

STUDY GUIDE – Answers

13: Treatment of Psychological Disorders

Introducing Treatment of Psychological Disorders

1. psychological; biomedical
2. psychotherapy; learned
3. prescribed medications; nervous system
4. eclectic; psychotherapy integration

The Psychological Therapies

1. insight
2. repressed
3. repressed; conscious
4. free association
5. resistance; interpretation
6. latent content
7. transference
8. prove or disprove; expensive
9. psychodynamic; once a week; themes
10. depressed; interpersonal psychotherapy
11. insight; current relationships
12. self-fulfillment

Unlike psychoanalysis, humanistic therapy is focused on the present and future instead of the past, on conscious rather than unconscious processes, on promoting growth and fulfillment instead of curing illness, and on helping clients take immediate responsibility for their feelings and actions rather than on uncovering the obstacles to doing so.

13. client-centered; nondirective; does not interpret
14. genuineness; acceptance; empathy
15. active listening; unconditional positive regard
16. paraphrase; invite clarification; reflect feelings
17. learning

Whereas psychoanalysis and humanistic therapies assume that problems diminish as self-awareness grows, behavior therapists doubt that self-awareness is the key. Instead of looking for the inner cause of unwanted behavior, behavior therapy applies learning principles to directly attack the unwanted behavior itself.

18. classical conditioning; counterconditioning; exposure therapy; aversive conditioning
19. exposure therapies; Joseph Wolpe; anxious
20. hierarchy; progressive relaxation; relaxed; anxiety
21. virtual reality exposure
22. negative; positive; unpleasant; does not
23. behavior modification
24. operant; token economy

Behavior modification is criticized because the desired behavior may stop when the rewards are stopped. Also, critics contend that one person should not be allowed to control another. Proponents of behavior modification contend that some

clients request this therapy and that the behaviors will persist if patients are properly weaned from the tokens. Also, control already exists.

25. cognitive
26. catastrophizing; depression; Aaron Beck
27. stress inoculation; dispute
28. cognitive-behavioral

Group therapy saves therapists time and clients money. The social context of group therapy allows people to discover that others have similar problems and to tryout new ways of behaving.

29. family therapy
30. communication

Evaluating Psychotherapies.

1. is not
2. satisfaction

People often enter therapy in crisis. When the crisis passes, they may attribute their improvement to the therapy. Clients, who may need to believe the therapy was worth the effort, may overestimate its effectiveness. Clients generally find positive things to say about their therapists, even if their problems remain.

3. overestimate
4. unhappiness; well-being
5. belief; placebo effect; regression toward the mean; unusual; average
6. controlled
7. Hans Eysenck; was not
8. randomized clinical
9. meta-analysis; somewhat effective
10. no clear; does not matter; does not make a difference
11. behavioral conditioning; cognitive; specific
12. energy; recovered-memory; rebirthing; facilitated communication; crisis debriefing
13. evidence-based practice
14. alternative therapy
15. controlled
16. traumatic events; eye movement desensitization and reprocessing (EMDR); somewhat effective; post-traumatic stress disorder; finger tapping; reliving; placebo
17. seasonal affective disorder; light-exposure
18. hope; perspective; caring; trusting; empathic
19. therapeutic alliance; empathic; caring
20. do; cultures; religion
21. individualism
22. minority
23. hopelessness; depression; fears; mood; compulsive

The Biomedical Therapies

1. biomedical; drug; decreased
2. psychopharmacology

3. placebo; recovery; double-blind
4. antipsychotic; chlorpromazine (Thorazine); positive; clozapine (Clozaril)
5. dopamine; serotonin
6. tardive dyskinesia; face; tongue; limbs
7. antianxiety
8. central nervous system
9. psychological therapy
10. symptoms; problems; physiological dependence
11. antidepressant; anxiety; norepinephrine; serotonin
12. fluoxetine (Prozac); serotonin; selective-serotonin-reuptake-inhibitor; neurogenesis
13. aerobic exercise; bottom-up; cognitive-behavioral; top-down
14. spontaneous recovery; placebo effect
15. lithium
16. Depakote
17. electroconvulsive; ECT
18. depression; confirms
19. unknown
20. implant; vagus
21. repetitive transcranial magnetic stimulation (rTMS); seizures; memory; frontal lobe
22. psychosurgery
23. lobotomy; frontal
24. drugs
25. therapeutic life-style
26. biopsychosocial

