

Bryant-Taneda

# AP Psychology 12

## Ch. 16 Therapy



# What is Eclectic Therapy?

A **combination** and/or **blend** of different approaches/perspectives;  
for example,  
using the Behaviouristic &  
Humanistic perspectives

What is specific to the  
**Behaviouristic** perspective of  
psychological therapy?  
Think of examples...

**Behaviouristic therapy focuses on Relaxation** (associating or pairing relaxation with another stimulus)  
or pairing it with food  
(in the case of some disorders like autism)



What is the **Behaviouristic** therapy  
for?



Fear

# Systematic Desensitization

**A Behavioural** technique commonly used to treat fear. A person is engaged in some relaxation exercise and gradually is exposed to an anxiety producing stimulus, like an object or place.



# What psychological conditions are **Operant Conditioning** used to help?

Stimulus and Response: You encourage the subject to perform a particular behaviour with *successive* rewards.



**Operant Conditioning is used  
with people who have  
autism and mental challenges;  
and it is also used in animal training.**



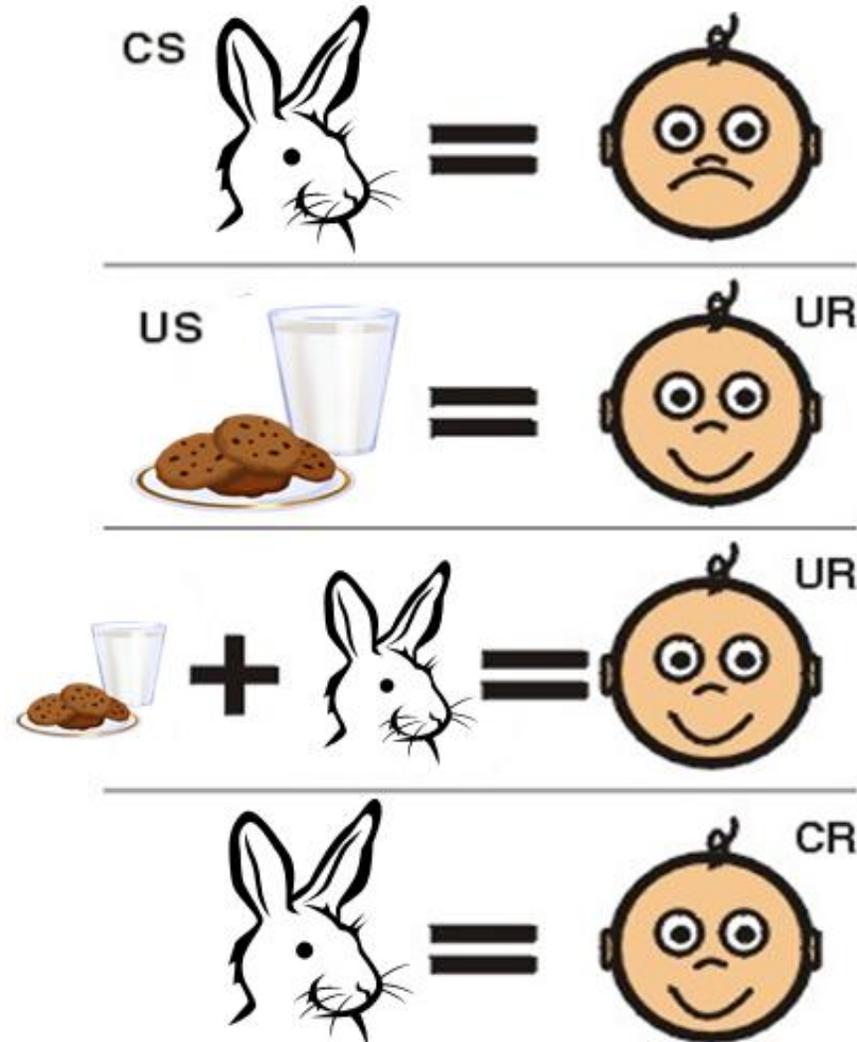
# What is **Exposure** Therapy?



