

## **Santrock Chapter 14**

### **Treatment of Psychological Disorders**

1. Define psychotherapy.
2. What are the three most common bio-medical approaches to treatment of psychological disorders?
3. List three precautions used today to make ECT safer.
4. List the four main types of psychotropic medications.
5. Discuss the positive and negative symptoms of antipsychotic medications.
6. What are the three classifications of antidepressant drugs? What factors are considered in selecting the most appropriate medication?
7. According to psychodynamic therapy, what are the three principle components of unconscious conflicts?
8. Discuss THREE techniques used by psychoanalysts to probe their client's repressed feelings.
9. Why is active listening so important in client-centered therapy?
10. What is the primary method used in Gestalt therapy? Why do Gestalt therapists disagree with psychoanalysis?
11. What is the main emphasis of behavioral therapy? Define each of the following and give an example of how each could be used by behavioral psychotherapists.
  - ❖ Behavior modification (reinforcement, principles of operant conditioning)
  - ❖ Systematic desensitization
  - ❖ Flooding
  - ❖ Aversion therapy
12. What is the major premise of cognitive therapies? How do they differ from psychodynamic and humanistic psychotherapies?
13. According to Beck, what are automatic thoughts?
14. What are the ABCs of rational-emotive therapy?