

Chapter 15: Treatment for Psychological Disorders

1. Focusing on classical psychoanalytic therapy, describe two techniques that encourage the expression of the unconscious.
2. Describe the central assumptions that underlie rational-emotive therapy, and discuss how this method of psychotherapy can help clients to change their behaviors.
3. Describe the basic techniques of client-centered therapy. Why are these techniques important?
4. Suppose a behaviorist was treating a young man afraid to go to college. Use specific examples to describe the techniques that the therapist would use to encourage the young man to register for classes.
5. What does the research on psychotherapy reveal about its effectiveness?
6. What are the pharmacotherapy treatments of choice for the following psychological disorders: a) severe depression; b) bipolar disorder; c) schizophrenia; d) anxiety? Describe the dangers (if any) of each of the treatment regimes.
7. Trace the history of the biomedical approach to treating psychological disorders.
8. Suppose that a psychotherapist finds the cognitive and humanistic approaches to therapy most appealing. Describe how the approaches of Albert Ellis, Aaron Beck, and Carl Rogers could be integrated in treating someone with depression.
9. What are the pros and cons of using Prozac to treat psychological illnesses?
10. What makes psychotherapy different from past treatments for abnormal behavior?