

Morrison-Valfre: Foundations of Mental Health Care, 5th Edition

Chapter 5: Theories and Therapies

Open Book Quiz

NAME: _____

1. Describe the difference between a *theory* and a *model*. (See page 39 in your textbook.)
2. By the 1920s, the definition of *psychoanalysis* had broadened into what three areas? (See page 40 in your textbook.)
3. According to Freud, emotional disturbances arise from what five sources? (See page 40 in your textbook.)
4. How did Carl Jung, the founder of analytical psychotherapy, differ from Freud? (See page 42 in your textbook.)
5. Explain how Maslow grouped human needs. (See page 46 in your textbook.)
6. How did Royce and Powell define their “open and closed systems” concept? (See page 47 in your textbook.)
7. What is the main goal of all cognitive theories? (See page 48 in your textbook.)
8. Identify the goals of *rational-emotive-behavioral therapy* (REBT). (See page 48 in your textbook.)
9. Explain why Thomas Szasz’s perspective has sparked a reexamination of the moral, legal, and political aspects of modern psychiatry? (See page 49 in your textbook.)
10. Define psychotherapy and describe what it includes. (See page 51 in your textbook.)