Psychological Therapies

- eclecticism

Psychoanalysis

- aims
- methods
  - 
  - 
  - 
  - 
  - 
- psychodynamic therapy

Humanistic Therapies

- client-centered therapy
  - active listening
    * paraphrase
    * invite clarification
    * reflect feelings

Behavior Therapies

- classical conditioning
  - counterconditioning
    * exposure therapy
      + systematic desensitization
        - anxiety hierarchies
        - progressive relaxation
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* flooding
  + virtual reality therapy
  + modeling
    - aversive conditioning

• operant conditioning (behavior modification)
  - token economies
  - criticisms of behavior modification

♦ Cognitive Therapies
  • cognitive therapy for depression

• cognitive-behavior therapy
  - rational-emotive therapy (see handout)

♦ group and family therapies

➢ Evaluating Psychotherapies
  ♦ effectiveness
    • clients’ perceptions
    • clinicians’ perceptions
    • outcome research
      - regression toward the mean
      - meta-analysis
  ♦ relative effectiveness of different therapies
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- alternative therapies
- therapeutic touch
- EMDR
- light exposure therapy

- commonalities among therapies
  - hope
  - a new perspective
  - empathy

- culture and values in psychotherapy

- Biomedical Therapies
  - drug therapies
    - antipsychotic drugs
    - antianxiety drugs
    - antidepressant drugs

- Electroconvulsive Therapy (ECT)

- psychosurgery
  - lobotomy

- Preventing Psychological Disorders
1. Briefly explain the current approach to therapy.

2. Discuss the aims and methods of psychoanalysis and psychodynamic therapy, and explain the critics’ concerns with these forms of therapy.

3. Identify the basic themes of humanistic therapies and describe Rogers’ client-centered (person-centered) approach.

4. Identify the basic assumptions of behavior therapy, and discuss the classical conditioning therapies.

5. Describe the premise behind operant conditioning techniques, and explain the critics’ concerns with these techniques.

6. Identify the basic assumptions of the cognitive therapies, and describe group therapy.

7. List several ways that humanistic therapy differs from psychoanalysis.
8. Contrast the assumptions of the behavior therapies with those of psychoanalysis and humanistic therapy.

9. State two criticisms of “behavior modification.”

10. List several advantages of group therapy.

11. Discuss the findings regarding the effectiveness of the psychotherapies.

12. Identify two reasons clients’ and therapists’ perceptions of therapy’s effectiveness may be inflated.

13. Discuss the relative effectiveness of different psychotherapies.

14. Evaluate the effectiveness of three popular alternative therapies.

15. Discuss the commonalities among the psychotherapies.
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16. Discuss the roles of culture and values in psychotherapy.

17. Identify the common forms of drug therapy.

18. Describe the use of electroconvulsive therapy and psychosurgery in the treatment of psychological disorders.

19. Explain the rationale and goals of preventive mental health programs.
1. Psychological therapy is more commonly called ___________.

2. Therapists who blend several psychotherapy techniques are said to take an ___________ approach.

3. The major psychotherapies are based on four perspectives: the ___________ and ___________ perspectives.

4. Freud's technique in which a patient says whatever comes to mind is called ___________.

5. When, in the course of therapy, a person omits shameful or embarrassing material, ___________ is occurring. Insight is facilitated by the analyst's ___________ of the meaning of such omissions, of dreams, and of other information revealed during therapy sessions.

6. Freud referred to the hidden meaning of a dream as its ___________.

7. When strong feelings, similar to those experienced in other important relationships, are developed toward the therapist, ___________ has occurred.

8. Therapists who are influenced by Freud's psychoanalysis but who talk to the patient face to face are ___________ therapists. In addition, they work with patients only ___________ (how long?) and for only a few weeks or months.

9. A brief alternative to psychodynamic therapy that has proven effective with ___________ patients is ___________. While this approach aims to help people gain ___________ into their difficulties, it focuses on ___________ rather than on past hurts.

10. Humanistic therapies attempt to help people meet their potential for ___________.

List several ways that humanistic therapy differs from psychoanalysis.
11. The humanistic therapy based on Rogers’ theory is called _______________.
   The technique of systematic desensitization has been most fully developed by the therapist
   (interprets / does not interpret) the person’s problems.

