

- Psychiatrists are medical doctors and are therefore the only therapists permitted to prescribe medication in most U.S. states. Not surprisingly, because of their backgrounds, psychiatrists often favor a biomedical model of mental illness and are often less extensively trained in psychotherapy.
- Clinical psychologists earn doctoral degrees (Ph.D.s) that require four or more years of study. Part of their training involves an internship during which they are overseen by a more experienced professional. Clinical psychologists usually deal with people who are suffering from problems more severe than everyday difficulties with work or family.
- Counseling therapists or counseling psychotherapists typically have some kind of graduate degree in psychology. Their training also includes an internship overseen by a more experienced professional. Examples of counseling therapists include school psychologists and marriage and family therapists. Counseling therapists generally help people whose problems are less severe than those that bring people to clinical psychologists.
- Psychoanalysts are people specifically trained in Freudian methods. They may or may not hold medical degrees.

## HOW EFFECTIVE IS THERAPY?

Although therapy is clearly not always successful and many people recover from a variety of disorders without any intervention, a number of studies have documented that therapy is generally effective. The success of the treatment process is also clearly affected by the relationship between client and therapist. Therefore, a person who has a bad experience with therapy with one therapist at one time might respond more positively to another practitioner in another situation.

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## Practice Questions

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**Directions:** Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case.

1. Which kind of therapist is most likely to analyze a client's dreams?
  - (A) behaviorist
  - (B) cognitive
  - (C) humanistic
  - (D) psychoanalytic
  - (E) biomedical

2. Coretta's therapist says little during their sessions and never makes any recommendations about what Coretta ought to do. What kind of therapy does Coretta's therapist most likely practice?
  - (A) psychodynamic
  - (B) behavioral
  - (C) cognitive
  - (D) biomedical
  - (E) humanistic
  
3. Craig saw a behaviorist to treat his crippling test anxiety. After a few months, Craig no longer experiences any fear when taking tests, however he has developed an obsessive-compulsive disorder. According to psychoanalysts, Craig is experiencing
  - (A) free association.
  - (B) symptom substitution.
  - (C) an anxiety hierarchy.
  - (D) problem transference.
  - (E) interpretation.
  
4. Systematic desensitization is to in vivo desensitization as
  - (A) flooding is to aversion therapy.
  - (B) modeling is to implosive therapy.
  - (C) aversion therapy is to modeling.
  - (D) implosive therapy is to flooding.
  - (E) implosive therapy is to in vivo implosive therapy.
  
5. Who is credited with creating client-centered therapy?
  - (A) Fritz Perls
  - (B) Carl Rogers
  - (C) Albert Ellis
  - (D) Aaron Beck
  - (E) John Watson
  
6. Which process involves counterconditioning?
  - (A) RET
  - (B) ECT
  - (C) transference
  - (D) somatic therapy
  - (E) systematic desensitization

7. Which of the following is used as a somatic therapy for depression?
  - (A) MAO inhibitors
  - (B) client-centered therapy
  - (C) cognitive therapy
  - (D) dream analysis
  - (E) free association
  
8. All of the following methods of treatment are or may be based on classical conditioning principles EXCEPT
  - (A) token economy.
  - (B) implosive therapy.
  - (C) flooding.
  - (D) systematic desensitization.
  - (E) aversion therapy.
  
9. Maria has been in analysis for over a year. Recently, she has begun to suspect that she has fallen in love with Dr. Chin, her analyst. When she confesses her feelings, Dr. Chin is likely to tell Maria that she is experiencing
  - (A) resistance.
  - (B) transference.
  - (C) a breakthrough.
  - (D) irrational expectations.
  - (E) unconditional positive regard.
  
10. Jeb has been working for the same company for three years. While his responsibilities have increased, his salary has not. Every time he resolves to talk with his supervisor about a raise, he loses his nerve. In therapy, Dr. Flores and her assistant demonstrate how Jeb might go about asking for a raise. Then the assistant pretends to be Jeb's boss, and Jeb practices asking for a raise. This process most closely resembles
  - (A) RET.
  - (B) existential therapy.
  - (C) modeling.
  - (D) free association.
  - (E) aversion therapy.
  
11. One difference between psychoanalytic and cognitive modes of treatment is that cognitive therapists
  - (A) say little during sessions.
  - (B) emphasize the primacy of behavior.
  - (C) focus on the present.
  - (D) view repressed thoughts about one's childhood as the root of most problems.
  - (E) do not face their clients.

12. Which method of therapy is most eclectic?
- (A) psychodynamic
  - (B) client-centered
  - (C) aversive conditioning
  - (D) psychoanalytic
  - (E) token economy
13. Schizophrenia is most likely to be treated with
- (A) Prozac.
  - (B) lithium.
  - (C) Miltown.
  - (D) Haldol.
  - (E) Valium.
14. A common side effect of ECT is
- (A) tardive dyskinesia.
  - (B) memory loss.
  - (C) hallucinations.
  - (D) hysteria.
  - (E) violent episodes.
15. An unanticipated result of the deinstitutionalization movement was
- (A) an increase in the homeless population.
  - (B) an increase in drug-related crime.
  - (C) an increase in the incidence of catatonic schizophrenia.
  - (D) a decrease in the availability of antipsychotic drugs.
  - (E) a decrease in the population of mental institutions.

