Quiz: Therapy Theories

Identify the Therapy Theory indicated by the phrase or sentence.

1. __________________
   • Aims to change behavioral, emotional, and thinking patterns associated with dysfunction.
   • Developed to treat intense emotional swings, impulsiveness, confusion regarding the self (identity), and suicidal behavior.
   • Teaches mindfulness, interpersonal effectiveness, emotion regulation, distress tolerance, and self-management.
   • Good for Borderline Personality Disorder.

2. __________________
   • Change through understanding multigenerational dynamics.
   • Individuals cannot be understood in isolation from one another, but rather as a part of their family.
   • Family members are driven to achieve a balance of internal and external differentiation, which causes anxiety, triangulation, and emotional cutoff.
   • This can be changed by understanding multigenerational or current family dynamics and patterns.
3. ________________  
   - Change through finding meaning in life  
   - Founded upon the belief that it is the striving to find a meaning in one's life that is the primary, most powerful motivating and driving force  
   - Understanding purpose

4. ________________  
   - Change through increased awareness of here-and-now experience.  
   - Focuses on the process, what is actually happening, and the content, what is being talked about.  
   - Emphasizes what is going on in the present moment within both the client and the therapist rather than what has happened.  
   - Empty chair technique example of bringing issue into present moment

5. ________________  
   - Change through insight/understanding of early unresolved/unconscious issues  
   - Insight oriented therapy  
   - Explore client’s transference  
   - Identify defense mechanisms

6. ________________  
   - Change behavior through reinforcements and punishment  
   - Identify the problem, monitor behavior, reinforce desired behavior  
   - Shaping is a form of operant conditioning in which the increasingly accurate approximations of a desired response are reinforced.  
   - Good for children with behavioral problems
7. _______________

- Change happens by learning to modify dysfunctional thought patterns
- Clients explore patterns of thinking and beliefs that lead to self-destructive behaviors.
- Once an individual understands the relationship between thoughts, feelings, and behaviors, he or she is able to modify or change his or her patterns of thinking to cope with stressors in a more positive manner.
- Focus on automatic thoughts, schemas, assumptions, beliefs

8. _______________

- Change happens through supporting clients to take actions to address the problems in their lives. Short term.
- Focus of help is on client-defined problems and goals; Social worker is open about purposes and nature of service, eschews hidden agendas.
- The client's problems, goals, and the nature and duration of service are explicitly stated and agreed upon by both social worker and client.
- Change is affected primarily through problem-solving actions or tasks the client and practitioner undertake OUTSIDE the interview. The social worker helps clients select tasks.
9. ________________  
- Change through remodeling the family’s organization
- Many family problems arise as a result of maladaptive boundaries and subsystems within the family system.
- A systems approach that address relationship dynamics of whole family
- The therapist helps the family understand how family structure (relationships and hierarchies) can be changed, the impact of rituals and rules, and how new patterns of interaction can be integrated into the family.

10. ________________  
- Change through recognizing disempowering social forces and empowering client. The therapist helps the client recognize these disempowering forces or influences, a process which can ultimately empower the client.
- The therapist recognizes that with every symptom there is a strength and also shows the client that she is her own rescuer and equal to the therapist.
- Good for eating disorders

11. ________________  
- Change occurs through accessing client’s strengths and resources.
- This is a brief, goal-directed therapy focused on client’s strengths and resources
- Focuses on what the client wants to achieve instead of focusing on the problems
- Focuses on the client’s strengths and resources in order to create a more effective future