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Discovering Psychology
– Video 22 - Psychotherapy
Annenberg Learner [2001]

1. How many varieties of therapies exist?
2. There are 2 broad approaches to treating mental disorders, biomedical and psychological. How do they differ?
3. Why were pre-frontal lobotomies performed? Why are they typically NOT done anymore?
4. What is the therapeutic purpose of ECT? What are the risks?
5. How has drug therapy changed the biomedical approach to treatment?
6. What is the “next wave” of treatment?
7. Complete the chart below with information about each of 4 types of psychological therapy.

	PSYCHODYNAMIC	BEHAVIOR	COGNITIVE	HUMANISTIC
Focus				
Techniques				
Potential Limitations				
Interesting Aspects				