Study Guide: Chapter 16

True/False

Indicate whether the sentence or statement is true or false.

____ 1. Unlike medical professionals, psychologists usually don't need a license to practice psychology in the U.S. (p. 706)
____ 2. Freud believed that transference was an unconscious drive experienced by all children causing them to be romantically attracted toward their opposite sex parent. (p. 710)
____ 3. Traditional psychoanalytic therapy still enjoys widespread popularity among therapists today. (p. 710)
____ 4. Humanistic therapists would be considered to be more actively involved in directing the course of therapy than any other type of therapist. (p. 712)
____ 5. Systematic desensitization is particularly effective in the treatment of phobias. (p. 715)
____ 6. Albert Ellis would try to get his clients to admit that their thinking is irrational and illogical. (p. 719)
____ 7. Self-help groups have generally been found to be a waste of time for those who participate. (p. 725)
____ 8. Psychotherapy has been found to be effective only for certain types of mental disorders. (p. 726)
____ 9. Biological therapies are usually more effective than psychological therapies in the treatment of mental disorders. (p. 726)
____ 10. Prozac is a type of MAO inhibitor antidepressant. (p. 733)

Short Answer

11. Compare and contrast the psychoanalytical approach and the humanistic approach to therapy.

12. Describe the basic differences between traditional psychoanalytic therapists and short-term dynamic therapists.

13. Describe how systematic desensitization might be used to treat a person with a phobia of heights.

14. Describe what is known about the effectiveness of therapy in general, and more specifically about the different types of therapy.

15. Identify the major medications, including their effectiveness and disadvantages, used to treat mood disorders.