

Questions Chapter 17

1. What three aspects are involved in psychotherapy?
2. For what reason do some psychologist argue that it is a problem to use the term mentally ill?
3. What is the primary goal of psychotherapy?
4. Identify and explain the three characteristics of effective therapists?
5. What is the difference between a counselor and a psychoanalyst?
6. What are the advantages of group therapy?
7. What do therapists hope to learn from analyzing dreams?
8. What is the purpose of psychoanalysis?
9. Who is most likely to benefit from short-term dynamic psychotherapy?
10. Cite and describe the techniques involved in client-centered therapy.
11. What are the main differences between psychoanalysis and humanistic therapy?

12. What is the basic goal of cognitive therapy?
13. What is the goal of rational-emotive therapy?
14. What are the techniques used in RET therapy? Explain each.
15. What three steps have been promoted by Ellis as part of a cure?
16. What is polarized thinking?
17. Identify and explain the three steps of counterconditioning.
18. How does aversion conditioning differ from counterconditioning?
19. How does cognitive therapy differ from behavior therapy?
20. How does aversion conditioning work?
21. Identify the four types of psychoactive drugs involved in drug therapy.
22. Explain how antipsychotic drugs work?
23. What is the major effect of antianxiety drugs?
24. Why is psychosurgery controversial? Why is it used?

VIRTUAL THERAPY

The curtain opens and you step out onto the stage. Before you even start speaking, you are certain the audience is bored. People stretch and cough. Is that a snore you hear? The palms of your hands turn sweaty. Your stomach flutters. Suddenly, you feel dizzy, like you might pass out at any moment.

The anxiety you feel is real, but the scene is not. What you are seeing is a virtual scene created by a company. The virtual scene is designed to help people overcome stage fright. Researcher Albert Rizzo notes, "To help people deal with their problems, you must get them exposed to what they fear most." Companies create virtual scenes and experiences by combining video clips of real people with special effects. In this way, people can face their fears in a controlled environment.

To experience a virtual scene, a person wears a helmet with screens over the eyes to create a 3-D effect. A motion sensor in the helmet changes the scene with the wearer's head position. For example, if you were wearing one of these helmets, each

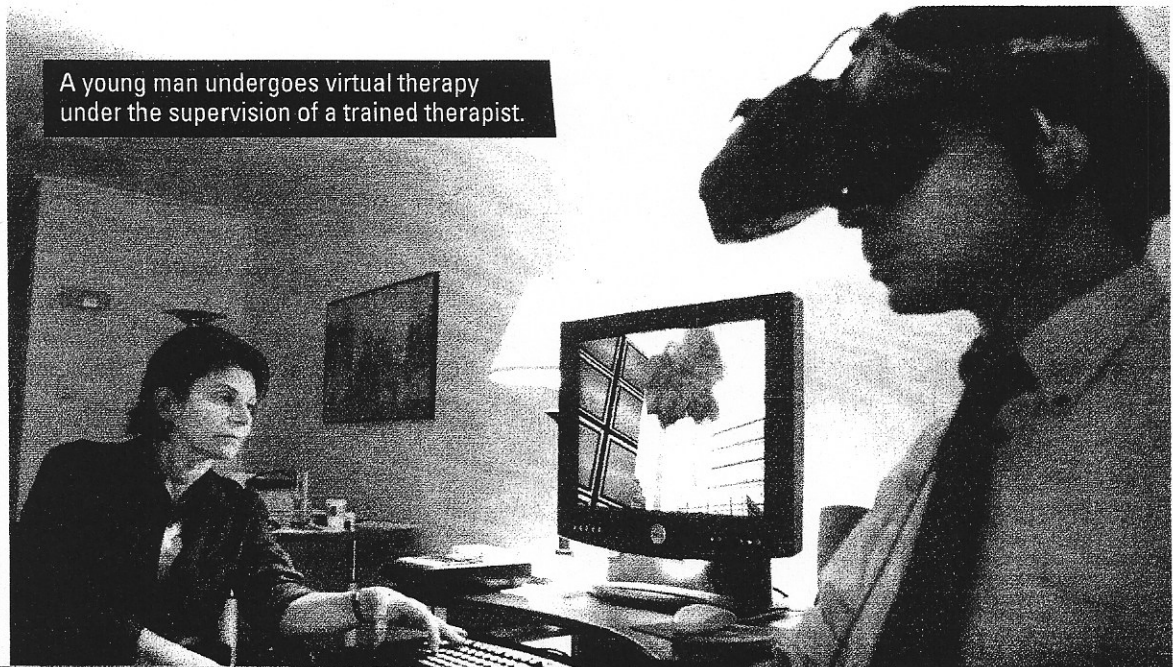
time you turned your head, you would see a different part of the virtual scene.

