

CHAPTER 15

definitions of abnormality
 insanity
 DSM-IV-TR
 personality disorders
 anxiety disorders

- generalized anxiety disorder
- panic disorder
- phobic disorder
- agoraphobia
- social phobia
- obsessive-compulsive disorder
 - obsession/compulsion
- explanations
- evolution

 somatoform disorders

- somatization disorder
- conversion disorder
- pain disorder
- Hypochondriasis

 dissociative disorders

- dissociative amnesia/fugue
- dissociative identity disorder

 mood disorders

- major depression/dysthymia
- suicide
- bipolar/cyclothymia
- seasonal affective disorder

 SAD

- explanations

 Martin Seligman learned helplessness
 Aaron Beck's theory of depression
 Schizophrenia

- symptoms
 - hallucinations
 - delusions
 - disturbed emotions
- causes
 - blunted/flat/inappropriate

 affect

- types
 - catatonic
 - disorganized
 - paranoid
 - undifferentiated
 - residual
 - dopamine hypothesis

CHAPTER 16

History of therapy

- demonology
- trepining
- Pinel/moral treatment
- Tuke/Dix/Rush
- Kraepelin/Charcot
- Sigmund Freud
- Aaron Beck

eclectic therapy
 somatic therapies

- drugs
 - lithium
 - antipsychotics
 - tardive dyskinesia
 - therapeutic window
 - active placebo
- Electroconvulsive th. (ECT)
- Psychosurgery
 - Moniz/Freeman

 medical model

- Thomas Szasz
- Peter Breggin
- Deinstitutionalization

 involuntary commitment
 Sigmund Freud/psychoanalysis

- insight
- free association
- resistance
- dream analysis
- transference

 Carl Rogers/client-centered th.

- empathy
- unconditional positive regard
- active listening
- congruence

 behavior therapy

- classical conditioning
- systematic desensitization
- flooding
- operant conditioning
- contingency management
- token economy
- extinction
- shaping
- punishment
- stimulus control

 cognitive therapy

- Albert Ellis/REBT
- Aaron Beck

 group therapy

- peer self-help
- family therapy
- couples therapy

 effectiveness of therapy

- meta-analysis

 remote therapy

- self-help books
- computer therapy
- media therapy
- online therapy

 finding a therapist
 self-help groups
 effectiveness of therapy
 spontaneous remission