Exposure therapy is a **Step by Step slow progress** of taking the client and “exposing” him to the dreaded thing; eventually the client is fully in contact with the feared thing; It is like **EMDR** (Eye Movement Desensitization and Reprogramming)

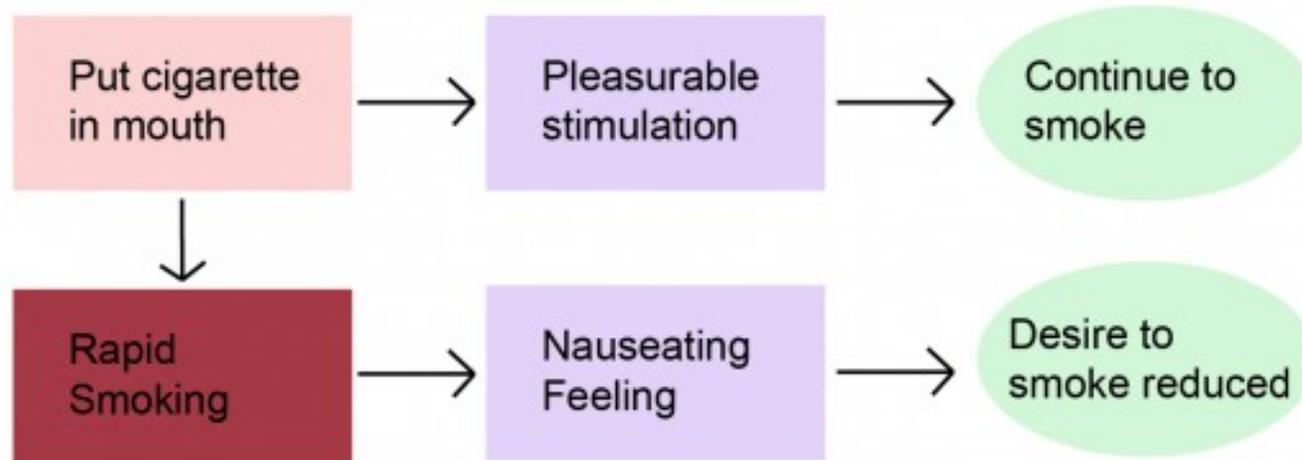


# What is Counter Conditioning?



**Counter Conditioning** is also called  
*Aversive Conditioning;*  
**Counter Conditioning** is the reverse of  
Systematic Desensitization

### Aversion Therapy



# What is the **Psychodynamic** Perspective?



# The Psychodynamic perspective is Interpersonal psychotherapy:

The therapist gains understanding of the roots of the **client's past** and **their relationships**