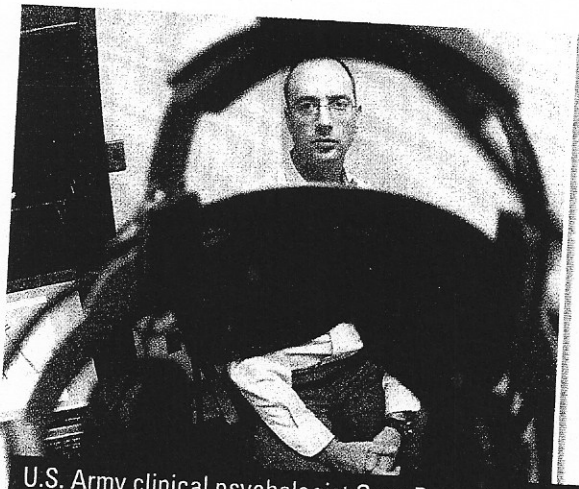
With virtual scenes, an operator can control the level of intensity a person experiences. As the person begins to overcome his or her fear, the intensity can be increased. For example, people who fear flying can experience a virtual airplane flight that is smooth and short or bumpy and prolonged. People receiving virtual treatment work with psychologists before and after the sessions to learn ways to cope with their anxiety.

Virtual therapy can be used to tackle many problems: stage fright, fear of elevators, fear of heights, fear of flying, and fear of bad weather are just a few. Engineers have even created a virtual re-enactment of the terrorist attacks on September 11, 2001. With this re-enactment, people can step back in time to learn to cope with their memories of the attacks.

Virtual Iraq is an experimental treatment program that has been designed to help soldiers work through the trauma

A young man undergoes virtual therapy under the supervision of a trained therapist.





U.S. Army clinical psychologist Greg Reger is shown with a headset. It is used in an experimental virtual-reality computer simulation designed to treat soldiers suffering from post-traumatic stress disorder (PTSD).

induced by combat in Iraq. Symptoms experienced by the soldiers include nightmares, flashbacks, obsessive thoughts, detachment, and anger. Some soldiers completely withdraw from society.

During the treatment, the soldier attempts to deal with PTSD by means of a computer-simulated environment. He or she wears a helmet with video goggles and earphones. A modified version of a popular war video game is also part of the program. Sights, sounds, and smells are created to help manage the painful memories of combat in Iraq.

The U.S. Department of Defense is testing Virtual Iraq as one of three virtual reality programs it is developing for the treatment of post-traumatic stress disorder. If the virtual reality therapy proves itself in clinical tests, it will likely become widely used in the treatment of PTSD in returning Iraqi war veterans. This approach to treatment for PTSD may also be useful for soldiers returning from Afghanistan. In this chapter you will learn more about different kinds of therapy.

What do you think?

1. Why might virtual therapy have some limitations to its usefulness?
2. Why might people be more willing to face their fears in a virtual setting than in a real one?

**Application
Activity****17****Rational-Emotive
Therapy**

Directions: For each scenario, write the activating cause (A), beliefs (B), and consequences (C) in the spaces provided.

Scenario 1

Brent had always done well in school. He has good study habits that have always allowed him to be prepared for tests. When the teacher returned the physics midterm test, Brent was shocked to discover he had barely passed the test. Brent begins to think of himself as a poor student. Although he did well on his other tests, he cannot seem to overcome his "failure" on the physics exam. He can't seem to concentrate on his studies and worries constantly about not getting accepted to the university that he really wants to attend.

Activating cause: _____

Belief: _____

Consequences: _____

Scenario 2

Lise has one night to finish a major report for her history class. She has been diligently keying her report using word-processing software. Lise has worked for more than an hour without saving any of her work. Sean stops by to chat with her. After a few minutes of conversation, Lise tells Sean that she must return to work or she will be awake all night finishing the report. As Sean is leaving, he trips over the power strip and accidentally unplugs the computer. Lise loses her entire report. She becomes extremely angry and berates Sean for his clumsiness. Sean apologizes and offers his assistance, but Lise slams the door in his face. She works through the night to complete her report. The next day, she tells her friends that Sean intentionally sabotaged her paper to get back at her for getting a part in the school play. Sean is furious when he hears what Lise is saying. He confronts her, but she insists that he had ulterior motives for his behavior. Sean and Lise have not spoken since the confrontation.

Activating cause: _____

Belief: _____

Consequences: _____

**Drawing Conclusions**

How would a therapist using rational-emotive therapy help Brent and Lise?
