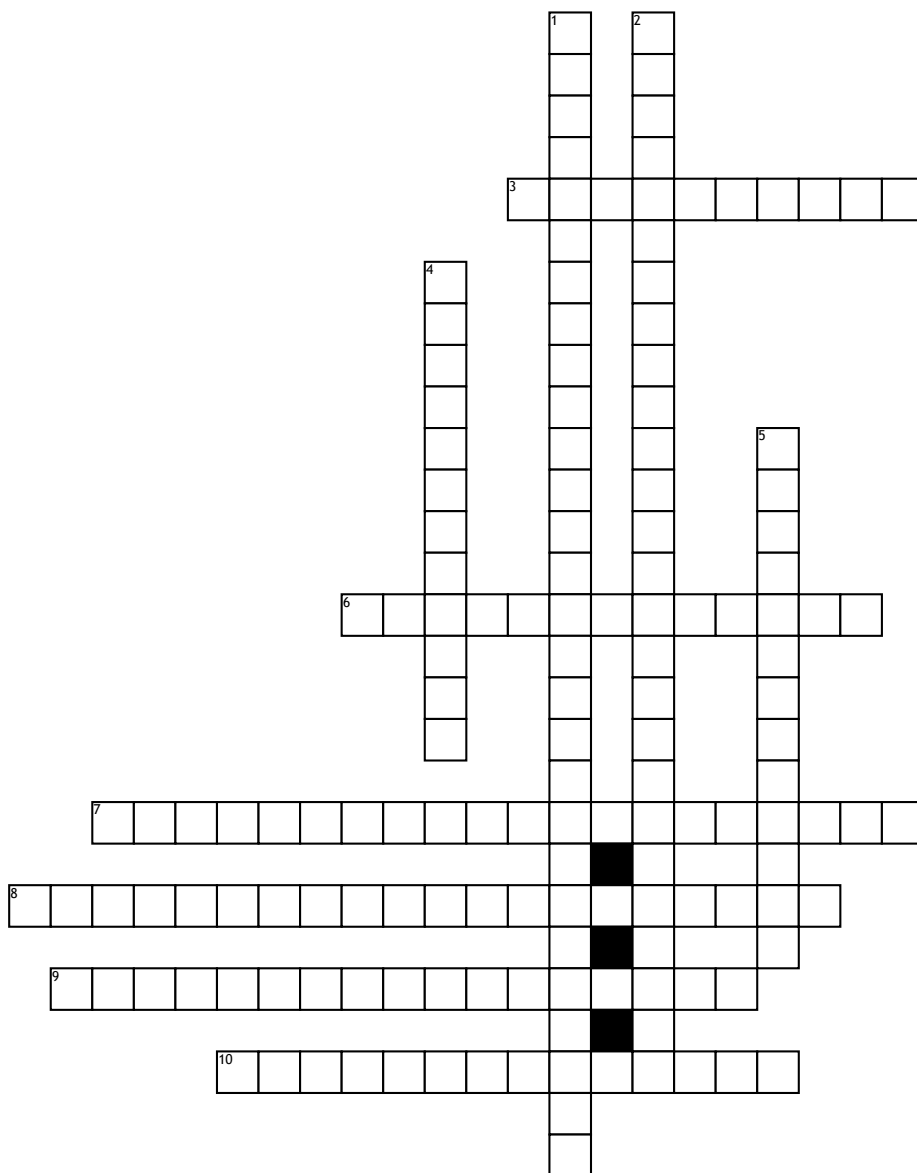


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Psychotherapy



## Across

3. A client's unwillingness to discuss a particular topic in therapy.
6. Developed dialectical behavioral therapy
7. Aids in understanding interpersonal issues that are troublesome.
8. Working with a therapist to improve self awareness and change old patterns.
9. Guidance and encouragement to help patients develop their own resources.

10. Set of therapeutic techniques which form together to form a method of treatment for mental-health disorders.

## Down

1. Helps regulate emotions by teaching skills so people can take personal responsibility.
2. Identifying and change thinking and behavior patterns that are harmful.
4. Founder of psychoanalysis
5. Treatment involving psychological techniques