Preventing Psychological Disorders

1. resilience
2. person; a disturbing and stressful society
3. person; social context
4. preventive; competence; personal control; self-esteem; poverty; meaningless; criticism; unemployment; racism; sexism
5. integrated biopsychosocial

Progress Test 1

Multiple-Choice Questions

1. b. is the answer. Although no one is sure how ECT works, one possible explanation is that it increases release of norepinephrine, the neurotransmitter that elevates mood. (p. 632)
2. c. is the answer. (p. 607)
 - a. Active listening is a Rogerian technique in which the therapist echoes, restates, and seeks clarification of the client's statements.
 - b. Spontaneous recovery refers to improvement without treatment.
 - d. Systematic desensitization is a process in which a person is conditioned to associate a relaxed state with anxiety-triggering stimuli.
3. b. is the answer. (p. 609)
4. d. is the answer. This is not among the criticisms commonly made of psychoanalysis. (It would more likely be made of behavior therapies.) (pp.607-608)
5. d. is the answer. (p. 635) a., b., & c. Each of these is a type of psychological therapy.

- 6.c. is the answer. Outcome research on the relative effectiveness of different therapies reveals no clear winner; the other factors mentioned are advantages of group therapies. (pp. 617,622)
- 7.c. is the answer. (p. 628)
- a. The fact that its effects are irreversible makes psychosurgery a drastic procedure, and with advances in psychopharmacology, psychosurgery was largely abandoned.
- b. ECT is still widely used as a treatment of severe depression, but in general it is not used as frequently as drug therapy.
- d. Counterconditioning is not a biomedical therapy.
- 8.b. is the answer. Clients' testimonials regarding psychotherapy are generally very positive. The research, in contrast, seems to show that therapy is only somewhat effective. (pp. 619, 620-621)
- 9.c. is the answer. (p. 616)
- 10.d. is the answer. (p. 622)
11. a. is the answer. By occupying receptor sites for dopamine, these drugs block its activity and reduce its production. (p. 629)
12. d. is the answer. (p. 638)
13. d. is the answer. Today, half of all psychotherapists describe themselves as eclectic-as using a blend of therapies. (p. 606)
- a. An eclectic therapist may use a nondirective approach with certain behaviors; however, a more directive approach might be chosen for other clients and problems.
- b. In fact, just the opposite is true. Eclectic therapists generally view disorders as stemming from many influences.
- c. Eclectic therapists, in contrast to this example, use a combination of treatments.
14. a. is the answer. (p. 609)
15. c. is the answer. (p. 608)
16. b. is the answer. (pp. 611-612)
- a. This reflects a cognitive perspective.
- c. This reflects a psychoanalytic perspective.
- 17.c. is the answer. (p. 614)
- a. & b. Counterconditioning is the replacement of an undesired response with a desired one by means of aversive conditioning or systematic desensitization.
- d. Exposure therapy exposes a person, in imagination or in actuality, to a feared situation.
- 18.d. is the answer. (p. 615)
19. b. is the answer. (p. 621)
- a. Spontaneous recovery refers to improvement without any treatment.
- c. Transference is the psychoanalytic phenomenon in which a client transfers feelings from other relationships onto his or her analyst.
- d. Interpretation is the psychoanalytic procedure through which the analyst helps the client become aware of resistances and understand their meaning.
- 20.c. is the answer. (p. 619)

Matching Items

- | | | |
|--------------------|---------------|----------------|
| 1. e (p. 614) | 5. g (p. 609) | 9. c (p. 638) |
| 2. k (pp. 610-611) | 6. f (p. 611) | 10. i (p. 628) |
| 3. b (p. 611) | 7. a (p. 613) | 11. j (p. 611) |
| 4. d (p. 616) | 8. h (p. 606) | 12. I (p. 609) |