12. In order to promote growth in clients, Rogerian therapists exhibit _______________,
   _______________, and _______________.

13. Rogers’ technique of restating and clarifying what a person is saying is called _______________.
   Given a nonjudgmental environment that provides _______________, patients are better able
   to accept themselves as they are and to feel valued and whole.

14. Three tips for listening more actively in your own relationships are to _______________,
   _______________, and _______________.

15. One cluster of behavior therapies is based on the principles of _______________, as developed in Pavlov’s
   experiments. This technique, in which a new, incompatible response is substituted for a mal-
   adaptive one, is called _______________.
   Two examples of this technique are _______________ and _______________.

16. The most widely used techniques of behavior therapy are the _______________.

17. The first step in systematic desensitization is the construction of a _______________ of anxiety-
   arousing stimuli. The second step involves training in _______________. In the final step, the person
   is trained to associate the _______________ state with the _______________ - arousing stimuli.

18. For those who are unable to _______________ an anxiety-arousing situation, or too afraid or embarrassed to do so,
   _______________ therapy offers a promising alternative.

19. In helping people to overcome fears of snakes and spiders, for example, therapists sometimes
   combine systematic desensitization with _______________ and other techniques.

20. In aversive conditioning, the therapist attempts to substitute a _______________ (positive /
   negative) response for one that is currently _______________ (positive / negative).
   In this technique, a person’s unwanted behaviors become associated with _______________ feelings.

21. Therapies that influence behavior by controlling its consequences are based on principles of
   _______________ conditioning. One application of this form of therapy to institutional settings is the
   _______________, in which desired behaviors are rewarded.
State two criticisms of "behavior modification."

22. Therapists who teach people new, more constructive ways of thinking are using ____________ therapy.

23. One variety of cognitive therapy attempts to reverse the ____________ beliefs often associated with ____________, by helping clients see their irrationalities. This therapy was developed by ____________.

24. A form of cognitive therapy developed by Adele Rabin builds on the finding that depressed people ____________ (do/do not) exhibit the self-serving bias.

25. Treatment that combines an attack on negative thinking with efforts to modify behavior is known as ____________ therapy.

26. Training people to restructure their thinking in stressful situations is the goal of ____________ training. Students trained to ____________ their negative thoughts are less likely to experience future depression.

List several advantages of group therapy.

27. The most common types of group therapy are ____________ and ____________, groups for the addicted, the divorced, and those simply looking for fellowship and growth, for example. Most support groups focus on ____________ illneses.

28. The type of group interaction that focuses on the social context in which the individual exists is ____________.

29. In this type of group, therapists focus on improving ____________ within the family and helping family members to discover new ways of preventing or resolving ____________.

1. In contrast to earlier times, most therapy today ____________ (is/is not) provided by psychiatrists.

2. A majority of psychotherapy clients express ____________ (satisfaction/dissatisfaction) with their therapy.

3. A long-term study of 500 Massachusetts boys found that those who received intensive counseling ____________ (had/did not have)
significantly fewer problems than a control group. Research has also shown that "Scared
Straight" programs ________________
(are/are not) effective in reducing criminal
offenses committed by delinquent boys.

4. (Thinking Critically) Clients' and therapists' per-
ceptions of therapy's effectiveness may be inflat-
ed by their ________________ that a treat-
ment works. This phenomenon is called the

_______________.

Another phenomenon that may inflate their per-
ceptions of therapy's effectiveness is the phenom-
emon called

______________, which is the tendency
for ______________ emotions to return to
their ______________ state.

5. The debate over the effectiveness of psychother-
apy began with a study by ________________ ;
it showed that the rate of improvement for those
who received therapy ________________
(was/was not) higher than the rate for those who
did not.

6. A statistical technique that makes it possible to
combine the results of many different psychother-
apy outcome studies is called

_______________.

Overall, the results of such analyses indicate that
psychotherapy is ________________ (somewhat effective/ineffective).

