

## Methods of Therapy

## Guided Reading

### Section 1

#### READING THE SECTION

**DIRECTIONS** Read the definitions below. In the space provided, write the letter of the term that matches each definition.

- |   |                       |
|---|-----------------------|
| _____ 1. composed of people who share the same problem, such as overeating                | a. psychotherapy      |
| _____ 2. psychologically based therapy involving interaction between therapist and client | b. self-help group    |
| _____ 3. method of replacing self-defeating attitudes with rational attitudes             | c. psychoanalysis     |
| _____ 4. method of reducing inappropriate guilt   | d. humanistic therapy |
| _____ 5. method to remove obstacles to self-actualization                                 | e. cognitive therapy  |

**DIRECTIONS** On the line provided before each statement, write **T** if a statement is true and **F** if a statement is false. If the statement is false, write the correct term on the line after each sentence that makes the sentence a true statement.

- \_\_\_\_\_ 6. Psychologists are medical doctors who can prescribe medication.  
\_\_\_\_\_
- \_\_\_\_\_ 7. Psychiatric social workers counsel people with everyday personal and family problems.  
\_\_\_\_\_
- \_\_\_\_\_ 8. Clinical psychologists must have a doctorate and often work in clinics and hospitals.  
\_\_\_\_\_
- \_\_\_\_\_ 9. Behavior therapy attempts to replace self-defeating attitudes and beliefs with rational, self-enhancing attitudes and beliefs.  
\_\_\_\_\_
- \_\_\_\_\_ 10. Psychiatric nurses are able to dispense but not prescribe medicines.  
\_\_\_\_\_

**POST-READING QUICK CHECK**

**DIRECTIONS** Read each sentence and fill in the blank with the correct word or phrase.

11. The goal of \_\_\_\_\_ is to replace avoidant behavior with coping behavior. (**psychoanalysis/cognitive therapy**)
12. The goal of \_\_\_\_\_ is to remove obstacles in the path of self-actualization. (**psychoanalysis/humanistic therapy**)
13. The goal of \_\_\_\_\_ is to replace irrational, self-defeating attitudes and beliefs with rational, self-enhancing attitudes and beliefs. (**cognitive therapy/behavior therapy**)
14. The goal of \_\_\_\_\_ is to replace maladaptive, self-defeating behavior with adaptive, self-enhancing behavior. (**behavior therapy/humanistic therapy**)

**DIRECTIONS** In your own words, write the definition of each term.

15. psychotherapy: \_\_\_\_\_  
\_\_\_\_\_
16. self-help group: \_\_\_\_\_  
\_\_\_\_\_
17. psychiatrist: \_\_\_\_\_  
\_\_\_\_\_
18. Al-Anon: \_\_\_\_\_  
\_\_\_\_\_