

# Viking Quest: Psychology Assignments

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*February 2015*

*Week: 2<sup>nd</sup> -6<sup>th</sup>*

- *Read Chapter 17-1, 17-2*
- *Create an outline/Cornell/or other form of note taking guide for the section.*
- *Complete pgs. 492 # 1-5, Pg. 497 # 1-5*
- *Complete Study Guide Handouts*

*February 2015*

*Week: 9<sup>th</sup> -13<sup>th</sup>*

# Study Guide 17-1



## What Is Psychotherapy?

For use with textbook pages 485–492

### Key Terms

**psychotherapy** any treatment used by therapists to help troubled individuals overcome their problems (page 486)

**eclectic approach** method that combines various kinds of therapy or combinations of therapies (page 487)

**placebo effect** the influence that a patient's hopes and expectations have on his or her improvement during therapy (page 488)

**empathy** capacity for warmth and understanding (page 489)

**group therapy** patients work together with the aid of a leader to resolve interpersonal problems (page 489)

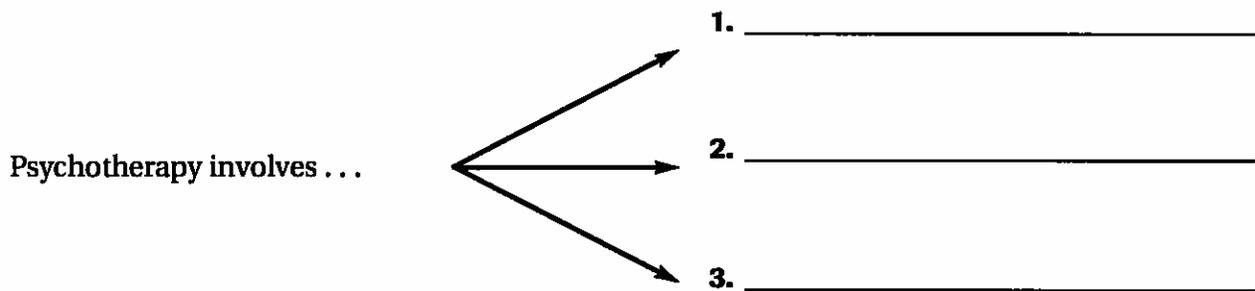
### Drawing From Experience

Think about someone you like to talk to when you are troubled. What qualities does this person have that cause you to go to him or her? Would you want these same qualities in a therapist if you needed professional help?

In this section, you will learn what psychotherapy is and how it works. You will also learn about different kinds of therapy and the people who provide it.

### Organizing Your Thoughts

Use the diagram below to help you take notes as you read the summaries that follow. Think about the three things involved in psychotherapy. List them in the diagram below.



## Read to Learn

### Introduction (page 485)

At times of crisis in life, we all need to talk to someone we trust. Often a parent, relative, or close friend can fill this role. Sometimes the problems are too complex or confusing to be solved this way, however. When people become unhappy with life and think the reason lies within themselves, they need professional help. Mental health professionals trained to deal with psychological problems are psychologists, psychiatrists, and social workers. **Psychotherapy** is any treatment used by these therapists to help people overcome their problems. It includes three things: (1) conversation between the therapist and client, (2) developing a trusting relationship between the two, and (3) the therapist's analysis of the client's problems and suggestions for overcoming them.

4. How can a trusted friend or relative help you overcome problems?
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### The Nature of Psychotherapy (page 486)

In early times, people with psychological problems were thought to have demons inside them. They were treated with exorcism—religious ceremonies to drive out the demons. Later people began to look at these problems as diseases or *mental illness* that required treatment. Now this label may do more harm than good. It causes people to think of themselves as helpless victims with no control over their problems. By thinking of themselves this way, they may avoid taking an active role in helping themselves change. One function of psychotherapy is to help people realize that they are the only ones who can solve their problems. The therapist is a guide that helps clients find the source of their problems and possible solutions.

There are many kinds of therapy. Each is based on different theories about how personality works. Each has its own style. Some therapists use an eclectic approach. They use combinations of different kinds of therapy.

