

Unit 13 Study Guide: Therapy

1. Historical treatment for mental illness

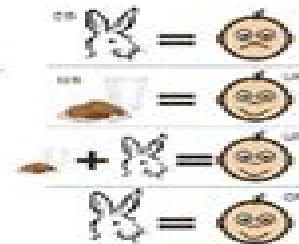
- a. If someone had abnormal behavior, they would be put in an institution.
- b. After new drugs and better therapy were discovered, the US went into deinstitutionalization to get people out of homes like this and into a better environment.

2. Behavioral therapy

- a. Counterconditioning: uses classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors.

- i. Includes exposure therapies and aversive conditioning.

- b. Exposure therapy: treats anxiety by exposing people (in imagination or actuality) to the things that they fear and avoid.



- c. Systematic desensitization: type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety arousing stimuli.
 - i. Typically used to treat phobias.
- d. Virtual reality exposure therapy: exposes people to simulations of their fear.
- e. Aversive conditioning: counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol).
- f. Token Economy: an operant conditioning procedure in which people earn a token of some sort of exhibiting a desired behavior and can later exchange the tokens for various privileges or treat.

3. Biomedical therapies

- a. Physically changing the brain's functioning by altering its chemistry with drugs, shocks, impulses, or psychosurgery.
- b. **Psychopharmacology:** the study of the effects of drugs on the mind and behavior.

Unit 13 Study Guide For Ap Psychology

RC Schank



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