

Name _____ Date _____ Period _____

Activity #2 Answer Key

Directions: Modern psychologists employ four main types of therapy. In the first boxes, list the types of therapy. In the second boxes, list the role of the therapist. In the last boxes, list the techniques used in each type of therapy.

Types of Therapy	Role of Therapist	Techniques Used
Psychoanalysis	Listens and interprets	Free association, dream interpretation
Humanistic	Listens, practices unconditional positive regard	Active listening, nondirective approach
Cognitive Therapy	Helps the client recognize and change misconceptions	Disconfirmation, reconceptualization, insight
Behavior Therapy	Develops a program to change behavior	Operant conditioning