7. As a rule, psychotherapy is most effective with
problems that are ________________ (specif-
ic/nonspecific).

8. Comparisons of the effectiveness of different
forms of therapy reveal ________________
(clear/no clear) differences, that the type of
therapy provider ________________ (matters
greatly/does not matter), and that whether
therapy is provided by an individual therapist or
within a group ________________ (makes a
difference/does not make a difference).
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1. In contrast to earlier times, most therapy today ____________ (is/is not) provided by psychiatrists.

2. A majority of psychotherapy clients express ____________ (satisfaction/dissatisfaction) with their therapy.

3. A long-term study of 500 Massachusetts boys found that those who received intensive counseling ____________ (had/did not have) significantly fewer problems than a control group. Research has also shown that "Scared Straight" programs ____________ (are/are not) effective in reducing criminal offenses committed by delinquent boys.

4. (Thinking Critically) Clients' and therapists' perceptions of therapy's effectiveness may be inflated by their ____________ that a treatment works. This phenomenon is called the ____________ .

Another phenomenon that may inflate their perceptions of therapy's effectiveness is the phenomenon called ____________ ____________ ____________, which is the tendency for ____________ emotions to return to their ____________ state.

5. The debate over the effectiveness of psychotherapy began with a study by ____________; it showed that the rate of improvement for those who received therapy ____________ (was/was not) higher than the rate for those who did not.

6. A statistical technique that makes it possible to combine the results of many different psychotherapy outcome studies is called ____________ .

Overall, the results of such analyses indicate that psychotherapy is ____________ (somewhat effective/ineffective).

7. As a rule, psychotherapy is most effective with problems that are ____________ (specific/nonspecific).

8. Comparisons of the effectiveness of different forms of therapy reveal ____________ (clear/no clear) differences, that the type of therapy provider ____________ (matters greatly/does not matter), and that whether therapy is provided by an individual therapist or within a group ____________ (makes a difference/does not make a difference).
9. Controlled treatment studies have demonstrated that depression may be effectively treated with ____________, ____________, and ________________ therapies. In treating anxiety, ____________ and ________________ therapies and ________________ training have proven effective. Cognitive-behavior therapy has proven effective in treating ________________, and behavior modification in treating ________________.

10. With phobias, compulsions, and other specific behavior problems, ________________ therapies have been the most effective.

11. Today, many forms of ________________ are touted as effective treatments for a variety of complaints. Among the most popular is ________________, in which practitioners move their hands over a patient's body. Empirical support for this form of therapy is ________________ (strong/nonexistent).

12. In another popular alternative therapy, a therapist triggers eye movements in patients while they imagine ________________. This therapy, called ________________, has proven ________________ (completely ineffective/somewhat effective) as a treatment for nonmilitary ________________. However, skeptics point to evidence that ________________ is just as effective as triggered eye movements in producing beneficial results.

13. For people who suffer from the wintertime form of depression called ________________, timed ________________ therapy may be beneficial in shifting secretion of the hormone ________________.

14. Several studies found that treatment for mild problems offered by paraprofessionals ________________ (is/is not) as effective as that offered by professional therapists.

15. Generally speaking, psychotherapists’ personal values ________________ (do/do not) influence their therapy.

1. The most widely used biomedical treatments are the ________________ therapies. Thanks to these therapies, the number of residents in mental
hospitals has __________________
(increased/decreased) sharply.

2. The field that studies the effects of drugs on the
mind and behavior is ____________________

3. When neither the patients nor the staff are aware
of which condition a given individual is in, a
__________________
study is being conducted.

4. One effect of __________________ drugs such
as __________________ is to help those experi-
encing __________________ (positive/nega-
tive) symptoms of schizophrenia by decreasing
their responsiveness to irrelevant stimuli; schizo-
phrenia patients who are apathetic and with-
drawn may be more effectively treated with the
drug __________________. Those drugs work
by blocking the receptor sites for the neurotrans-
mitters __________________ and
__________________

5. Xanax and Valium are classified as
__________________ drugs. These drugs
depress activity in the __________________
__________________

6. Drugs that are prescribed to alleviate depression
are called __________________ drugs. These
drugs also work by increasing levels of the neuro-
transmitters __________________ and
__________________. One example of this type
of drug is __________________, which works
by blocking the reabsorption of
__________________ from synapses and is
therefore called a __________________
__________________ drug.

