

Psychological Disorders and Therapy Review

Here is a list of items and ideas that you should know about for the test. If you've taken good notes and have been paying attention in class, you have increased your chances of doing well on the exam. This list is NOT all inclusive.

- **Early Theories for Disorders** (spirits, godlike powers, movement of stars)
- **Early Treatments for Disorders** (deinstitutionalization)
- **Medical Model** (DSM-IV - used to identify disorders)
- **Anxiety Disorders** (Generalized, Panic, Phobias, OCD, PTSD)
- **Schizophrenia** (Paranoid [delusions and hallucinations], Treated with Anti-Psychotic Drugs)
- **Somatoform Disorders** (Conversion, Hypochondriasis, Body Dysmorphic Disorder)
- **Dissociative Disorders** (DID, Dissociative Amnesia, Dissociative Fugue, Psychogenic Amnesia - Dissociative Disorder in which a person cannot remember things, although there are no physical basis for the disruption of memory)
- **Mood Disorders** (Major Depressive, Bipolar, Depression is the "Common Cold" of psychological disorders)
- **Personality Disorders** (antisocial, narcissistic)
- **Psychoanalytic/Psychodynamic Therapy**
- **Humanistic Therapy** (insight therapies, client-centered therapy, active listening, unconditional positive regard)
- **Behavioral therapy** (counterconditioning, token economies)
- **Cognitive Therapy and Cognitive-Behavior Therapy**
- **Biological Therapy [Drug Therapies]** - antipsychotic drugs, antianxiety drugs [Xanax], antidepressant drugs, Lithium)
- **Brain Stimulation Therapy** (electroconvulsive therapy [Loss of learning abilities, loss of language / speaking abilities, extensive amnesia], Prefrontal Lobotomy - [Frontal Lobe])

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