

17-1

Guided Reading Activity

networks

Therapy and Change

Lesson 1 *What Is Psychotherapy?*

Review Questions: Recording Who, What, When, Where, Why, and How Statements

Directions: Read each main idea and answer the questions below. Refer to your textbook to write the answers.

Main Idea A: Psychotherapy is a type of treatment that involves verbal interaction between a therapist and client, the development of a supportive and trusting relationship, and an analysis of a client's problems by the therapist.

1. **Who** was an early reformer in the treatment of mental patients and what were his views on mental illness?

2. **When** did the humanistic therapy begin and how did it change patients' relationships to their therapists?

3. **How** does psychotherapy help people stop behaviors and patterns that cause them problems?

4. **Why** is it important for patients to believe or hope they can change for treatment to work?

5. **Why** is it important for a therapist to have empathy as well as experience in dealing with people?

Main Idea B: In group therapy, a therapist sees a number of patients at one time, or people might run their own support group without a professional therapist.

1. **How** might group therapy benefit a patient more than individual therapy?

Guided Reading Activity *cont.*



Therapy and Change

2. **What** are three ways a family therapist can help family members create an alliance to achieve common goals?

3. **Where** can people turn for therapy if they're alcoholics, and how does this self-help group work?

Main Idea C: Through the years, a number of researchers have questioned the usefulness of psychotherapy and its different approaches.

1. **How** did Allen Bergin's argument invalidate Hans Eysenck's view that psychotherapy was not effective?

2. **What** did Smith and Glass's study show?

Guided Reading Activity *cont.*



Therapy and Change

Summary and Reflection

Directions: Summarize the main ideas of this lesson by answering the question below.

How did the ideas of the human potential movement and humanistic therapy lead to treatments like group therapy and self-help groups?