7. Equally effective in calming anxious people and
energizing depressed people is
__________________,
which has positive side effects.

8. Although people with depression often improve
after one month on antidepressants, meta-analy-
sis studies demonstrate that a large percentage of
the effectiveness is due to a
9. Current drug therapies work by affecting activity at all the ________ for a given neurotransmitter. One type of drug currently under development aims to block only those for a brain chemical called __________ , which helps transmit __________ messages.

10. In order to stabilize the mood swings of a bipolar disorder, the drug ________________ is often prescribed.

11. The therapeutic technique in which the patient receives an electric shock to the brain is referred to as ________________ therapy, abbreviated as ________________.

12. ECT is most often used with patients suffering from severe ________________. Research evidence ________________ (confirms/does not confirm) ECT’s effectiveness with such patients.

13. One theory of how ECT works suggests that it increases release of the neurotransmitter ________________.

14. A gentler procedure called ________________ aims to treat depression by presenting pulses through a magnetic coil held close to a person’s skull above the right eyebrow. Unlike ECT, this procedure produces no ________________, loss, or other side effects. This procedure may work by energizing the brain’s left ________________, which is relatively inactive in depressed patients.

15. The biomedical therapy in which a portion of brain tissue is removed or destroyed is called ________________.

16. In the 1930s, Moniz developed an operation called the __________. In this procedure, the __________ lobe of the brain is disconnected from the rest of the brain.

17. Today, most psychosurgery has been replaced by the use of ________________ or some other form of treatment.
1. According to Freud, a patient's hesitation to free associate is most likely a sign of: a) transference. b) the placebo effect. c) resistance. d) spontaneous recovery. e) meta-analysis.

2. A physician who specializes in the treatment of psychological disorders is called a: a) psychoanalyst. b) clinical psychologist. c) behavioral neuroscientist. d) cognitive therapist. e) psychiatrist.

3. Which of the following has not been shown to be a beneficial treatment? a) stress inoculation training b) exposure therapy c) electroconvulsive therapy d) therapeutic touch

4. Psychoanalysts would suggest that resistance during therapy supports and maintains the process of: a) meta-analysis. b) transference. c) free association. d) dream interpretation. e) repression.

5. Which of the following is most likely to contribute to inflated perceptions of the effectiveness of psychotherapy? a) meta-analysis b) psychopharmacology c) free association d) regression toward the mean e) the double-blind technique

6. In an effort to reduce his daughter's fear of the dark, Mr. Chew would hug and gently rock her immediately after turning off the lights at bedtime. Mr. Chew's strategy best illustrates the technique of: a) stress inoculation training. b) transference. c) unconditional positive regard. d) aversive conditioning. e) counterconditioning.

7. EMDR was originally developed for the treatment of: a) alcoholism. b) bulimia. c) depression. d) anxiety. e) schizophrenia.

8. Which of the following provides a brief alternative to psychodynamic therapy and is effective with depressed patients? a) meta-analysis b) systematic desensitization c) EMDR d) therapeutic touch e) interpersonal psychotherapy

9. In which operant conditioning procedure are positive reinforcers given for desired behaviors? a) spontaneous recovery b) a token economy c) systematic desensitization d) aversive conditioning e) free association

10. Dr. Volz is a researcher who wants to distinguish between the direct effects of a new antianxiety medication and effects arising simply from expectations of the drug's effectiveness. Dr. Volz is most likely to use a procedure known as: a) the double-blind technique. b) meta-analysis. c) EMDR. d) virtual reality exposure therapy. e) systematic desensitization.

11. Which of the following therapists introduced the use of free association? a) Carl Rogers b) Sigmund Freud c) Aaron Beck d) Joseph Wolpe e) Mary Carver Jones

12. Humanistic therapists are most likely to: a) encourage clients to carefully observe the consequences of their maladaptive behaviors. b) focus special attention on clients' positive and negative feelings toward their therapists. c) emphasize the importance of self-awareness for psychological adjustment. d) use a wide variety of psychological theories and therapeutic methods. e) help clients identify a hierarchy of anxiety-arousing experiences.

