CHAPTER 17

REVIEW 17.1: Psychoanalysis

At his friends' urging, Barney has decided to seek help for the depression he has been struggling with ever since moving away from home and starting college two months ago. He's heard a lot about

Sigmund 1__________’s therapy, called 2__________, in which patients use 3__________ to express whatever comes to mind in order to uncover their 4__________ unconscious conflicts.

In this therapy, analysts traditionally would interpret their patients’ tendency to change the subject in response to difficult questions as 5__________, if a patient's anger toward abusive family members began to be directed at the therapist, that defense would be interpreted as 6__________.

Barney finds, however, that this therapy is practiced by only a very few therapists and that most are instead offering an updated version called 7__________ therapy.

In this therapy, current symptoms are analyzed to consider themes across important 8__________, such as those between Barney and his family members back home.

Or, Barney might be helped best by the brief variation known as 9__________ psychotherapy, which may enable him to gain 10__________ into the root of his problem.

Answers may be found in the Appendix at the end of this booklet.
REVIEW 17.2 : Humanistic Therapies

Megan has been researching the history of therapy and has become fascinated by the therapies that emphasize people’s inherent potential for self-

1 _________________, which are known as _________________ therapies.

These therapies have several important characteristics that differentiate them from psychoanalysis, including focusing on the 3 _________________ (present and future/past) rather than on the 4 _________________ (present and future/past), promoting 5 _________________ in their clients rather than trying to cure 6 _________________, and emphasizing 7 _________________ (conscious/unconscious) rather than 8 _________________ (conscious/unconscious) thoughts.

Megan further learns that therapists such as Carl 9 _________________, who founded 10 _________________ therapy, encouraged all therapists to exhibit 11 _________________ expressing their true feelings, allowing clients to feel unconditional positive regard, and sensing and reflecting their clients’ feelings.

Together, these features form Rogers’ concept of 14 _________________.

Esteem needs
Need for self-esteem, achievement, competence, and independence; need for recognition and respect from others

Belongingness and love needs
Need to love and be loved, to belong and be accepted; need to avoid loneliness and alienation

Safety needs
Need to feel that the world is organized and predictable; need to feel safe, secure, and stable

Physiological needs
Need to satisfy hunger and thirst

Maslow’s hierarchy of needs

Answers may be found in the Appendix at the end of this booklet.
Trish recently moved across Canada for her studies, but she is so afraid of flying that she now rarely sees her family and friends at home. This fear is interfering with her life, so

Trish decides to seek help from a therapist who uses **1** conditioning principles to pair the stimulus that triggers her fear (flying) with a new response that is incompatible with that fear (relaxation), which is referred to as **2**.

The therapist proposes a technique called systematic **3**, which is a type of **4** therapy that gradually increasing **6** triggering stimuli (going to the airport, going to the gate, getting on the plane, learning about flight procedures, actually taking a flight).

However, Trish is embarrassed by the idea of exposing her fears in public (at the airport). So, the therapist suggests **7** exposure therapy, which would allow Trish to work through her fears by way of vivid, three-dimensional, computer **8**.

Answers may be found in the Appendix at the end of this booklet.
**Cognitive Therapy for Depression**

Lola is searching for a therapist. After her mother and father divorced and he moved away, she began reading about cognitive therapies, hoping those reading about techniques might help her get on with her life.

Lola learned that one famous cognitive therapist, Aaron 1, 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 beliefs by questioning their 3 thinking.

Lola decides to try an approach in which she will be trained to alter the way she acts (4 therapy) and the way she thinks (5 therapy).

This 6 approach is called 7 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 her compulsive thoughts about germs.

For example, she says to herself, “I am having a compulsive urge that is due to my 9 abnormal activity.

Instead of giving in to the urge to wash my hands, I will engage in an alternative 10, such as taking a walk.”

Answers may be found in the Appendix at the end of this booklet.
**REVIEW 17.5: Biomedical Therapies**

Jessica’s therapist has diagnosed her with major depressive disorder and has suggested that her recovery may be expedited if she takes an 

1. ___________ drug such as Prozac.

Because her therapist is a 2. ___________ , he can prescribe drugs to his patients.

Unlike the 3. ___________ drugs, which depress central nervous system activity,

these drugs work by increasing the availability of

4. ___________ or 
5. ___________.

Prozac is called a 6. ___________ - ___________ inhibitor (SSRI) because it partially blocks the reabsorption of

9. ___________ from neural 10. ___________.

If the drugs and psychotherapy together don’t work for Jessica, her therapist may suggest the most controversial treatment for depression, 11. ___________, which involves sending a brief electrical current through the patient’s brain.

Alternatively, Jessica might try 12. ___________ stimulation (rTMS), which produces fewer side effects such as 13. ___________ or 14. ___________ loss.

Answers may be found in the Appendix at the end of this booklet.