Chapter 17
Therapy

Review 17.4: Cognitive Therapy for Depression
Lola is searching for a therapist. After her father and mother divorced, and he moved away, she began reading about cognitive therapies, hoping those techniques might help her move on with her life. Lola learned that one famous cognitive therapist, Aaron (1) Beck, analyzed the dreams of depressed people and found recurring themes of loss and rejection. This famous psychologist’s goal in therapy was to reverse clients’ (2) catastrophizing beliefs by questioning their (3) irrational thinking. Lola decides to try an approach in which she will be trained to alter the way she acts ((4) behavior therapy) and the way she thinks ((5) cognitive therapy). This (6) integrated approach is called (7) cognitive-behavior therapy. Lola’s friend Moira has been undergoing treatment using this therapeutic approach for her obsession with germs and her compulsive hand-washing. Moira is learning to (8) relabel her compulsive thoughts about germs. For example, she says to herself am having a compulsive urge that is due to my (9) brain’s abnormal activity. Instead of giving in to the urge to wash my hands, I will engage in an alternative (10) behavior, such as taking a walk.”