Psychology 300/480
Therapeutic Interventions (Chapter 15)

To properly prepare for the test that includes this chapter you should study the material in the book and in lecture that would allow you to do the following:

1. Describe the basic views, goals, methods, and any other important issues related to the psychoanalytical approach to therapy.
2. Describe the basic views, goals, methods, and any other important issues related to the humanistic (person-centered) approach to therapy.
3. Describe the basic views, goals, methods, and any other important issues related to the cognitive (specifically including rational-emotive therapy) approach to therapy.
4. Describe the basic views, goals, methods, and any other important issues related to the behavioral approach to therapy.
5. Describe the research findings regarding the general effectiveness of therapy and the specific factors that influence positive outcomes in therapy.
6. Describe some of the major biological treatments of mental disorders (including electroshock therapy), and indicate (if known) the success rate for such therapies.