13. Which of the following has been demonstrated to provide relief for those who suffer from SAD? a) transference b) EMDR c) systematic desensitization d) light exposure therapy e) therapeutic touch

14. Because Gretchen is afraid of contracting infectious diseases, she compulsively avoids shaking people's hands or touching doorknobs. Research suggests that an especially effective treatment for her difficulty would involve: a) client-centered therapy. b) psychoanalysis. c) therapeutic touch. d) counterconditioning. e) electroconvulsive therapy.
15. The beneficial consequence of a person's expecting that a treatment will be therapeutic is known as:    a)  systematic desensitization.  b)  the placebo effect.  c)  therapeutic touch.  d) transference.  e) behavior modification.

16. Sheena's therapist tells her to relax, close her eyes, and state aloud whatever comes to mind no matter how trivial or absurd. The therapist is using a technique that is central to:    a)  client-centered therapy.  b)  psychoanalysis.  c) cognitive therapy.  d) EMDR.  e) systematic desensitization.

17. Rob, who suffers from chronic depression, is particularly upset about the low grade he received on his chemistry midterm exam. A cognitive therapist would be most likely to encourage Rob to attribute his failure to his:    a) lack of adequate study time.  b) lack of effective study skills.  c) chronic test anxiety.  d) lack of ability.

18. The most effective psychotherapists are those who:    a)  employ personality tests to accurately diagnose their clients' difficulties.  b) utilize a wide variety of therapeutic techniques.  c) have had many years of experience practicing psychotherapy.  d) establish an empathic, caring relationship with their clients.  e) discourage clients from using antianxiety or antidepressant drugs.

19. Psychotherapy is most likely to be effective in freeing:    a)  Sharon from the feeling that her life is meaningless and worthless.  b) Portia from her delusions of persecution and auditory hallucinations.  c) Jim from an excessive fear of giving speeches in public.  d) Luther from his antisocial personality disorder.

20. Aversive conditioning involves:    a)  replacing a negative response to a harmless stimulus with a positive response.  b) identifying a hierarchy of anxiety-arousing experiences.  c) depriving a client of access to an addictive drug.  d) associating unwanted behaviors with unpleasant experiences.  e) systematically controlling the consequences of patients' maladaptive behaviors.

21. Classical psychoanalysts were especially interested in:    a)  encouraging clients to carefully observe the consequences of their maladaptive behaviors.  b) minimizing the possibility that clients would experience anxiety during therapy.  c) discouraging clients from using antianxiety or antidepressant drugs.  d) establishing an empathic and personal emotional relationship with clients.  e) interpreting the meaning of clients' resistance to therapeutic procedures.

22. While focusing on several intrusive thoughts that had been bothering her recently, Jenny was instructed by her therapist to report any ideas or memories stimulated by these thoughts. Jenny's therapist was making use of a technique known as:    a)  aversive conditioning.  b) active listening.  c) free association.  d) systematic desensitization.  e) transference.

23. Who emphasized the importance of active listening in the process of psychotherapy?    a)  Mary Cover Jones  b) Carl Rogers  c) Sigmund Freud  d) Hans Eysenck  e) Joseph Wolpe

24. A therapist helps Rebecca overcome her fear of water by getting her to swim in the family's backyard pool three times a day for two consecutive weeks. The therapist's approach to helping Rebecca best illustrates:    a)  stress inoculation training.  b) free association.  c) aversive conditioning.  d) exposure therapy.  e) humanistic therapy.

25. Systematic desensitization is a form of:    a)  aversive conditioning.  b) exposure therapy.  c) psychosurgery.  d) eclectic therapy.  e) electroconvulsive therapy.

26. In a residential treatment facility for troubled youth, adolescent children receive large colored buttons when they hang up their clothes, make their beds, and come to meals on time. The children return the buttons to staff members in order to receive bedtime snacks or watch TV. This best illustrates an application of:    a)  stress inoculation training.  b) humanistic therapy.  c) systematic desensitization.  d) operant conditioning.  e) virtual reality exposure therapy.
27. Cognitive therapists are most likely to:  
   a) focus special attention on clients' positive and negative feelings about their therapists.  
   b) employ personality tests to accurately diagnose their clients' difficulties.  
   c) emphasize the importance of clients' personal interpretations of life events.  
   d) systematically associate clients' undesirable behaviors with unpleasant experiences.  
   e) prescribe antipsychotic drugs for the treatment of phobias.

