

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

Chapter 6: Complementary and Alternative Therapies

Open Book Quiz

NAME: _____

1. What is the difference between complementary therapy and alternative therapy? (See page 56 in your textbook.)
2. Naturopathy focuses on what six principles? (See page 59 in your textbook.)
3. How does aromatherapy promote health and well-being? (See page 59 in your textbook.)
4. Summarize the benefits of massage therapy. (See page 60 in your textbook.)
5. Give examples of how expressive therapy is used as a therapeutic treatment. (See page 61 in your textbook.)
6. What elements are common to all meditation techniques? (See page 61 in your textbook.)
7. List examples of biofield therapies. (See page 62 in your textbook.)
8. Explain how electromagnetic field therapies are used to treat illness. (See page 63 in your textbook.)
9. Identify the mental health problems that are currently being treated by CAM therapies. (See page 63 in your textbook.)
10. Give examples of how eliminating some foods may have an impact on mental health problems. (See page 64 in your textbook.)