

have permanent effects, like tardive dyskinesia. Perhaps most important, drugs can cause dependency. Some drugs are psychologically addictive because they do alleviate negative symptoms and improve quality of life. Patients may develop a dependency based on the belief that without the drug they will relapse back to the way they felt before.

Doctors need to provide information to the patient that warns about any possible side effects, what he or she should expect when first taking the drug, and any possibility of addiction.

AP Tip

One free-response question might ask you to identify the criticisms associated with biomedical therapy.

COMMUNITY PSYCHOLOGY

There was a growing concern that individuals were not benefiting from being kept in mental hospitals. This led to **deinstitutionalization**, *the process of releasing patients from hospitals, which in turn led to the shutting down of many mental health hospitals*. Many of these released patients became homeless. This led to **community psychology**, *a movement to decrease or prevent psychological disorders through offerings in community mental health programs*. Community psychologists try to identify symptoms in the earliest stages in hopes of preventing disorders from getting worse. In addition, they provide programs that teach positive social skills, coping strategies, and other methods to build and improve character. Community psychology has successfully addressed poverty, homelessness, substandard living situations, and generally making sure people get the help they need.

Multiple-Choice Questions

1. What type of therapist has a medical degree and therefore is able to prescribe medications?
 - (A) Clinical psychologist
 - (B) Social worker
 - (C) Counselor
 - (D) Psychiatrist
 - (E) Psychiatric nurse

2. Psychoanalysis is a method of
 - (A) treatment that helps patients gain an understanding and possible resolution of conflicts hidden in the unconscious that may be responsible for psychological disorders
 - (B) reversing learned behaviors that are now associated with psychological disorders
 - (C) developing and promoting a healthy self-concept
 - (D) examining thoughts and actions connected with psychological disorders
 - (E) group interaction and social skill development

3. The process in psychoanalysis in which a patient reports on whatever thoughts, memories, or concerns come to mind is called
 - (A) resistance
 - (B) empathy
 - (C) transference
 - (D) latent content
 - (E) free association

4. In a psychoanalytical session, the following dialogue demonstrates which term?

Psychoanalyst: "Why don't you tell me more about your mother?"

Patient: "You were never there for me—why did you do the things that you did?"

 - (A) Resistance
 - (B) Transference
 - (C) Empathy
 - (D) Unconditional positive regard
 - (E) Manifest content

5. Who believed that during the therapeutic session a therapist should demonstrate unconditional positive regard, empathy or active listening, and genuineness in the hopes that the client or patient could then identify personal problems and later develop possible solutions?
 - (A) Sigmund Freud
 - (B) Fritz Perls
 - (C) Carl Rogers
 - (D) B. F. Skinner
 - (E) Albert Ellis

6. Suzy doesn't like to make speeches. Every time she gets up in front of people she starts to shake and becomes increasingly nervous. Which therapeutic perspective would explain Suzy's response as a result of negative associations?
 - (A) Humanistic
 - (B) Psychodynamic
 - (C) Cognitive
 - (D) Gestalt
 - (E) Behavior

7. Who conducted the first research to use the technique of counterconditioning?
 - (A) Joseph Wolpe
 - (B) Mary Cover Jones
 - (C) Carl Rogers
 - (D) Fritz Perls
 - (E) Margaret Floy Washburn

8. In certain rehabilitation centers, patients are given coupons for good behavior that later can be used to buy desirable merchandise or acquire certain privileges. This process is referred to as
 - (A) systematic desensitization
 - (B) client-centered therapy
 - (C) Gestalt therapy
 - (D) token economies
 - (E) transference

9. Larry was just hired by a company to develop a new marketing campaign for their product. Larry, however, has a childhood phobia of heights and this new job requires him to work on the top floor. Which therapeutic technique would teach Larry to associate relaxation instead of fear with heights and tall buildings?
 - (A) Group therapy
 - (B) Systematic desensitization
 - (C) Psychodynamic therapy
 - (D) Client-centered therapy
 - (E) Gestalt

10. What factor would Albert Ellis agree could potentially contribute to a psychological disorder?
 - (A) Learned behaviors
 - (B) Conflicts that occur within the unconscious
 - (C) A defeated self-concept
 - (D) Beliefs that surround an event.
 - (E) Latent issues

11. Who would suggest that cognitive distortions or errors in logic that are blown out of proportion could lead to psychological disorders?
 - (A) Sigmund Freud
 - (B) Ivan Pavlov
 - (C) Carl Rogers
 - (D) Aaron Beck
 - (E) Mary Cover Jones

12. After listening to several people's testimonies, Jimmy was able to form a network of support through identifying with certain people who share the same concerns and problems. Which form of therapy offers this opportunity?
 - (A) Systematic desensitization
 - (B) Psychodynamic therapy
 - (C) Client-centered therapy
 - (D) Gestalt therapy
 - (E) Group therapy

13. Which type of therapy is commonly used for depression and administers an electrical shock to help stimulate brain activity?
 - (A) Psychosurgery
 - (B) Electroconvulsive therapy
 - (C) Psychodynamic therapy
 - (D) Client-centered therapy
 - (E) Behavior therapy

14. Which drug has been used as alternative to lithium for treating bipolar disorder?
 - (A) Thorazine
 - (B) Prozac
 - (C) Paxil
 - (D) Depakote
 - (E) Valium

15. Tardive dyskinesia was associated with which type of psychoactive drug?
 - (A) Antidepressants medications
 - (B) Neuroleptics (antipsychotic medications)
 - (C) Antianxiety medications
 - (D) Lithium
 - (E) Tranquilizers

Free-Response Questions

1.
 - (a) Provide an explanation for how the psychodynamic, humanistic, and behavioral approaches would account for a person who is experiencing depression.
 - (b) Explain how each of the perspectives listed above would then treat this person.

2.
 - (a) Identify concerns for prescribing psychoactive drugs to treat psychological disorders.
 - (b) Explain how psychiatrists should properly distribute and prescribe medications.