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Chapter 15

1. **Free association** in psychology is a technique or an approach that is utilized in carrying out psychoanalytic therapy with the aim of helping patients to learn the way they think and feel. Therapist and shares words, ideas, and thoughts with patients.

Dream analysis refers to the therapeutic approach used in psychoanalysis. It causes a change as it helps one to be connected to the unconsciousness and as unknown enters a person's conscious level the unknown becomes known to allow a person to work and process content while improving their functioning

Resistance is a phenomenon faced in clinical practice whereby patients exhibit opposing behaviors.

Transference is a kind of resistance where the patient is not willing to disclose information to the therapist during psychoanalysis. The patient fails to disclose unconscious materials by maintaining silent and acting as if their love or hate has been transferred to the analyst

Countertransference is a phenomenon that occurs when the therapist starts projecting on his or her unresolved conflicts with the client. Here the therapist has a general feeling toward the patient in terms of emotional entanglement

Catharsis is a psychoanalytic concept whereby emotions and traumatic events are thought to be associated. It involves eliminating any negative emotion and associated behavior with a trauma that is not acknowledged

2. **Interpersonal psychotherapy** is a short attachment based on psychotherapy. This attachment is centered on interpersonal problem solving besides, symptomatic recovery
3. The main theme of humanistic psychotherapy is Rodger's approach that describes how the therapist boosts self-fulfillment by assisting individuals to grow in self-acceptance and –awareness.

4. Rodgers calls his type of therapy "Non-directive therapy, and it involves a therapist performing like a facilitator rather than director within the session of treatment

The main goal of Rodger therapy is ¹increasing the self-worth of an individual's feelings, lowering the incongruence level between ideal and actual self while helping a person to be fully functioning.

The main Rogers tool in psychology is his personality theory that focuses on the role of self-actualization and shaping human personality.

Rogers gives advice supporting that who we inside help us to make and do everything in our lives.

5. Gestalt therapy is a psychotherapy approach that is the client that guides the client in focusing on the present to get to know what is happening in people's lives but not perceiving what is happening by considering the experience

Rogerian therapy is based on the client's known ideas, and the therapist only provides an environment for the client to have a positive change

a). The main goal of Gestalt therapy is to enable patients to become creative and alive and stay free from any block that can diminish their growth, satisfaction, and fulfillment. It seems like Rogers in that both are client-centered and focuses on shaping individual for better life

b). The Gestalt therapy is not like that of Rogers in that while it a holistic approach that offers a humanistic analysis of individual, the Rogerian therapy is a therapeutic approach that is based on client's experience and psychological imbalances

6. The main Goals of cognitive-behavioral therapy are:

a). Changing the dysfunctional thoughts or cognition

b). Changing behavioral and emotional patterns that have more real and essential thoughts

7. The main point here changing all the irrational beliefs into rational ones so as to encourage one to identify irrational and general beliefs and challenge false beliefs by testing the reality

8. Modern therapies focus on past events to determine to change problematic behavior among clients from past to present.

9. Group and family therapies are therapies that are designed for the therapist to address specific issues affecting the functioning of a group or a family. First, understanding family and group dynamics address the problem. This kind of therapy helps solve and improve a troubled relationship

Medical therapies involve taking medications to treat and condition to improve quality of life. In this type of therapy, drugs are used to relieve things like pain, coughing, and swelling. Electroconvulsive shocks are used for those patients with bipolar disorders or

significant depressions. It involves the electrical stimulation for the brain while the patient is under anesthesia. Further, medical therapy consists of some surgery that is done to treat both injuries and diseases. This one is done by suturing, cutting, or even abrading for changing body organs or tissues.

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