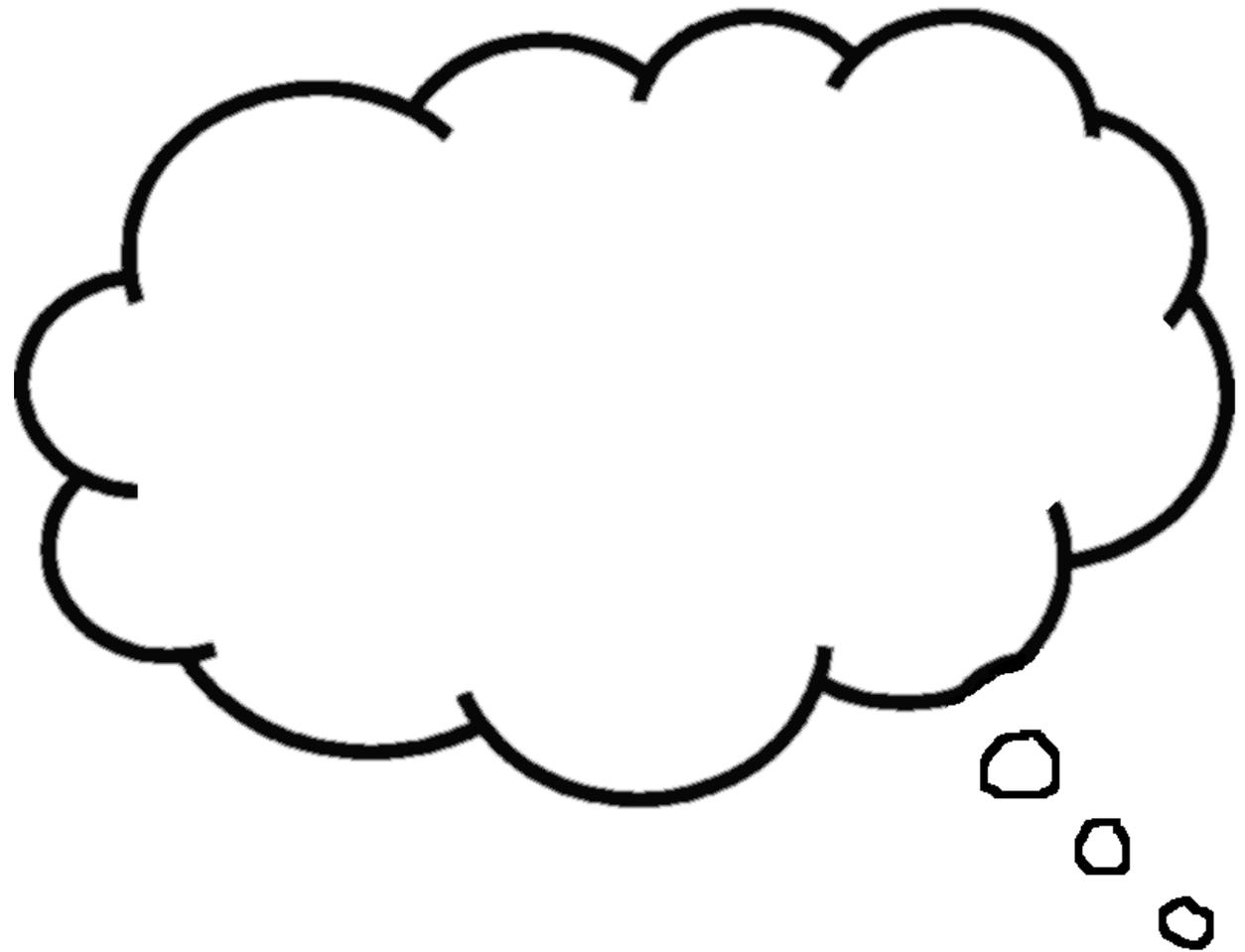
# What is Traditional Psychoanalysis?



In Traditional Psychoanalysis, a client and therapist take **years** to uncover the client's concerns and past problems; this still occurs in Germany