28. Several years after his wife's death, Mr. Sanchez remains incapacitated by feelings of sadness. In order to reduce Mr. Sanchez's depression, a therapist is actively encouraging him to stop blaming himself for not being able to prevent it. The therapist's approach is most representative of:  
   a) therapeutic touch.  
   b) systematic desensitization.  
   c) psychoanalysis.  
   d) cognitive therapy.  
   e) client-centered therapy.

29. Which form of therapy is most likely to serve as a preventive mental health strategy?  
   a) psychoanalysis  
   b) systematic desensitization  
   c) virtual reality exposure therapy  
   d) psychosurgery  
   e) family therapy

30. When people's symptoms of psychological distress are at their worst, whatever they do to try to alleviate the condition is likely to be followed by improvement rather than further deterioration. This is best explained in terms of:  
   a) systematic desensitization.  
   b) psychopharmacology.  
   c) counterconditioning.  
   d) regression toward the mean.  
   e) virtual reality exposure therapy.

31. The effectiveness of psychotherapy shows little if any connection to:  
   a) the level of training and experience of the therapist.  
   b) the length of time a client has experienced symptoms of disorder prior to therapy.  
   c) the particular disorder experienced by a client.  
   d) the extent to which the process depends on changing clients' personalities.

32. Because she mistakenly believes that a new herbal remedy will help her lose weight, Mrs. Redding has begun feeling a considerable reduction in her appetite. This best illustrates:  
   a) virtual reality exposure therapy.  
   b) systematic desensitization.  
   c) stress inoculation training.  
   d) the placebo effect.  
   e) meta-analysis.

33. The double-blind technique is most likely to be used in evaluating the effectiveness of:  
   a) cognitive therapies.  
   b) behavior therapies.  
   c) humanistic therapies.  
   d) psychodynamic therapies.  
   e) drug therapies.

34. Which of the following individuals is most likely to benefit from lithium?  
   a) Olivia, who experiences delusions and auditory hallucinations  
   b) Landon, who experiences a generalized sense of apprehension and anxiety  
   c) Miranda, who experiences periods of extreme sadness followed by episodes of optimistic overexcitement  
   d) Ivan, who experiences sudden brief episodes of intense dread and panic  
   e) Juan, who experiences a persistently depressed mood and low energy level

35. Which of the following is least likely to be effective in the treatment of depression?  
   a) EMDR  
   b) ECT  
   c) SSRIs  
   d) rTMS

36. Who emphasized the importance of transference in the therapeutic process?  
   a) Hans Eysenck  
   b) Joseph Wolpe  
   c) Carl Rogers  
   d) B. F. Skinner  
   e) Sigmund Freud

37. During her weekly therapy sessions, Sabrina will often abruptly shift the focus of her attention and lose her train of thought. A psychoanalyst would suggest that this illustrates:  
   a) displacement.  
   b) transference.  
   c) meta-analysis.  
   d) resistance.  
   e) spontaneous recovery.

38. Client-centered therapists emphasize the importance of:  
   a) exploring clients' childhood relationships with other family members.  
   b) interpreting the meaning of clients' nonverbal behaviors.  
   c) enabling clients to feel unconditionally accepted.  
   d) helping clients identify a hierarchy of anxiety-arousing experiences.  
   e) discouraging clients from using antianxiety or antidepressant drugs.

39. Unlike psychoanalytic therapists, humanistic therapists tend to focus on the _______ more than the _______.  
   a) present; future  
   b) past; present  
   c) present; past  
   d) past; future  
   e) future; present
40. In order to help Adam reduce his fear of dogs, a therapist encourages him to physically relax and then simply imagine that he is walking toward a friendly and harmless little dog. The therapist’s technique best illustrates:  
    a) psychodynamic therapy.  
    b) operant conditioning.  
    c) stress inoculation training.  
    d) systematic desensitization.  
    e) client-centered therapy.

