

Active listening

empathic listening in which the listener echoes, restates, and clarifies

Anxiety

cognitive therapy, exposure therapy, and stress inoculation training

Aversive conditioning

a type of counterconditioning that associates an unpleasant state with an unwanted behavior

Bed wetting

behavior modification

Behavior therapy

therapy that applies learning principles to the elimination of unwanted behaviors

Behavior-conditioning therapy	phobias, compulsions, marital problems, and sexual disorders
Biomedical therapy	prescribed medications or medical procedures that act directly on the patient's nervous system
biomedical therapy	physically changing brain's functioning by altering its chemistry with drugs, electroconvulsive shock, magnetic impulses, or altering circuits thru psychosurgery
Bulimia	cognitive-behavior therapy
Chlorpromazine (Thorazine)	Works well for patients with positive symptoms, not negative

Client-centered therapy

(Rogers) a humanistic therapy in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate the clients' growth (person-centered therapy)

Clozapine (Clozaril)

Good for negative symptoms and people with positive symptoms with whom other drugs didn't work

Cognitive therapy

therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and our emotional reactions

Cognitive-behavior therapy

combined cognitive therapy with behavior therapy that changes self-defeating thinking and behavior and replaces behaviors with new ways of thinking and practiced a more positive approach to everyday settings

Counterconditioning

a behavior therapy procedure that conditions new responses to stimuli that trigger unwanted behaviors

Depakote	helps bipolar people (originally used for people with epilepsy)
Depression	cognitive therapy, interpersonal therapy, and behavior therapy
Eclectic approach	an approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy
ECT (Electroconvulsive therapy)	a biomed therapy for severely depressed patients in which a brief electric current is sent thru the brain of an anesthetized patient
EMDR	combining rapid eye movement with recall of traumatic experience to reduce distress from that memory

<p>Exposure therapies</p>	<p>behavioral techniques that treat anxieties by exposing people (in reality or not) to things they fear and avoid</p>
<p>Family therapy</p>	<p>therapy that treats the family as a system</p>
<p>Fluoxetine</p>	<p>Prozac - blocks reabsorption and removal of serotonin in synapses</p>
<p>Humanistic therapy</p>	<p>emphasized people's inherent potential for self-fulfillment, focusing on present and future more than past, conscious rather than unconscious thoughts</p>
<p>Interpersonal psychotherapy</p>	<p>a variation on psychodynamic therapy that is effective in treating depression (only short term relief)</p>

Interpretation

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

Lithium

good stabilizer for bipolar people

Lobotomy

a now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients

Meta-analysis

a procedure for statistically combining the results of many different research studies

Nondirective therapy

person listens without judging or interpreting and directs client to insights

Prozac, Zoloft, Paxil	SSRI (Selective serotonin reuptake inhibitors)
Psychoanalysis	Freud's therapeutic technique; Free association, resistances, dreams, and transference - and therapist's interpretation - released previously repressed feelings, allowing patient to gain self-insight
Psychodynamic Therapy	therapists try to understand a patient's current symptoms by focusing on themes across important relationships, including childhood experiences and the therapist relationship
Psychopharmacology	the study of the effects of drugs on mind and behavior
Psychosurgery	surgery that removes or destroys brain tissue in effort to change behavior

Psychotherapy	an emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties
Resistance	in psychoanalysis, the blocking from consciousness of anxiety-laden material
rTMS (repetitive transcranial magnetic stimulation)	the application of repeated pulses of magnetic energy to brain; used to stimulate or suppress brain activity
Stress inoculation training	teaching people to restructure their thinking in stressful situations
Systematic desensitization	a type of counterconditioning that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli

Tardive dyskinesia

involuntary movements of the facial muscles, tongue, and limbs; a possible neurotoxic side effect of long-term use of antipsychotic drugs that target D2 dopamine receptors

Token economy

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

Transference

in psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationships (like love or hatred for parent)

Virtual reality exposure therapy

an anxiety treatment that progressively exposes people to simulations of their greatest fears

Xanax, Ativan

Antianxiety agents that depress CNS activity