Progress Test 2

Multiple-Choice Questions

1. c. is the answer. (p. 609)
 - a. This answer would be a correct description of Joseph Wolpe.
 - b. There is no such thing as insight therapy.
 - d. This answer would be a correct description of Aaron Beck.
2. a. is the answer. (p. 613)
 - b. In systematic desensitization, a hierarchy of anxiety-provoking stimuli is gradually associated with a relaxed state.
 - c. Transference refers to a patient's transferring of feelings from other relationships onto his or her psychoanalyst.
 - d. Electroconvulsive therapy is a biomedical shock treatment.
3. c. is the answer. (p. 609)
 - a. Behavior therapy focuses on behavior, not self-awareness.
 - b. Psychoanalysis focuses on bringing repressed feelings into awareness.
 - d. Biomedical therapy focuses on physical treatment through drugs, ECT, or psychosurgery.
4. b. is the answer. (pp. 624-625)
5. a. is the answer. For behavior therapy, the problem behaviors are the problems. (p. 611)
 - b. Cognitive therapy teaches people to think and act in more adaptive ways.
 - c. Humanistic therapy promotes growth and self-fulfillment by providing an empathic, genuine, and accepting environment.
 - d. Psychoanalytic therapy focuses on uncovering and interpreting repressed feelings.
6. b. is the answer. Counterconditioning techniques involve taking an established stimulus, which triggers an undesirable response, and pairing it with a new stimulus in order to condition a new, and more adaptive, response. (p. 611)
 - a. As indicated by the name, counterconditioning techniques are a form of conditioning; they do not involve learning by observation.
 - c. & d. The principles of operant conditioning are the basis of behavior modification, which, in contrast to counterconditioning techniques, involves use of reinforcement.
7. d. is the answer. (pp. 611-612)
 - a. This is a confrontational therapy, which is aimed at teaching people to think and act in more adaptive ways.
 - b. Aversive conditioning is a form of counterconditioning in which unwanted behavior is associated with unpleasant feelings.
 - c. Counterconditioning is a general term, including not only systematic desensitization, in which a hierarchy of fears is desensitized, but also other techniques, such as aversive conditioning.
8. d. is the answer. (p. 614)
 - a. & b. These techniques are based on classical conditioning.
 - c. This is a type of cognitive therapy.
9. c. is the answer. (p. 636)
 - a. Interpersonal psychotherapy, like psychoanalysis, emphasizes inner conflicts.
 - b. Cognitive therapies focus on how our thinking colors our feelings.
 - d. Eye movement desensitization and reprocessing is an alternative therapy that combines the basic premise of exposure therapy with a placebo effect.
10. c. is the answer. (pp. 614-615)
 - a. This is an alternative therapy in which the practitioner triggers eye movements in patients who are imagining traumatic events.
 - b. In this humanistic therapy, the therapist facilitates the client's growth by offering a genuine, accepting, and empathic environment.
 - d. Behavior therapy concentrates on modifying the actual symptoms of psychological problems.
11. c. is the answer. (p. 630)
12. a. is the answer. (p. 629)

13. d. is the answer. Lithium works as a mood stabilizer. (p. 632)
 - a. & c. Ativan and Xanax are antianxiety drugs.
 - b. Chlorpromazine is an antipsychotic drug.
14. a. is the answer. (p. 630)
15. c. is the answer. (p. 622)
 - a. Behavior modification is most likely to be successful in treating specific behavior problems, such as bed wetting.
 - b. & d. The text does not single out particular disorders for which these therapies tend to be most effective.
16. d. is the answer. (pp. 635-636)
17. a. is the answer. (p. 621)
18. d. is the answer. (pp. 625-626)
19. d. is the answer. (p. 617)
 - a. This is true of most forms of psychotherapy.
 - b. & c. This is true of humanistic, cognitive, and behavior therapies.
20. c. is the answer. Although aversive conditioning may work in the short run, the person's ability to discriminate between the situation in which the aversive conditioning occurs and other situations can limit the treatment's effectiveness. (p. 613) a., b., & d. These were not offered in the text as limitations of the effectiveness of aversive conditioning.

