|  |  |  |
| --- | --- | --- |
| 1. Briefly describe the history of treatments for psychological disorders, beginning with the harshest methods and ending with deinstitutionalization.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 2. Compare and contrast psychotherapy and biomedical therapy.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 3. Vishal becomes very anxious whenever he has to do anything that involves women. In fact, he becomes tongue-tied and may even walk away from any situations involving women. Explain how a psychoanalyst would use the techniques of free association, resistance, interpretation, and transference to treat Vishal’s problem. What are the disadvantages of this approach?   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 4. Carl Rogers encouraged therapists to genuinely express their own true feelings during their interactions with clients. He also encouraged therapists to refrain from directing clients toward certain insights. Explain how a therapist might be genuine and nondirective and still be able to help a client who feels ashamed of his or her physical appearance and is intensely anxious about developing close friendships.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 5. Garland, a third-year college student, is so afraid of doctors and nurses that he has avoided routine checkups with his physician for more than four years. He has made an appointment with a psychotherapist for help in overcoming his fear. Describe how a behavior therapist and a psychodynamic therapist would treat Garland’s problem.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 6. Describe how a therapist might use classical conditioning techniques to help a client overcome a compulsive habit of drinking more than five glasses of vodka a day. Be clear about the exact procedures that would be used.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 7. Outline the differences between psychological therapies based on classical conditioning and those based on operant conditioning principles.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 8. Describe how a therapist might use operant conditioning techniques to help a client lose weight. Be clear about the exact procedures that would be used.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 9. One of your best friends feels that he fails at everything he does and that his life isn't worth living. When you suggest that he talk to a psychotherapist, your friend responds, “Talking won't help. The more I talk about myself, the more I think about my problems. The more I think about my problems, the more depressed I get.” Explain why your friend's comment illustrates his need for cognitive therapy. What procedures would a cognitive therapist use to help your friend overcome his negative feelings?   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 10. Because Delinda frequently becomes involved in “high-level discussions” with friends, she has lost several friends over the last few years. To help solve her problem, Delinda now goes to group therapy. What are some of the benefits she will experience from group therapy?   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 11. Patient improvement following psychotherapy for the treatment of depression may result from many factors other than the psychotherapy itself. First, identify some factors that might contribute to patient improvement. Then, carefully describe how you would design an experiment to determine the extent to which the psychotherapy itself actually contributes to patient relief from depression.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 12. As noted in the text, some therapies are best for treating particular problems. For cognitive therapy and psychodynamic therapy, discuss why each might be especially effective in treating anxiety. In your discussion, refer to specific techniques used in that therapy.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 13. Identify and describe the three basic benefits of all psychotherapies.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 14. Outline what is needed for a successful client-therapist relationship, focusing on how cultural differences can affect the effectiveness of therapy.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 15. Brad would like to seek psychotherapy for his frequent feelings of stress and anxiety. Explain to Brad what he should look for when searching for a therapist and why he might consider using the internet for therapy.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 16. Although psychotherapists differ in the methods they use, they all must follow their country’s ethical principles and code of conduct. Describe the basic principles of the American Psychological association.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 17. Monica has been struggling with generalized anxiety disorder for as long as she can remember. Although she could take antianxiety drugs, she would rather not. Her therapist recommends therapeutic lifestyle change as a way of getting rid of her anxiety. Give at least four examples of possible lifestyle changes and explain how these changes alter the brain and reduce anxiety.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 18. Mr. Sherck has experienced bouts of depression for several years. When his housemate suggests that drug therapy might help him, Mr. Sherck responds, “Drugs are just a crutch for people who lack self-discipline and who won’t admit they have a problem. Besides, I'm not about to hand over control of my life to some therapist and his magic pills.” Explain why Mr. Sherck’s ideas about drug therapy are inaccurate.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 19. Explain how the advent of drug therapies revolutionized the treatment of psychological disorders. Describe the different drug therapies, noting for which disorder each is used.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 20. Ruth’s therapist has suggested that she try ECT to treat her major depressive disorder. Describe ECT and how it is administered today, and discuss its effectiveness in treating depression. Would you recommend this treatment to Ruth?   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 21. Explain how transcranial electrical stimulation, magnetic stimulation, and deep brain stimulation are used to treat psychological disorders. When are these techniques most effective?   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 22. Discuss the historical use of psychosurgery to treat psychological disorders, focusing on the lobotomy.   |  |  | | --- | --- | | *ANSWER:* |  | |

|  |  |  |
| --- | --- | --- |
| 23. Identify some of the factors associated with psychological problems. Describe the preventive mental health that could reduce the impact of those factors. Explain why resilience is important.   |  |  | | --- | --- | | *ANSWER:* |  | |