

1. Psychotherapy	Is an emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulty	P.660
2. Eclectic approach	With an eclectic approach, therapists are not locked into one form of psychological, but draw on whatever combination seems best suited to client's needs	P.660
3. Psychoanalysis	The therapy developed by Freud, attempts to give clients self-insight by bringing into awareness and interpreting previously repressed feelings. <i>Example: The</i>	P.660
4. Resistance	Resistance is the psychoanalytic term for the blocking from consciousness of anxiety- provoking memories. Hesitation during free association may reflect resistance.	P.661
5. Interpretation	The psychoanalytical term for the analysts helping the client to understand resistances and other aspects of behavior, so that the client may gain deeper insights.	P.661
6. Transference	Is the psychoanalytic term for a patient's redirecting to the analyst emotions from other relationships.	P.611
7. Client Centered Theory	A humanistic therapy developed by Rodgers; in which growth and self-awareness are facilitated in an environment that offers genuineness, acceptance, and empathy.	P. 663
8. Active Listening	A non-directive technique of person-centered therapy, in which the listener echoes, restates, clarifies, but does not interpret, clients' remarks	P. 664
9. Behavior Therapy	A therapy that applies principles of operant or classical conditioning to the elimination of problem behaviors	P. 665

10. Counterconditioning	Is a category of behavior therapy in which new responses are classically conditioned to stimuli that trigger unwanted behaviors	P. 665
11. Exposure therapies	Treat anxiety by exposing people to things they normally fear and avoid. Among these therapies are systematic desensitization and virtual reality exposure therapy.	P. 666
12. Systematic desensitization	Is a type of counterconditioning in which a state of relaxation is classically conditioned into a hierarchy of gradually increasing anxiety-provoking stimuli.	P. 666
13. Aversive Conditioning	Is a form of counterconditioning in which an unpleasant state becomes associated with an unwanted behavior.	P. 667
14. Token Economy	Is an operant conditioning procedure in which desirable behaviors are promoted in people by rewarding them with tokens, or positive reinforcers, which can be exchanged for privileges or treats. For the most part, token economies are used in hospitals, schools, and other institutional settings	P. 668
15. Cognitive therapy	Focuses on teaching people new and more adaptive ways of thinking and acting. The therapy is based on the idea that our feelings and responses to events are strongly influenced by our thinking, or cognition	P. 669
16. Cognitive-Behavior therapy	Is an integrated therapy that focuses on changing self-defeating thinking (cognitive therapy) and unwanted behaviors (behavior therapies).	P. 671

17. Family Therapy	Views problem behavior as partially engendered by the client's family system and environment. Therapy therefore focuses on relationships and problems among the various members of family.	P. 672
18. Regression toward the mean	Is the tendency for unusual events (or emotions) to return toward their average state.	P. 676
19. Meta-analysis	Is a procedure for statistically combining the results of many different research studies	P. 677
20. Psychopharmacology	Is the study of the effects of drugs on mind and behavior.	P. 685
21. Lithium	Is a chemical that is commonly used as a drug therapy to stabilize the manic-depressive mood swings of the bipolar disorder.	
22. Electroconvulsive Therapy (ECT)	A biomedical therapy often used to treat severe depression; electric shock is passed through the brain.	P. 689
23. Psychosurgery	Is a biomedical therapy that attempts to change behavior by removing or destroying brain tissue. Since drug therapy became widely available in the 1950's, psychosurgery has been in frequently used.	P. 690
24. Lobotomy	A form of psychosurgery in which the nerves linking the emotion centers of the brain to the frontal lobes is severed.	