Over the years, people may develop certain feelings about themselves. Their behavior supports these feelings, making them hard to change. These behaviors and feelings get in the way of reaching their goals. To change, people must believe that they can change. The influence of people's beliefs on their improvement is called the **placebo effect**. Patients who believe they have the power to change will find a way, with hard work and the help of a therapist.

5. Why might the label "mental illness" get in the way of someone's ability to recover?
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### Who Are Therapists? (page 488)

Good therapists have three characteristics. First, they must be psychologically healthy. Second, they must have **empathy**. This is the ability to give warmth and understanding. Troubled people are usually fearful and confused.

The therapist must give them confidence that he or she understands and cares. Third, good therapists must have experience dealing with people and understanding their complex problems.

6. Why is empathy so important in a therapist?
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### **Group Therapies (page 489)**

In some forms of therapy, the patient is alone with the therapist. In **group therapy**, patients work together with the aid of a leader to solve problems. One advantage is that patients can see how other people are struggling with problems like their own. Also, they can discover what others think of them and can express what they think of other people. This way, people can see their mistakes in their views of themselves and of other people. In group therapy, people can also see others recovering, giving them hope.

Sometimes therapists suggest that the whole family work together in group therapy. In *family therapy*, family members can untangle the twisted web of relationships that led to emotional problems for one or more members. Often family members mistreat each other or are mistreated in ways they do not understand or want to talk about. The therapist can point out what is happening and suggest ways to improve communication and fairness in the family.

*Self-help groups* are voluntary groups of people who share a particular problem. These groups often operate without a professional therapist. At meetings, members discuss their difficulties and support each other. Self-help groups exist for alcoholism, overeating, child abuse, gambling, and many other problems. Alcoholics Anonymous (AA) serves as a model for other self-help groups. According to AA, the only way for alcoholics to change is to first admit that they can't control their drinking and that they can no longer manage their lives.

7. If one family member is having emotional problems, why might family therapy help?
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### **Does Psychotherapy Work? (page 491)**

Hans Eysenck reviewed five studies about the effectiveness of psychotherapy. He concluded that therapy is no more effective than no treatment at all. Others disagreed with his conclusions. One problem with trying to determine the success of therapy is to define improvement. In a later analysis of nearly 400 studies, using statistical tools, Mary Lee Smith and Gene V. Glass estimated the effects of psychotherapy. They concluded that therapy is helpful. Most forms of therapy improved the quality of life for patients. Some kinds of therapy work better in some situations than others, however. The patient and therapist must determine the type that will work best for them.

8. Based on this summary, how did Smith and Glass define improvement in therapy?
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# Study Guide 17-2

## Psychoanalysis and Humanistic Therapy

For use with textbook pages 493–497

### Key Terms

**psychoanalysis** therapy aimed at making patients aware of their unconscious motives so that they can gain control over their behavior (page 494)

**insight** the apparent sudden realization of the solution to a problem (page 494)

**free association** a method used to examine the unconscious; the patient is instructed to say whatever comes into his or her mind (page 494)

**resistance** the reluctance of a patient either to reveal painful feelings or to examine long-standing behavior patterns (page 494)

**dream analysis** a technique used by psychoanalysts to interpret the content of patients' dreams (page 495)

**transference** the process, experienced by the patient, of feeling toward an analyst or therapist the way he or she feels or felt toward some other important figure in his or her life (page 495)

**humanistic therapy** focuses on the value, dignity, and worth of each person; holds that healthy living is the result of realizing one's full potential (page 496)

**client-centered therapy** reflects the belief that the client and therapist are partners in therapy (page 496)

**nondirective therapy** the free flow of images and ideas, with no particular direction (page 496)

**active listening** empathetic listening; a listener acknowledges, restates, and clarifies the speaker's thoughts and concerns (page 497)

**unconditional positive regard** a therapist's consistent expression of acceptance for the patient, no matter what the patient says and does (page 497)

### Drawing From Experience

Do you sometimes have the same dream over and over? Did you ever try to make sense out of the dream? In this section, you will learn about two types of therapy: psychoanalysis and humanistic.

### Organizing Your Thoughts

Use the diagram on the next page to help you take notes as you read the summaries that follow. Psychoanalysis and humanistic therapy approach psychological problems and their solutions in different ways. In the diagram, write about how each approach views the source of problems and the goal of therapy in solving them.

