

## Unit 8: Study Guide

### Treatment of Psychological Disorders

An overview of the various approaches of treatment of psychological disorders include: Behaviorist, Humanistic, Psychoanalytic/Psychodynamic, Gestalt, Cognitive-Behavioral, and Pharmacological. We will also look at the various modes in which therapy can be administered such as the one-on-one approach of Cognitive Psychotherapy or group therapy, as in support or family therapies. Therapy may also be administered on an outpatient basis like a counseling center, or within a hospital or institutional setting. Additionally, students will be exposed to prevention and intervention techniques offered at the community level. Such services include educational programs, crisis intervention, telephone hotlines, and counseling.

**CR13:** The course provides instruction in treatment of psychological disorders

Text: Chapter 17 (pp. 685 – 720)  
Student Resources: Flashcards from text [www.worthpublishers.com/myers8e](http://www.worthpublishers.com/myers8e)  
*Relaxing your fears away, Forty Studies*, pp. 264 – 271  
Timeline: 4 days

An emphasis on

- Treatment Approaches
- Insight Therapies: Psychodynamic/Humanistic Approaches
- Behavioral Approaches
- Cognitive Approaches
- Biological Therapies (Psychopharmacology/Psychosurgery)
- Modes of Therapy (e.g. individual, group)
- Community and Preventive Approaches
- (5 – 7 % of multiple choice)

# Notes Study Guide Psychological Disorders

**Shasha Hu**



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