

Guided Reading Activity

17-2

networks**Therapy and Change****Lesson 2** *Psychoanalysis and Humanistic Therapy***Review Questions: Outlining**

Directions: Read the lesson and complete the outline below. Refer to your textbook to fill in the blanks.

I. What Is Psychoanalysis?

- A. Psychoanalysis is based on the theories of _____, who believed that psychological disorders were caused by conflicts among the _____ components of one's personality.
- B. During free association, a patient is encouraged to express all her thoughts without _____ them first.
- C. A therapist can get insight into a patient's source of anxieties by analyzing the patient's _____.
- D. Psychoanalysts believe that dreams contain _____, which refers to symbolic hidden meanings, and _____, which is what you remember about a dream.
- E. Transference may allow a person to experience her true feelings towards a(n) _____.

II. Humanistic Therapy

- A. Client-centered therapy uses the term *client* instead of *patient* because *patient* may suggest _____, whereas *client* implies a(n) _____.
- B. In client-centered therapy, the therapist is expected to establish an atmosphere of emotional support, which Carl Rogers calls _____.

Guided Reading Activity *cont.*



Therapy and Change

Summary and Reflection

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

How does the therapist and patient interaction in a psychoanalysis session compare to that in a client-centered therapy session?
