalysis.
- ~ Describe how operant conditioning can be employed to eliminate unwanted behavior or promote desired behaviors; describe a *token economy*.
- ~ Describe how *exposure therapies*, such as *systematic desensitization*, can be used to reduce unwanted emotional responses.
- ~ Explain the similarities and differences between cognitive therapies and behavior therapies, and describe the techniques of *cognitive restructuring* and *mindfulness meditation*.
- ~ Summarize the basic methods of *cognitive behavioral therapy*.
- ~ Explain how humanistic and existential therapies differ from psychodynamic and behavioral therapies; describe the basic methods of *person-centered therapy* and *Gestalt therapy*.
- ~ Describe the basic features of couples and family therapy, *group therapy*, and self-help groups.
- ~ Describe how *antipsychotic drugs*, *antianxiety medications*, and *antidepressants* work at a biological level.

- ~ Discuss the problems of using antidepressants to treat ordinary sadness.
- ~ Describe the reasons why people use herbal and natural products to treat psychological disorders, and discuss the effectiveness of such treatments.
- ~ Discuss research evidence on the question of whether medication, *psychotherapy*, or a combination of the two approaches is most effective in treating psychological disorders.
- ~ Describe biological treatments that do not involve medication, such as *electroconvulsive therapy*, *transcranial magnetic stimulation*, *phototherapy*, and *psychosurgery*.
- ~ Explain why treatment illusions can cloud the ability to determine the effectiveness of treatment for psychological disorders.
- ~ Compare *outcome studies* and *process studies* of treatment effectiveness, and summarize what has been learned from each approach.
- ~ Name some empirically supported psychological treatments and the disorders to which they apply.
- ~ Name some of the dangers associated with the treatment of psychological disorders.