

# Reteaching Activity



## Therapy and Change

### Terms and Concepts

**Directions:** Place the letter beside each term in the correct category below to classify the term as a type of therapy or technique. Then write a definition of the term on the line beside the numbers.

- |                          |                              |                               |
|--------------------------|------------------------------|-------------------------------|
| A. active listening      | E. client-centered therapy   | I. free association           |
| B. antipsychotic drugs   | F. contingency management    | J. nondirective therapy       |
| C. aversive conditioning | G. dream analysis            | K. rational-emotive therapy   |
| D. behavior modification | H. electroconvulsive therapy | L. systematic desensitization |

**Psychoanalysis**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Humanistic Therapy**

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Cognitive and Behavior Therapies**

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Biological Treatments**

11. \_\_\_\_\_

12. \_\_\_\_\_

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# Reteaching Activity *cont.*



## Therapy and Change

### Summarizing Information

**Directions:** Suppose a person comes to a therapist because he is having problems sleeping and the medical doctors can find no physical cause. Describe how a therapist, using each of the following approaches, would seek to identify the source of the problem.

13. Humanistic therapy \_\_\_\_\_  
 \_\_\_\_\_

14. Psychoanalysis \_\_\_\_\_  
 \_\_\_\_\_

15. Behavior therapy \_\_\_\_\_  
 \_\_\_\_\_

### Organizing Information

**Directions:** Fill in the outline below by writing the letters of the items in the Fact Bank that could belong under each heading.

<b>FACT BANK</b>	
A. Sometimes the best way to resolve mistreatment of a person is to use family therapy. B. A therapist should be psychologically healthy. C. People may need help realizing that they are responsible for solving their own problems. D. Therapists are typically warm, accepting, and understanding. E. Hans Eysenck concluded that no therapy was just as effective as psychotherapy. F. Alcoholics Anonymous provides mutual support and encouragement to people who are recovering from alcohol addiction. G. A major task of a therapist is to help people examine how their current way of living is causing problems. H. A large study concluded that most forms of therapy have similar effects in improving the client's quality of life. I. The therapist needs to be experienced in dealing with people and understanding their complexities. J. The therapist helps a client recognize that the patterns the client has adopted have led to the client's current problems and then helps the client to change those patterns.	

<b>16. Functions of Psychotherapy</b> _____ _____	<b>18. Group Therapies</b> _____ _____
<b>17. Characteristics of Good Therapists</b> _____ _____	<b>19. Effectiveness of Psychotherapy</b> _____ _____

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