Review:

1. Name a behavior that could be changed for the better through counterconditioning.

2. What typical psychological disorder can be treated using systematic desensitization?

3. What is the first thing a behavior therapist needs to teach their client to do before going head-first into systematic desensitization?

4. What is the basic fundamental premise that underlay Cognitive Therapies?

5. What was Albert Ellis’s favorite type of words? What was his point?

Practice: Hanrahan voted. Here’s what happened

6. CBT stands for?

7. What is the client told to do to fix the “B” part of the problem?

Video 1: CBT Self Help for Anger:

8. What’s the best ways to determine the efficacy of Psychotherapeutic approaches?

9. How do SSRI’s basically work?

10. Why does ECT actually help reduce symptoms of severe Depression?