Matching Items

- | | | |
|---------------|---------------|----------------|
| 1. d (p. 609) | 6. j (p. 628) | 10. m (p. 616) |
| 2. i (p. 614) | 7. I (p. 629) | 11. c (p. 623) |
| 3. e (p. 621) | 8. f (p. 630) | 12. g (p.621) |
| 4. a (p. 635) | 9. h (p. 607) | 13. k (p. 621) |
| 5. b (p. 632) | | |

Psychology Applied

Multiple-Choice Questions

1. d. is the answer. Resistances are blocks in the flow of free association that hint at underlying anxiety. (p. 607)
 - a. In transference, a patient redirects feelings from other relationships to his or her analyst.
 - b. The goal of psychoanalysis is for patients to gain insight into their feelings.
 - c. Although such hesitation may well involve material that has been repressed, the hesitation itself is a resistance.
2. d. is the answer. In transference, the patient develops feelings toward the therapist that were experienced in important early relationships but were repressed. (p. 607)
 - a. Projection is a defense mechanism in which a person imputes his or her own feelings to someone else.
 - b. Resistances are blocks in the flow of free association that indicate repressed material.
 - c. Regression is a defense mechanism in which a person retreats to an earlier form of behavior.
3. d. is the answer. According to Rogers' client-centered therapy, the therapist must exhibit genuineness, acceptance, and empathy if the client is to move toward self-fulfillment. (p. 609)
 - a. Psychoanalysts are much more directive in providing interpretations of clients' problems than are humanistic therapists.
 - b. Behavior therapists focus on modifying the behavioral symptoms of psychological problems.
 - c. Cognitive therapists teach people to think and act in new, more adaptive ways.
4. d. is the answer. Aversive conditioning is the classical conditioning technique in which a positive response is replaced by a negative response. (In this example, the US is the blast of smoke, the CS is the taste of the cigarette as it is inhaled, and the intended CR is aversion to cigarettes.) (p. 613)
 - a. Exposure therapy exposes someone, in imagination (virtual reality exposure therapy) or actuality, to a feared situation.

- b. Behavior modification applies the principles of operant conditioning and thus, in contrast to the example, uses reinforcement.
 - c. Systematic desensitization is used to help people overcome specific anxieties.
5. d. is the answer. Because the psychologist is focusing on Darnel's irrational thinking, this response is most typical of Beck's cognitive therapy for depression. (pp. 615-616)
 - a. Behavior therapists treat behaviors rather than thoughts.
 - b. Psychoanalysts focus on helping patients gain insight into previously repressed feelings.
 - c. Client-centered therapists attempt to facilitate clients' growth by offering a genuine, accepting; empathic environment.
 6. b. is the answer. Psychiatrists are physicians who specialize in treating psychological disorders. As doctors they can prescribe medications. (p. 627) a., c., & d. These professionals cannot prescribe drugs.
 7. c. is the answer. (p. 629)
 - a. This is a statistical technique used to combine the results of many different research studies.
 - b. In this design, which is not mentioned in the text, there is only a single research group.
 - d. This answer would be correct if the experimenter, but not the research participants, knew which condition was in effect.
 8. d. is the answer. (pp. 624-625)
 - a. In fact, there is evidence that light-exposure therapy can be effective in treating SAD.
 - b. There is no evidence that EMDR is effective as a treatment for SAD.
 - c. Lithium is a mood-stabilizing drug that is often used to treat bipolar disorder.
 9. d. is the answer. (p. 622)
 - a. Psychotherapy has proven "somewhat effective" and more cost-effective than physician care for psychological disorders.
 - b. & c. Behavior and cognitive therapies are both effective in treating depression, and behavior therapy is effective in treating specific problems such as phobias.
 10. a. is the answer. (p. 611)
 - b. & c. These types of therapists are more concerned with promoting self-fulfillment (humanistic) and healthy patterns of thinking (cognitive) than with correcting specific problem behaviors.
 - d. Psychoanalysts see the behavior merely as a symptom and focus their treatment on its presumed underlying cause.
 11. a. is the answer. (pp. 611-612)
 - b. Aversive conditioning associates unpleasant states with unwanted behaviors.
 - c. Shaping is an operant conditioning technique in which successive approximations of a desired behavior are reinforced.
 - d. Free association is a psychoanalytic technique in which a patient says whatever comes to mind.
 12. b. is the answer. (p. 614)
 13. c. is the answer. (p. 616)
 - a. & b. Behavior therapists make extensive use of techniques based on both operant and classical conditioning.
 - d. Neither behavior therapists nor cognitive-behavioral therapists focus on clients' unconscious urges.
 14. d. is the answer. (p. 638)
 - a. This would be the perspective of a cognitive-behavioral therapist.
 - b. This would be the perspective of a psychoanalyst.
 - c. This would be the perspective of a behavior therapist.
 15. a. is the answer. (p. 629)
 16. c. is the answer. (p. 630)
 17. c. is the answer. (p. 636)
 - b. Although still practiced" electroconvulsive therapy is not a form of psychosurgery.

