

Psychotherapy	Interpretation
Eclectic approach	Transference
Psychoanalysis	Client-centered therapy
Resistance	Active listening
Counterconditioning	Behavior therapy

<p>In psychoanalysis, the analyst's noting supposed dream meanings, resistances, and other significant behaviors in order to promote insight.</p>	<p>An emotionally charged, confiding interaction between a trained therapist and someone who suffers from psychological difficulties.</p>
<p>In psychoanalysis, the patient's transfer of emotions linked with other relationships (such as love or hatred for a parent.)</p>	<p>An approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy.</p>
<p>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 the clients' growth.</p>	<p>Sigmund Freud's therapeutic technique. Freud believed the patient's free associations, resistances, dreams, and transferences - and the therapist's interpretations of them - released previously repressed feelings, allowing the patient to gain self-insight.</p>
<p>Empathic listening in which the listener echoes, restates and clarifies. A feature of Rogers' client-centered therapy.</p>	<p>In psychoanalysis, the blocking from consciousness of anxiety-laden material.</p>
<p>Therapy that applies learning principles to the elimination of unwanted behaviors.</p>	<p>A behavior therapy procedure that conditions new responses to stimuli that trigger unwanted behaviors; based on classical conditioning. Includes systematic desensitization and aversive conditioning.</p>

Exposure therapies	Cognitive therapy
Systematic desensitization	Cognitive-behavior therapy
Aversive conditioning	Family therapy
Token economy	Regression toward the mean
Psychopharmacology	Meta-analysis

<p>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.</p>	<p>Behavioral techniques, such as systematic desensitization, that treat anxieties by exposing people (in imagination or reality) to the things they fear and avoid.</p>
<p>A popular integrated therapy that combines cognitive therapy (changes self-defeating thinking) with the behavior therapy (changing behavior).</p>	<p>A type of counterconditioning that associates a pleasant relaxed state with the gradually increasing anxiety-triggering stimuli. Commonly used to treat phobias.</p>
<p>Therapy that treats the family as a system. Views an individual's unwanted behaviors as influenced by or directed at other family members; attempts to guide family members toward positive relationships and improved communication.</p>	<p>A type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol).</p>
<p>The tendency for extremes of unusual scores to fall back (regress) toward their average.</p>	<p>An operant conditioning procedure that rewards desired behavior. A patient exchanges a token of some sort, earned for exhibiting the desired behavior, for various privileges or treats.</p>
<p>A procedure for statistically combining the results of many different research studies.</p>	<p>The study of the effects of drugs on mind and behavior.</p>

Lithium

Electroconvulsive therapy

Psychosurgery

Lobotomy

	<p>A chemical that provides an effective drug therapy for the mood swings of bipolar (manic-depressive) disorders.</p>
	<p>A biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient.</p>
	<p>Surgery that removes or destroys brain tissue in an effort to change behavior.</p>
	<p>A now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients. The procedure cut the nerves that connect the frontal lobes to the emotion-controlling centers of the inner brain.</p>



