

Psychotherapy	An emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties.
Biomedical Therapy	Prescribed medications or medical procedures that act directly on the patient's nervous system
Eclectic Approach	An approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy.
Psychoanalysis	Sigmund Freud's therapeutic technique. Freud believed that the patient's free associations, resistances, dreams, and transferences-and the therapists interpretation 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)
Client-centered Therapy	A humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening with a genuine, accepting, empathetic environment to facilitate clients' growth
Active Listening	Empathic listening in which the listener echoes, restates and clarifies. A feature of Rogers' client-centered therapy.
Behavior Therapy	Therapy that applies learning principles to the elimination of unwanted behaviors
Counterconditioning	A behavior therapy procedure that conditions new responses to stimuli that trigger unwanted behaviors; based on classical conditioning
Exposure Therapies	Behavior techniques, such as systematic desensitization, that treats anxieties by exposing people to the thing they fear and avoid.
Systematic Desensitization	A type of counterconditioning that associates a pleasant and relaxed state with gradually increasing anxiety-triggering stimuli.
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	An anxiety treatment that progressively exposes people to simulations of their greatest fears, such as airplane flying, spiders, or public speaking.
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-behavior Therapy	A popular integrated therapy that combines cognitive therapy with behavior therapy.
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. As influenced by or directed at other family members; attempts to guide family towards positive relationships and improved communication.
Meta-analysis	A procedure for statistically combining the results of many different research studies.
Psychopharmacology	The study of the effects of drugs on mind and behavior
Tardive Dyskinesia	Involuntary movement of the facial muscles, tongue, and limbs; a possible neurotoxic side effect of long-term use of antipsychotic drugs that target D2 dopamine receptors.
Electroconvulsive Therapy (ECT)	A bio-medical 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 impulses 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 that connect the frontal lobes to the emotion-controlling centers of the inner brain.