

Psychotherapy With Individuals Therapy Study guide

1. **psychosocial interventions:** therapeutic techniques, address societal/ familial psychological aspects, therapy, promote mental wellness, behavioral therapy
2. **types of therapy:** talk, cognitive-behavioral, individual, group, music
3. **non-pharmacologic therapeutic techniques:** positive self-talk, self-monitoring, enhancing communication and coping skills
4. **music therapy:** in combination with standard treatment showed greater improvement and less depression/ anxiety
5. **behavioral therapy:** behavior influenced by conditioning, we can change maladaptive behaviors
6. **behavioral theories:** classical conditioning, behavioral theory, operant conditioning
7. **types of behavioral therapy:** modeling, operant conditioning, systematic desensitization, aversion therapy, biofeedback
8. **modeling:** behavioral therapy; patient role plays behaviors of others within a group
9. **operant conditioning:** behavioral therapy; positive reinforcement by way of tokens/ earnings
10. **systematic desensitization:** behavioral therapy; expose individual to fears while using relaxation techniques
11. **aversion therapy:** behavioral therapy; negative stimulus (ex: antabuse)
12. **biofeedback:** behavioral therapy; control body for relaxing certain muscles, etc
13. **main treatment for most psychologic disorders:** talk therapy aside pharmacologic treatment
14. **types of talk therapy:** interpersonal therapy, cognitive behavioral therapy, challenging stinkin thinkin
15. **types of cognitive behavioral therapy:** rational emotive behavior, DBT
16. **interpersonal therapy:** focus on interpersonal relationships by improving functioning and communication patterns
17. **techniques of interpersonal therapy:** identification of emotion, expression of emotion, dealing with emotional baggage

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Counseling And Psychotherapy (Speedy Study Guides) Speedy Publishing, 2015-04-28 Go back to the basics of psychotherapy in order to understand the more advanced concepts This book takes you back to the foundation of such science because it s easy to get lost in all the new information if you don t have a solid ground to start with Assess better and interpret results more efficiently using this quick guide

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web acupressure is a therapy developed over 5 000 years ago as an important aspect of asian especially chinese medicine it uses precise finger placement and pressure over specific points along the body these points follow specific channels known as meridians the same channels used in acupuncture according to asian medical philosophy

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web acupressure is an alternative medicine technique often used in conjunction with acupuncture or reflexology it is based on the concept of life energy which flows through meridians in the body in treatment physical pressure is applied to acupuncture points or ashi trigger points with the aim of clearing blockages in these

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web acupressure practitioners use their fingers palms elbows or feet or special devices to apply pressure to acupoints on the body s meridians sometimes acupressure also involves stretching or