41. In order to help Janet overcome her nearly irresistible craving for chocolate, a therapist provides her with a supply of chocolate candies that contain solidified droplets of a harmless but very bitter-tasting substance. This approach to treatment best illustrates:  
    a) systematic desensitization.  
    b) light exposure therapy.  
    c) aversive conditioning.  
    d) stress inoculation training.  
    e) eclectic therapy.

42. Recognizing that depressed people do not exhibit the self-serving bias common in nondepressed people is most helpful for appreciating which therapeutic approach?  
    a) cognitive therapy  
    b) client-centered therapy  
    c) behavior therapy  
    d) psychodynamic therapy  
    e) family therapy

43. The goal of stress inoculation training is to reduce incapacitating anxiety by encouraging people to say positive things to themselves during anxiety-producing situations. This best illustrates a form of:  
    a) light exposure therapy.  
    b) psychodynamic therapy.  
    c) aversive conditioning.  
    d) humanistic therapy.  
    e) cognitive-behavior therapy.

44. Which form of psychotherapy is least likely to occur in therapist-led small groups?  
    a) client-centered therapy  
    b) psychoanalysis  
    c) systematic desensitization  
    d) cognitive therapy  
    e) cognitive-behavior therapy

45. Delinquent boys put through Scared Straight programs said they were now ________ likely to be law-abiding. Compared with delinquent boys not assigned to Scared Straight, they became ________ likely to commit new offenses.  
    a) more; less  
    b) less; more  
    c) more; more  
    d) less; less

46. The placebo effect best illustrates the importance of ________ in therapeutic success.  
    a) active listening  
    b) free association  
    c) psychopharmacology  
    d) behavior modification  
    e) cognitive processes

47. For which of the following disorders is psychotherapy most likely to be effective in the long run?  
    a) generalized anxiety disorder  
    b) major depressive disorder  
    c) chronic schizophrenia  
    d) phobias

48. Which of the following factors is not a therapeutically effective component of eye movement desensitization and reprocessing?  
    a) reliving traumatic memories  
    b) rapidly moving one's eyes  
    c) a relaxing therapeutic environment  
    d) patients' anticipation that the treatment will work

49. Which of the following is a selective serotonin-reuptake inhibitor?  
    a) Xanax  
    b) Prozac  
    c) Valium  
    d) Clozaril  
    e) Thorazine

50. Which of the following drugs is most likely to provide schizophrenia patients with some relief from their auditory hallucinations and paranoia?  
    a) Thorazine  
    b) Xanax  
    c) lithium  
    d) Valium  
    e) Prozac
Answer Key

1. c resistance.
2. e psychiatrist.
3. d therapeutic touch
4. e repression.
5. d regression toward the mean
6. e counterconditioning.
7. d anxiety.
8. e interpersonal psychotherapy
9. b a token economy
10. a the double-blind technique.
11. b Sigmund Freud
12. c emphasize the importance of self-awareness for psychological adjustment.
13. d light exposure therapy
14. d counterconditioning.
15. b the placebo effect.
16. b psychoanalysis.
17. a lack of adequate study time.
18. d establish an empathic, caring relationship with their clients.
19. c Jim from an excessive fear of giving speeches in public.
20. d associating unwanted behaviors with unpleasant experiences.
21. e interpreting the meaning of clients' resistance to therapeutic procedures.
22. c free association.
23. b Carl Rogers
24. d exposure therapy.
25. b exposure therapy.
26. d operant conditioning.
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27. c emphasize the importance of clients' personal interpretations of life events.
28. d cognitive therapy.
29. e family therapy.
30. d regression toward the mean.
31. a the level of training and experience of the therapist.
32. d the placebo effect.
33. e drug therapies.
34. c Miranda, who experiences periods of extreme sadness followed by episodes of optimistic overexcitement.
35. a EMDR
36. e Sigmund Freud.
37. d resistance.
38. c enabling clients to feel unconditionally accepted.
39. c present; past.
40. d systematic desensitization.
41. c aversive conditioning.
42. a cognitive therapy.
43. e cognitive-behavior therapy.
44. b psychoanalysis.
45. b less; more.
46. e cognitive processes.
47. d phobias.
48. b rapidly moving one's eyes.
49. b Prozac.
50. a Thorazine.