

# Unit 13 Reading Guide

## Treatment of Abnormal Behaviors (Psychological Disorders)

### *Module 70: Introduction to Therapy, and Psychodynamic and Humanistic Therapies*

- **Biomedical Therapy:**
  
- **Eclectic Approach:**
  
- **Psychotherapy:**
  
- Who provides what kind of treatment?
  - a)
  - b)
  - c)
  
- **Psychoanalytical:**

Assumptions:

Goals:

Commitment from patient:

- **Methods:**

Compare resistance and transference:

- **Psychodynamic (Insight Therapy)**

- **Humanism:**

Assumptions:

Goals:

Commitment from patient:

Methods:

***Module 71: Behavior, Cognitive, and Group Therapies (STUDY TABLE ON PAGE 725!)***

- **Behaviorism:**

Assumptions:

Goals:

Commitment from patient:

Methods:

a)Exposure Therapy:

-Systematic Desensitization:

b) Virtual Reality Exposure Theory:

c) Aversive Conditioning:

- **Social Cognitive Theory**

Assumptions:

Goals:

Commitment from patient:

Methods:

a) Aaron Beck's Cognitive-Behavioral Theory:

b) Albert Ellis' Rational Emotional Behavioral Theory:

ABC process:

c) Family / Group Therapy:

***Module 72: Evaluating Psychotherapies and Prevention Strategies***

- **Meta-analysis:**

How is meta-analysis applied to psychotherapy?

- **Evidence-based Practice**

- Name and describe an alternative therapy that have been used in the past (p.733)

- **Therapeutic Alliance:**
- **Resilience:**

### ***Module 73: Biomedical Therapies***

- **Psychopharmacology:**
- **Antipsychotic Drugs:**

Example of disorder it treats:

Neurotransmitter altered:

- **Atypical Antipsychotics**
- **Antianxiety Drugs:**

Example drug:

- **Antidepressants:**

Neurotransmitters involved:

### **Other Therapies**

- **Electroconvulsive Therapy:**
- **rTMS:**
- **Psychosurgery:**

**-lobotomy:**