Psyc 101

Objectives Chapter 12

-Main biological methods of treating mental disorders:

 1.

 2.

 3.

 4.

-What is ECT?

-Main uses:

*There are several approaches to doing therapy. For each approach, list some therapy techniques and the primary goal.*

Psychodynamic:

Behavioral:

Cognitive:

Humanistic and Existential:

Family and Couples:

-According to the book, list some things therapy can help with:

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