	Psychoanalysis	Humanistic Therapy
Psychological problems occur because . . .	1.	2.
Goal of therapy is . . .	3.	4.

## Read to Learn

### Introduction (page 493)

Sigmund Freud believed that dreams are a window into the unconscious mind. Therapists who follow Freud's approach look for meaning in patients' dreams to help them understand their problems. For example, suppose a patient dreamed about herself as a child riding a bicycle. The bicycle could represent the freedom from illness that the patient longed for.

5. Think about a dream you had recently. Identify something in it that could represent something you think or feel.

### What Is Psychoanalysis? (page 494)

Psychoanalysis is therapy based on Freud's theories. Freud believed that psychological problems come from anxiety about hidden conflicts among the unconscious parts of one's personality. The psychoanalyst's job is to help patients become aware of their unconscious desires and fears. Once they understand their unconscious motives, they can gain control over their behavior. This will free them from their problems. Suddenly understanding the solution to a problem is called **insight**.

Psychoanalysis can take years of weekly sessions to accomplish change. The process starts with the analyst telling patients to relax and talk about everything that comes to mind. This method is called **free association**. Patients may describe dreams, private thoughts, or long-forgotten experiences. Patients usually do not want to talk about painful feelings or old patterns of behavior that need to be changed. So, they hold back information. This is called **resistance**. When resistance occurs, the analyst may point out what is happening and suggest ways to approach the area of resistance.

In **dream analysis**, the analyst tries to explain the meaning of clients' dreams to find out about their unconscious thoughts and feelings. Freud believed that dreams contain manifest and latent content. *Manifest content* is what you remember about your dream. For example, you may dream that your house fell apart, brick by brick. *Latent content* is the hidden meanings represented as symbols in the dream. For example, the analyst might suggest that your house falling apart was a symbol of your worry over your current health problems.

The analyst may begin to appear in patients' free association and dreams. Patients begin feeling toward the analyst the way that they feel toward some

important person in their lives, such as a parent. This process is called **transference**. Patients may start acting toward the analyst the way they act toward the important person. For example, the analyst might ask, "What do you see when you imagine my face?" The patient might reply that she sees an angry, frowning person. The therapist then might say, "What does this make you think of?" Gradually, the patient may come to understand that she is reacting to the neutral therapist as though he were a threatening father. This helps her become aware of her true feelings toward her father.

*Short-term dynamic psychotherapy* is a shortened version of psychoanalysis. The therapist takes a more direct, active role in this type of therapy. It works well for people able to gain insight into their behavior. It does not work well for schizophrenics.

6. How might free association help bring problems to the surface?

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### **Humanistic Therapy (page 496)**

The goal of **humanistic therapy** is to help people reach their full potential. **Client-centered therapy** refers to several humanistic approaches. All reflect the belief that the client and therapist are partners in therapy. Client-centered therapy is based on the theories of Carl Rogers. Success of this therapy depends on the strength of the client's desire for growth and self-actualization. Client-centered therapists must have three qualities: positive regard, empathy, and genuineness. Positive regard is the therapist's ability to show caring and respect for the client. Empathy is the therapist's ability to understand what the client is feeling. Genuineness is the therapist's ability to act toward the client in a real and not defensive manner.

Client-centered therapists believe that people are basically good and capable of handling their own lives. Psychological problems happen when the true self becomes lost. A goal of therapy is to help clients learn to be true to their own standards and ideas about how to live.

The therapists encourage clients to speak freely about what is bothering them. This method is called **nondirective therapy** because the therapist does not direct it. Clients talk about whatever they want. The therapist tries to echo back the feelings the clients have expressed. This technique is called **active listening**.

Client-centered therapy takes place in an atmosphere of emotional support called **unconditional positive regard**. This means that the therapist always expresses acceptance of clients, no matter what they say. The therapist does not judge clients' thoughts. The therapist creates a warm and accepting relationship with the clients. This acceptance makes it easier for clients to explore thoughts about themselves. Clients gain courage to accept parts of their personality they used to think were bad. They begin to feel their self-worth. They set up realistic goals and plan steps to reach them.

7. Why is unconditional positive regard important in client-centered therapy?

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