

1. Active Listening	empathic listening in which the listener echoes, restates, and clarifies; feature of Roger's client-centered therapy	14. Evidence-Based Practice	clinical decision-making that integrates the best available research with clinical expertise and patient characteristics and preferences.
2. Antianxiety Drugs	drugs used to control anxiety and agitation	15. Exposure Therapies	behavioral techniques, such as systematic desensitization and virtual reality exposure therapy, that treat anxieties by exposing people (in imagination or actual situations) to the things they fear and avoid
3. Antidepressant Drugs	drugs used to treat depression, anxiety disorders, obsessive-compulsive disorders, and posttraumatic stress disorder (includes selective serotonin reuptake inhibitors - SSRIs)	16. Family Therapy	therapy that treats the family as a system; views an individual's unwanted behaviors as influenced by, or directed at, other family members
4. Antipsychotic Drugs	drugs used to treat schizophrenia and other forms of severe thought disorder	17. Group Therapy	therapy conducted with several people rather than individuals, permitting therapeutic benefits from group interaction
5. Aversive Conditioning	a type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol)	18. Insight Therapies	a variety of therapies that aim to improve psychological functioning by increasing a client's awareness of underlying motives and defenses
6. Behavior Therapy	therapy that applies learning principles to the elimination of unwanted behaviors	19. Interpretation	in psychoanalysis, the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight
7. Biomedical Therapy	prescribed medications or medical procedures that act directly on the patient's physiology	20. Lobotomy	a now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients; the procedure cut the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain
8. Client-Centered Therapy	a humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate client's growth (also called person-centered therapy)	21. Meta-Analysis	a procedure for statistically combining the results of many different research studies
9. Cognitive-Behavioral Therapy (CBT)	a popular integrative therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)	22. Psychoanalysis	Sigmund Freud's therapeutic technique; Freud believed the patient's free associations, resistances, dreams, and transferences - and the therapist's interpretations of them - released previously repressed feelings, allowing the patient to gain self-insight
10. Cognitive Therapy	therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and our emotional reactions	23. Psychodynamic Therapy	therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight
11. Counterconditioning	a behavior therapy procedure that used classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors; includes exposure therapies and aversive conditioning	24. Psychopharmacology	the study of the effects of drugs on mind and behavior
12. Eclectic Approach	an approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy		
13. Electroconvulsive Therapy (ECT)	a biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient		

25. Psychosurgery	surgery that removes or destroys brain tissue in an effort to change behavior
26. Psychotherapy	treatment involving psychological techniques; consists of interactions between a trained therapist and someone seeking to overcome psychological difficulties or achieve personal growth
27. Rational-Emotive Behavior Therapy (REBT)	a confrontational cognitive therapy, developed by Albert Ellis, that vigorously challenges people's illogical, self-defeating attitudes and assumptions
28. Regression Toward the Mean	the tendency for extreme or unusual scores to fall back (regress) toward their average
29. Repetitive Transcranial Magnetic Stimulation (rTMS)	the application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity
30. Resilience	the personal strength that helps most people cope with stress and recover from adversity and even trauma
31. Resistance	in psychoanalysis, the blocking from consciousness of anxiety-laden material
32. Systematic Desensitization	a type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli; commonly used to treat phobias
33. tardive dyskinesia	involuntary movement of facial muscles, tongue, and limbs. possible neurotoxic side effect of antipsychotic drugs that target D2 dopamine receptor
34. Therapeutic Alliance	a bond of trust and mutual understanding between a therapist and client, who work together constructively to overcome the client's problem
35. Token Economy	an operant conditioning procedure in which people earn a token of some sort for exhibiting a desired behavior and can later exchange the tokens for various privileges or treats
36. Transference	in psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent)
37. Unconditional Positive Regard	a caring, accepting, nonjudgmental attitude, which Carl Rogers believed would help clients to develop self-awareness and self-acceptance
38. Virtual Reality Exposure Therapy	an anxiety treatment that progressively exposes people to electronic simulations of their greatest fears, such as airplane flying, spiders, or public speaking