# What is **Cognitive** Therapy?

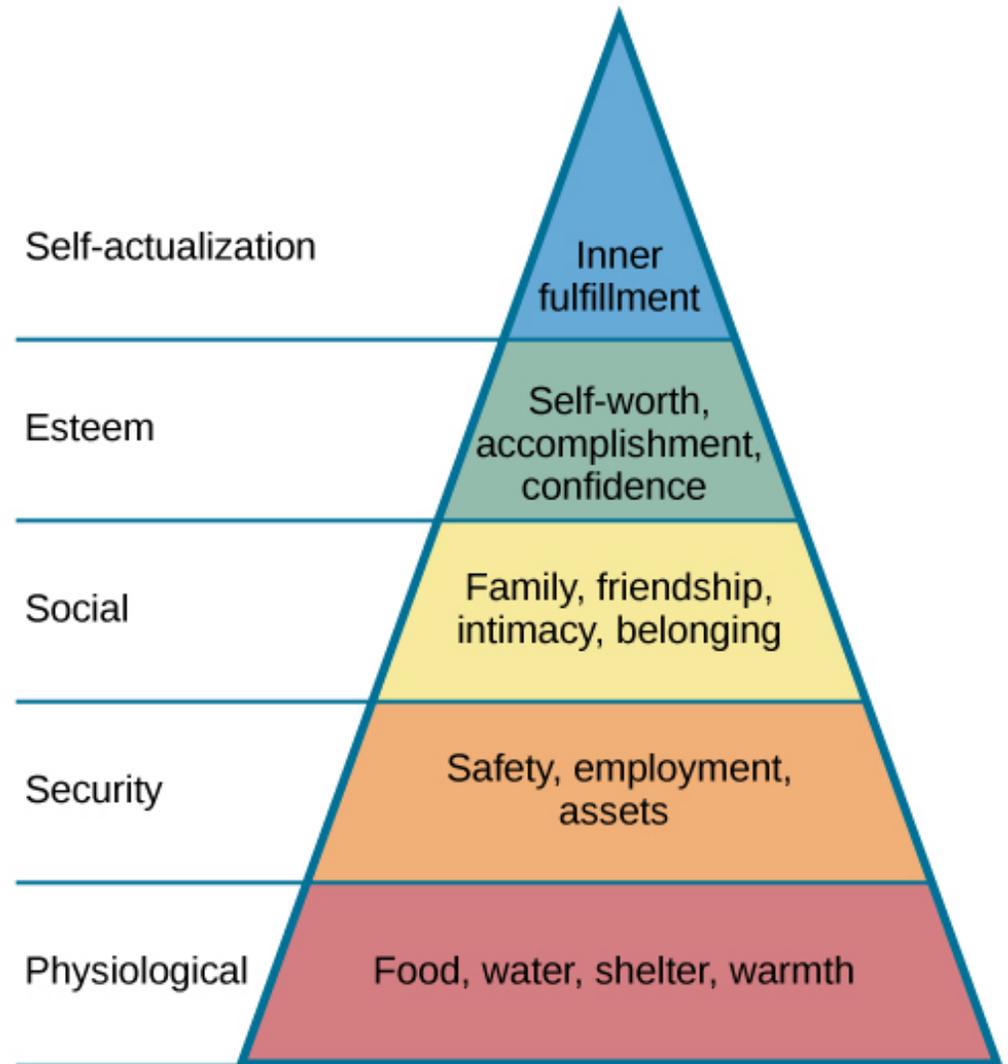


A Cognitive therapist looks into the client's **thinking** distortions (incorrect beliefs, ideas and attitudes); therapists use reinforcement to help change and correct the client's thought processes



# Explain what is the **Humanistic** Perspective to Therapy.

Maslow's Hierarchy of Needs



The Humanistic perspective is a **Client-centered** psychotherapy; therapists help the client to be **self** aware; the therapist is genuine & accepting; *Active listening* is used (the counsellor actively restates, and encourages more conversation)



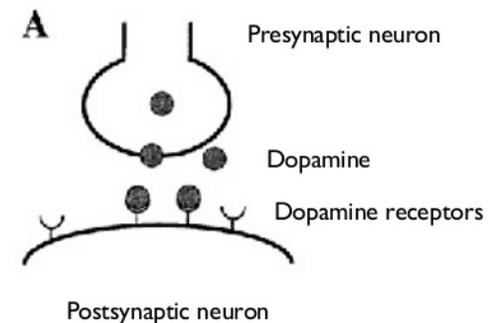
# Explain the **Bio-Medical** Perspective

Drugs, surgery & shock treatment are used to help lessen symptoms...

**Question:** What are drugs that block dopamine? (Anti-psychotic) For what illness are anti-psychotics used? \_\_\_\_\_

- Schizophrenia
- Bi-polar

Dopamine function before exposure to antipsychotics



Prozac is used for what? \_\_\_\_\_  
And what neurotransmitter is usually  
linked with Prozac?

- Depression
- Serotonin



**Psychotherapy** is used with what type of client?

Someone who can *form relationships*, is motivated, and is talkative.