## ANSWERS TO PRACTICE QUESTIONS

1. **(D)** Psychoanalysts see the root of disorders in unconscious conflicts. Therefore, their initial focus is to bring the conflict into conscious awareness. Due to patients' defenses, psychoanalysts need to employ special techniques to reveal the contents of the unconscious. Dream analysis is one such technique. Behaviorists are interested only in the clients' behavior. Cognitive therapists are more likely to explore the clients' waking thoughts. Humanistic psychologists will try to help clients clarify their own thoughts and feel positively about themselves. Therapists with a biomedical orientation will be most likely to recommend somatic therapies, like drugs.
2. **(E)** Coretta's therapist is nondirective and therefore is most likely to have a humanistic orientation. An example of such a therapy is Carl Rogers' client-centered therapy.

3. **(B)** Psychoanalysts believe that disorders are caused by unconscious conflicts that are not immediately apparent. Treating the symptom is essentially pointless since it may disappear but a new one will take its place, a phenomenon known as symptom substitution. Therefore, when Craig went to a behaviorist and was cured of his test anxiety in a few months, psychoanalysts would predict the development of a new symptom. Free association is a technique used by psychoanalysts to uncover the contents of the unconscious. An anxiety hierarchy is part of systematic desensitization, a behaviorist treatment for anxiety disorders. While no such thing as problem transference exists, transference occurs when patients put feelings about significant people in their lives onto the analyst. Analysts necessarily engage in interpretation to figure out the source of their patients' difficulties.
4. **(D)** Both systematic desensitization and in vivo desensitization are treatments for phobias and other anxiety disorders. In systematic desensitization, clients imagine the different levels of the anxiety hierarchy. However, in vivo desensitization involves experiencing the anxiety-provoking situations. Similarly, implosive therapy involves imagining an intensely feared situation until the fear is extinguished, while flooding consists of experiencing the highly anxiety-provoking situation until the fear is extinguished.
5. **(B)** Carl Rogers invented client-centered therapy. Fritz Perls is associated with Gestalt therapy, Albert Ellis with REBT, and Aaron Beck with cognitive therapy. John Watson was an early behaviorist.
6. **(E)** Counterconditioning involves replacing a CR with a new CR. In systematic desensitization, clients are taught to replace fear with relaxation. None of the other therapies listed are based on learning principles.
7. **(A)** Somatic therapies, as opposed to psychotherapies, view the cause of the problem in biology and therefore involve medical treatments. MAO inhibitors are drugs sometimes prescribed to treat depression. All the other choices are types or aspects of psychotherapy.
8. **(A)** Classical conditioning is a kind of learning that results from associating two things, one of which is an unconditioned stimulus, together. In operant conditioning, the consequences of one's actions lead to learning. Token economies are based on the principles of operant conditioning; people will act in certain ways to attain rewards. Implosive therapy, flooding, and systematic desensitization are all based on classical conditioning methods. Aversion therapy is a broader term that includes both classical and operant conditioning methods.
9. **(B)** Transference is when patients misdirect feelings toward important people in their lives onto the therapist. Resistance also commonly occurs in psychoanalysis but is when a patient rejects the analyst's interpretations or otherwise seeks to thwart the therapeutic process.

10. (C) Modeling consists of observation and imitation. Jeb watches someone model how to ask for a raise, and then he practices that skill himself.
11. (C) Psychoanalysis stresses the importance of early childhood experience. Psychoanalysts spend a lot of time exploring patients' early lives. Cognitive therapists focus on helping their clients deal with the present. Neither type of therapist is particularly reticent; humanistic therapists are. Neither psychoanalysts nor cognitive therapists emphasize the importance of behavior; that focus characterizes behaviorists. Psychoanalysts, not cognitive psychologists, do see repressed thoughts from childhood as the root of most adult problems and do not face their patients.
12. (A) Eclectic therapies incorporate aspects of several different models rather than strictly adhere to one theoretical orientation. Psychodynamic therapy, while based on psychoanalysis, tends to incorporate aspects of other models as well. Client-centered therapy is humanistic. Aversive conditioning and token economies are behavioral. Psychoanalytic therapy is, of course, psychoanalytic.
13. (D) Haldol is an antipsychotic drug. Prozac is used to treat depression, lithium to treat mania, and Miltown and Valium to treat anxiety disorders.
14. (B) Memory loss, although often temporary, is a common side effect of ECT. Tardive dyskinesia is a side effect of the antipsychotic medications used to treat schizophrenia.
15. (A) The deinstitutionalization movement occurred when many patients were released from mental hospitals in the 1960s and 1970s. Many were schizophrenics who, unable to find jobs and adequate care outside of the hospital setting, became homeless.