18. b. is the answer. (p. 632)
19. b. is the answer. Like psychoanalysis" psychodynamic therapy seeks insight into a patient's unconscious feelings. The analysis of dreams" slips of the tongue" and resistances are considered a window into these feelings. (p. 608)
- a. Client-centered therapy focuses on the conscious mind and on the present and future.
 - c. Cognitive therapists avoid reference to unconscious feelings and would therefore be uninterested in interpreting dreams.
 - d. Behavior therapy is not concerned with unconscious feelings.
20. d. is the answer. A key aim of psychoanalysis is to unearth and understand repressed impulses. (p.607)
- a., b., & c. Behavior and cognitive therapists avoid concepts such as "repression" and "unconscious"; behavior and humanistic therapists focus on the present rather than the past.

Essay Question

Psychoanalysts assume that psychological problems such as depression are caused by unresolved, repressed, and unconscious impulses and conflicts from childhood. A psychoanalyst would probably attempt to bring these repressed feelings into Willie's conscious awareness and help him gain insight into them. He or she would likely try to interpret Willie's "resistance during free association" "the latent content of his dreams" and any emotional feelings he might transfer to the analyst.

Cognitive therapists assume that a person's emotional reactions are influenced by the person's thoughts in response to the event in question. A cognitive therapist would probably try to teach Willie new and more constructive ways of thinking in order to reverse his catastrophizing beliefs about himself, his situation, and his future. Biomedical therapists attempt to treat disorders by altering the functioning of the patient's brain. A biomedical therapist would probably prescribe an antidepressant drug such as fluoxetine to increase the availability of norepinephrine and serotonin in Willie's nervous system. If Willie's depression is especially severe, a psychiatrist might treat it with several sessions of electroconvulsive therapy.

Key Terms

1. With an eclectic approach, therapists are not locked into one form of psychotherapy" but draw on whatever combination seems best suited to a client's problems. (p. 606)
2. Psychotherapy is an interaction between a trained therapist and someone who suffers from psychological difficulties or wants to achieve personal growth. (p. 606)
3. Psychoanalysis, the therapy developed by Sigmund Freud" attempts to give clients self-insight by bringing into awareness and interpreting previously repressed feelings. (p. 606)

Example: The tools of the psychoanalyst include "free association" "the analysis of dreams and transferences" and the interpretation of repressed impulses.

4. Resistance is the psychoanalytic term for the blocking from consciousness of anxiety-laden memories. Hesitation during free association may reflect resistance. (p. 607)
5. Interpretation is the psychoanalytic term for the analyst's helping the client to understand resistances and other aspects of behavior" so that the client may gain deeper insights. (p. 607)
6. Transference is the psychoanalytic term for a patient's redirecting to the analyst emotions from other relationships. (p. 607)
7. Derived from the psychoanalytic tradition, psychodynamic therapy seeks to enhance patients" self-insight into their symptoms by focusing on childhood experiences and important relationships in addition to unconscious forces. (p. 608)
8. Insight therapies such as psychoanalysis and humanistic therapy aim to increase the client's awareness of underlying motives and defenses. (p.609)

