General Psychology
Ch. 17 & 15: Therapy/Personality Outline

I. Psychotherapy

II. Personality Assessment
   A. Barnum Effect
   B. Interviews
      1. Unstructured
      2. Structured
   C. Observation
   D. Objective Tests
   E. Projective Techniques
      a. Rorschach Inkblot Test
      b. Thematic Apperception Test (TAT)

II. Psychoanalysis/Psychodynamic Therapies
   A. Goal
      1. 3 Levels of Consciousness
         a. Conscious
         b. Preconscious
         c. Unconscious
      2. Personality Structure (3 mental structures)
         a. Id
         b. Ego
         c. Superego
      3. Defense Mechanisms
         a. Repression
         b. Denial
         c. Rationalization
         d. Projection
         e. Displacement
      4. Psychosexual Stages of Development
         a. Oral Stage (birth-1 1/2 yrs)
         b. Anal Stage (1 1/2-3 yrs)
         c. Phallic Stage (3-6 yrs)
            1. Oedipus Complex/Electra Complex
               d. Latency Stage (6-puberty)
               e. Genital Stage (puberty-adult)
         5. Freud’s therapy focused on:
            a. Free Association
            b. Dream Analysis
            c. Analyzing Resistance
            d. Analyzing Transference
            e. Interpretation
      6. Modern Psychodynamic Therapy
         a. Neo-Freudians
            a. Adler
b. Jung
c. Horney

III. Humanistic Therapies
A. Carl Rogers (Client-centered Therapy)
   1. Client-Therapist Relationship focuses on:
      a. Empathy
      b. Unconditional Positive Regard
      c. Genuineness
      d. Active Listening

IV. Behavior Therapies
A. Classical Conditioning
   1. Counterconditioning
      a. Systematic Desensitization
      b. Aversion Therapy

B. Operant Conditioning
   1. Shaping & reinforcement (tokens)
   2. Punishment & extinction (remove all rewards)
   3. Modeling

V. Cognitive Therapies
A. Insight into Negative Self-talk
   1. Cognitive Restructuring

B. Albert Ellis (Rational Emotive Therapy)
   1. 3 steps involved in creating a disturbed response:
      A-B-C approach

C. Aaron Beck (Cognitive-Behavior Therapy)
   1. Thinking patterns associated with depression
      a. Selective perception
      b. Overgeneralization
      c. Magnification
      d. All-or-nothing

VI. Group & Family Therapies
A. Group Therapy
   1. Self-help groups

B. Family Therapy

VII. Biomedical Therapies
A. Antianxiety Drugs- (Valium, Librium, Xanaz)
B. Antipsychotic Drugs- (Thorazine, Haldol, Clorazil)
C. Antidepressants (Elavil, Nardil, Prozac)
   1. Tricyclics- (Elavil)
   2. Monoamine Oxidase Inhibitors (MAIO’s)- (Nardil)
   3. Selective Serotonin Reuptake Inhibitors (SSRI’s)- (Prozac, Zoloft, Paxil)
   4. Atypical Antidepressants- (Wellbutrin)
D. Mood Stabilizers- (Lithium, Depakote)
   1. ECT (Electroconvulsive Therapy)
E. Psychosurgery
   1. Lobotomy