

Definition Slides

Eclectic Approach

= an approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy.



Psychotherapy

= treatment involving psychological techniques; consists of interactions between a trained therapist and someone seeking to overcome psychological difficulties or achieve personal growth.



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.



Resistance

= in psychoanalysis, the blocking from consciousness of anxiety-laden material.



Interpretation

= in psychoanalysis, the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight.



Transference

= in psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent).



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.



Insight Therapies

= a variety of therapies that aim to improve psychological functioning by increasing the client's awareness of underlying motives and defenses.



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.)



Active Listening

= empathic listening in which the listener echoes, restates, and clarifies. A feature of Roger's client-centered therapy.



Unconditional Positive Regard

= a caring, accepting, nonjudgmental attitude, which Carl Rogers believed would help clients to develop self-awareness and self-acceptance.



Behavior Therapy

= therapy that applies learning principles to the elimination of unwanted behaviors.



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.



Exposure Therapies

= behavioral techniques, such as systematic desensitization, that treat anxieties by exposing people (in imagination or actuality) to the things they fear and avoid.



Systematic Desensitization

= a type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli.
Commonly used to treat phobias.



Virtual Reality Exposure Therapy

= an anxiety treatment that progressively exposes people to simulations of their greatest fears, such as airplane flying, spiders, or public speaking.



Aversive Conditioning

= a type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol).



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.



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.



Cognitive-behavioral Therapy

= a popular integrative therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior).



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.



Regression Toward the Mean

= the tendency for extreme or unusual scores to fall back (regress) toward their average.



Meta-analysis

= a procedure for statistically combining the results of many different research studies.



Evidence-based Practice

= clinical decision-making that integrates the best available research with clinical expertise and patient characteristics and preferences.



Biomedical Therapy

= prescribed medications or medical procedures that act directly on the patient's nervous system.



Psychopharmacology

= the study of the effects of drugs on mind and behavior.



Antipsychotic Drugs

= drugs used to treat schizophrenia and other forms of severe thought disorder.



Tardive Dyskinesia

= involuntary movements of the facial muscles, tongue, and limbs; a possible neurotoxic side effect of long-term use of antipsychotic drugs that target certain dopamine receptors.



Antianxiety Drugs

= drugs used to control anxiety and agitation.



Antidepressant Drugs

= drugs used to treat depression; also increasingly prescribed for anxiety. Different types work by altering the availability of various neurotransmitters.



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.



Repetitive Transcranial Magnetic Stimulation (rTMS)

= the application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity.



Psychosurgery

= surgery that removes or destroys brain tissue in an effort to change behavior.



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.



Resilience

= the personal strength that helps most people cope with stress and recover from adversity and even trauma.

