

Chapter 17

Learning Objectives:

1. Discuss how *psychotherapy*, *biomedical therapy*, and an *eclectic approach* to therapy differ.

The Psychological Therapies:

2. Define *psychoanalysis*, and discuss the aims of this form of therapy.
3. Describe some of the methods used in psychoanalysis and list some criticisms of this form of therapy.
4. Contrast psychodynamic therapy and interpersonal therapy with traditional psychoanalysis.
5. Identify the basic characteristics of the humanistic therapies, and describe the specific goals and techniques of Carl Rogers' client-centered therapy.
6. Explain how the basic assumptions of behavior therapy differs from those of traditional psychoanalytic and humanistic therapies.
7. Define *counterconditioning*, and describe the techniques used in exposure therapies and aversive conditioning.
8. State the main premise of therapy based on operant conditioning principles, and describe the views of proponents and critics of behavior modification.
9. Contrast cognitive therapy and cognitive-behavior therapy, and give some examples of cognitive therapy for depression.
10. Discuss the rationale and benefits of group therapy, including family therapy.

Evaluating Psychotherapies:

11. Explain why clients tend to overestimate the effectiveness of psychotherapy.
12. Give some reasons why clinicians tend to overestimate the effectiveness of psychotherapy, and describe two phenomena that contribute to clients' and clinicians' misperceptions in this area.
13. Describe the importance of outcome studies in judging the effectiveness of the psychotherapies, and discuss some of these findings.
14. Summarize the findings on which psychotherapies are most effective for specific disorders.
15. Evaluate the effectiveness of eye movement desensitization and reprocessing (EMDR) and light exposure therapies.
16. Describe the three benefits attributed to all psychotherapies.

The Biomedical Therapies:

17. Discuss the role of values and cultural differences in the therapeutic process.

18. Define *psychopharmacology*, and explain how double-blind studies help researchers evaluate a drug's effectiveness.
19. Describe the characteristics of antipsychotic drugs, and discuss their use in treating schizophrenia.
20. Describe the characteristics of antianxiety drugs.
21. Describe the characteristics of antidepressant drugs, and discuss their use in treating specific disorders.
22. Describe the use and effects of mood-stabilizing medications.
23. Describe the use of electroconvulsive therapy in treating severe depression, and discuss some possible alternatives to ECT.
24. Summarize the history of the psychosurgical procedure known as a lobotomy, and discuss the use of psychosurgery today.