9. Client-centered therapy is a humanistic nondirective therapy developed by Carl Rogers, in which growth and self-awareness are facilitated in an environment that offers genuineness" acceptance" and empathy. (p. 609)
10. Active listening is a nondirective technique of Rogers' client-centered therapy, in which the listener echoes, restates, and seeks clarification of, but does not interpret, clients' remarks. (p. 609)
11. Unconditional positive regard refers to the accepting, nonjudgmental attitude that is the basis of client-centered therapy. (p. 610)
12. Behavior therapy is therapy that applies learning principles to the elimination of problem behaviors. (pp. 610-611)
13. Counterconditioning is a category of behavior therapy in which new responses are classically conditioned to stimuli that trigger unwanted behaviors. (p. 611)
14. Exposure therapies treat anxiety by exposing people to things they normally fear and avoid. Among these therapies are systematic desensitization and virtual reality exposure therapy. (p.611)
15. Systematic desensitization is a type of exposure therapy in which a state of relaxation is classically conditioned to a hierarchy of gradually increasing anxiety-provoking stimuli. (p. 611)

Memory aid: This is a form of counterconditioning in which sensitive, anxiety-triggering stimuli are desensitized in a progressive, or systematic, fashion.

16. Virtual reality exposure therapy progressively exposes people to simulations of feared situations to treat their anxiety. (p. 612)
17. Aversive conditioning is a form of counterconditioning in which an unpleasant state becomes associated with an unwanted behavior. (p. 613)
18. A token economy is an operant conditioning procedure in which desirable behaviors are promoted in people by rewarding them with tokens, or positive reinforcers, which can be exchanged for privileges or treats. For the most part, token economies are used in hospitals, schools, and other institutional settings. (p. 614)
19. Cognitive therapy focuses on teaching people new and more adaptive ways of thinking and acting. The therapy is based on the idea that our feelings and responses to events are strongly influenced by our thinking, or cognition. (p. 614)
20. Cognitive-behavioral therapy is an integrated therapy that focuses on changing self-defeating thinking (cognitive therapy) and unwanted behaviors (behavior therapy). (p. 616)
21. Family therapy views problem behavior as influenced by, or directed at, other members of the client's family. Therapy therefore focuses on relationships and problems among the various members of the family. (p. 617)
22. Regression toward the mean is the tendency for unusual events (or emotions) to return toward their average state. (p. 621)
23. Meta-analysis is a procedure for statistically combining the results of many different research studies. (p. 621)
24. Evidence-based practice is clinical decision making that integrates the best available research with clinical expertise and patient characteristics and preferences. (p. 623)
25. Biomedical therapy is the use of prescribed medications or medical procedures that act on a patient's nervous system to treat psychological disorders. (p. 628)
26. Psychopharmacology is the study of the effects of drugs on mind and behavior. (p. 628) Memory aid: Pharmacology is the science of the uses and effects of drugs. Psychopharmacology is the science that studies the psychological effects of drugs.
27. Antipsychotic drugs are used to treat schizophrenia and other severe thought disorders. (p. 629)

28. Tardive dyskinesia is an involuntary movement of the muscles of the face, tongue, and limbs that sometimes accompanies the long-term use of certain antipsychotic drugs. (p. 629)
29. Antianxiety drugs help control anxiety and agitation by depressing activity in the central nervous system. (p. 630)
30. Antidepressant drugs treat depression by altering the availability of various neurotransmitters. Also increasingly prescribed for anxiety. (p. 630)
31. In electroconvulsive therapy (ECT), a biomedical therapy often used to treat severe depression, a brief electric shock is passed through the brain. (p.632)
32. Repetitive transcranial magnetic stimulation (rTMS) is the delivery of repeated pulses of magnetic energy to stimulate or suppress brain activity. (p. 634)
33. Psychosurgery is a biomedical therapy that attempts to change behavior by removing or destroying brain tissue. Since drug therapy became widely available in the 1950s, psychosurgery has been infrequently used. (p. 635)
34. Once used to control violent patients, the lobotomy is a form of psychosurgery in which the nerves linking the emotion centers of the brain to the frontal lobes are severed. (p. 635)
35. Resilience is personal strength that helps people cope with stress, adversity, and trauma. (p. 637)