

THERAPY	PERSPECTIVE	GOAL	METHODS/TERMS
Psychoanalysis * <u>Insight</u> : designed to help ppl understand the causes of their problems	Psychoanalytic	Help ppl understand how childhood created unconscious conflicts. Resolve unconscious conflicts.	- Free association - dream interpretation - resistance & transference - expensive & time consuming
Cognitive Beck	Cognitive	Help ppl see how faulty thoughts cause psychological problems	- combative - encourage patients to engage in pursuits that'll bring them success - Cog. Triad: (-) beliefs about self, world & future
Rational Emotive Behavioral Therapy (REBT) Ellis	Cognitive & Behavioral	Help clients see irrational thoughts & change behavior	- Gives homework - ABCs: A: activating event B: belief systems C: consequence
Client Centered Rogers * <u>Insight</u>	Humanistic	Create comfortable environment by providing unconditional (+) regard.	- non-directive approach - active listening - help patient (+) self-concept, fulfill needs, meet potential
Existential	Humanistic	Help patient answer "what is the meaning of life" &	"where am I going in life?" <u>Purpose</u>
Gestalt Perls	Humanistic	Help ppl forget become more self-aware & self-accepting	empty chair technique

Flooding Counterconditioning	Behavioral	Behavior modification	Exposure therapy expose patient to fear
Modeling Observational	Behavioral	Behavior modification	obscene model
Systematic Desensitization Wolpe Classical Countercond.	Behavioral	Behavior modification	teach relation exercises create anxiety hierarchy in vivo or covert
Aversion	Behavioral	Behavior modification	Pair: unpleasant stimulus w/ maladaptive behavior
Token Economy operant conditioning Countercond.	Behavioral	Behavior modification	- Exchange token for reward - receive token for good behavior - Pison, schools
Somatic	Biomedical	Produce bodily Changes	- Psychopharmacology (drugs) - Antianxiety: Xanax, Valium - Antipsychotic: Haldol, Thorazine - Mood-stabilizers: Lithium - antidepressant: Prozac (SSRI, MAOI) - ECT - Psychosurgery