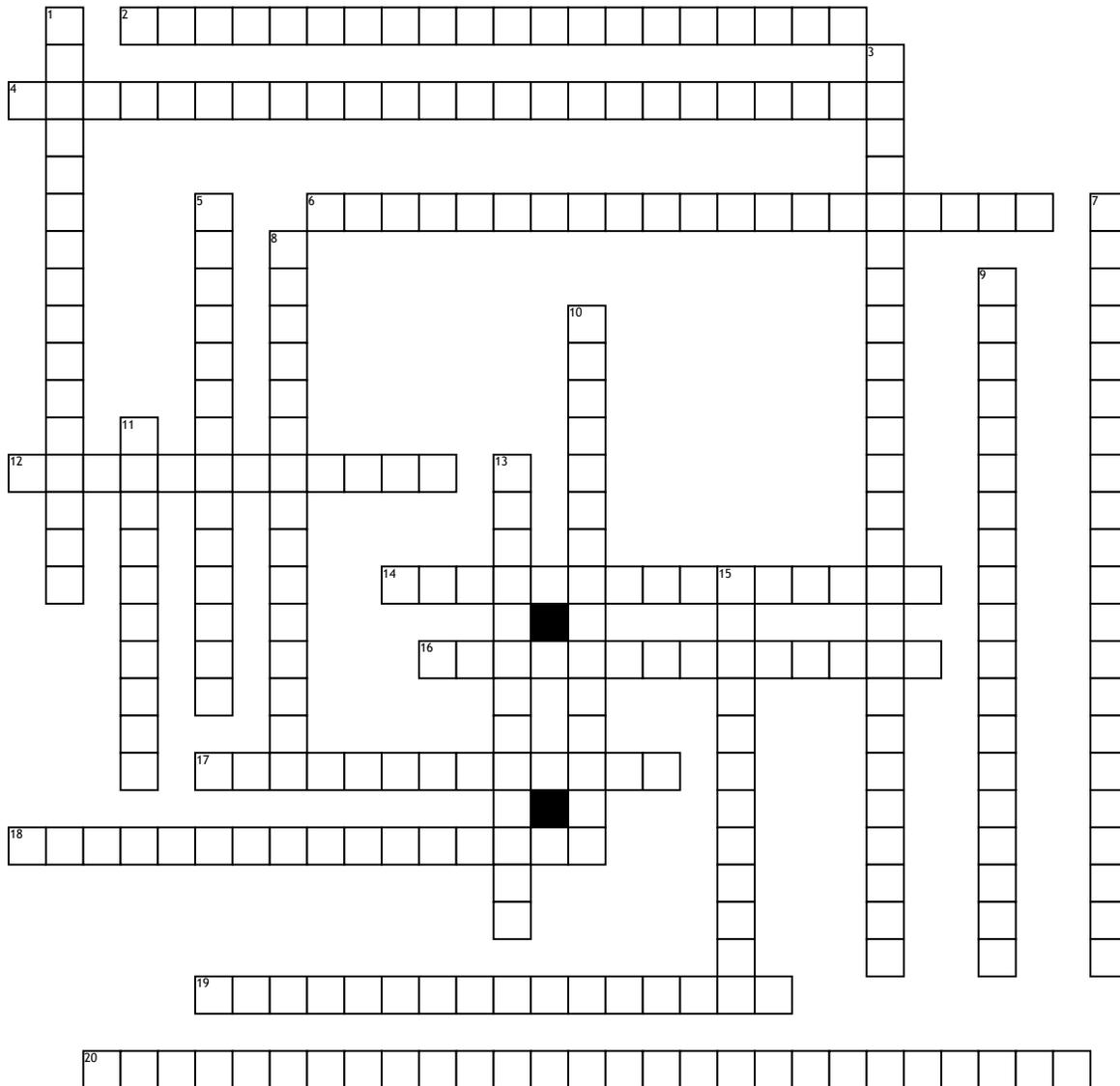


# Chapter 13 - Treatment for Mental Disorders



## Across

2. A type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol).
4. A biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient.
6. Therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight.
12. 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.
14. Emphatic listening in which the listener echoes, restates, and clarifies. A feature of Rogers' client-centered therapy.
16. Sigmund Freud's therapeutic technique. Freud believed the patient's free associations, resistances, dreams, and transference - and the therapist's interpretation of them - released previously repressed feelings, allowing the patient to gain self-insight.

17. Treatment involving psychological techniques; consists of interactions between a trained therapist and someone seeking to overcome psychological difficulties or achieve personal growth.

18. Therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and or original reaction.

19. A variety of therapies that aim to improve psychological functioning by increasing the client's awareness of underlying motives and defenses.

20. A caring, accepting, nonjudgmental attitude, which Carl Rogers believed would help clients to develop self-awareness and self-acceptance.

## Down

1. An approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy.

3. A type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli. Commonly used to treat phobias.

5. In psychoanalysis, the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight.

7. A humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate clients' growth. (Also called person-centered therapy).

8. Therapy that applies learning principles to the elimination of unwanted behaviors.

9. A behavior therapy procedure that uses classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors; includes exposure therapies and aversive conditioning.

10. Behavioral techniques, such as systematic desensitization, that treat anxieties by exposing people (in imagination or actuality) to the things they fear and avoid.

11. In psychoanalysis, the blocking from consciousness of anxiety-laden material.

13. Therapy that treats the family as a system. Views an individual's unwanted behaviors as influenced by, or directed at, other family members.

15. In psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationship (such as love or hatred for a parent).