**Study Guide**

**Introduction to Psychology**

**Ch. 15: Therapy**

1. What is psychotherapy? What is the difference between psychotherapy and biomedical therapy? How do insight and action therapies differ?

2. What is the eclectic approach to therapy?

3. What is the goal of psychoanalysis? What is the difference between the latent and manifest content of a dream? What is a resistance and what is transference? What is psychodynamic therapy?

4. What is the difference between directive and non-directive therapies?

5. What is interpersonal therapy? What is person-centered therapy? What are its four elements? Are humanistic therapies based on experimental research?

6. Where do the assumptions and techniques of behavior therapy come from?

7. What is counterconditioning and what is systematic desensitization?

8. Why does aversion therapy not work very well? What is exposure therapy? Are behavior therapies effective?

9. What is currently the most popular type of therapy? What is the focus of cognitive therapy? What is a cognitive distortion? What are some examples?

10. What is CBT, and what is one criticism of it? What is REBT, and what is challenged in this therapy? What has CBT been successful in treating?

11. What are the advantages and disadvantages of group therapy, and what is a self-help group?

12. What type of professional do most people turn to when they have a psychological problem?

13. Why do clients tend to think therapy was successful?

14. What does outcome research compare?

15. Is therapy successful?

16. What are therapeutic touch and EMDR? What is light exposure therapy? What is a therapeutic alliance? What is cyber therapy?

17. What are four barriers to effective psychotherapy?

18. What is psychopharmacology?

19. What are antidepressant, antipsychotic, anti-manic, and antianxiety drugs used for?

20. What is the chief criticism of the antianxiety drugs?

21. What are the selective serotonin reuptake inhibitor drugs used for in addition to depression?

22. What is lithium used for? What is ECT supposed to be used for? What is the chief side effect of ECT?

23. What is a pre-frontal lobotomy? What is the result of a lobotomy for the patient's behavior?

24. What are rTMS and tDCS? How is virtual reality used in therapy?