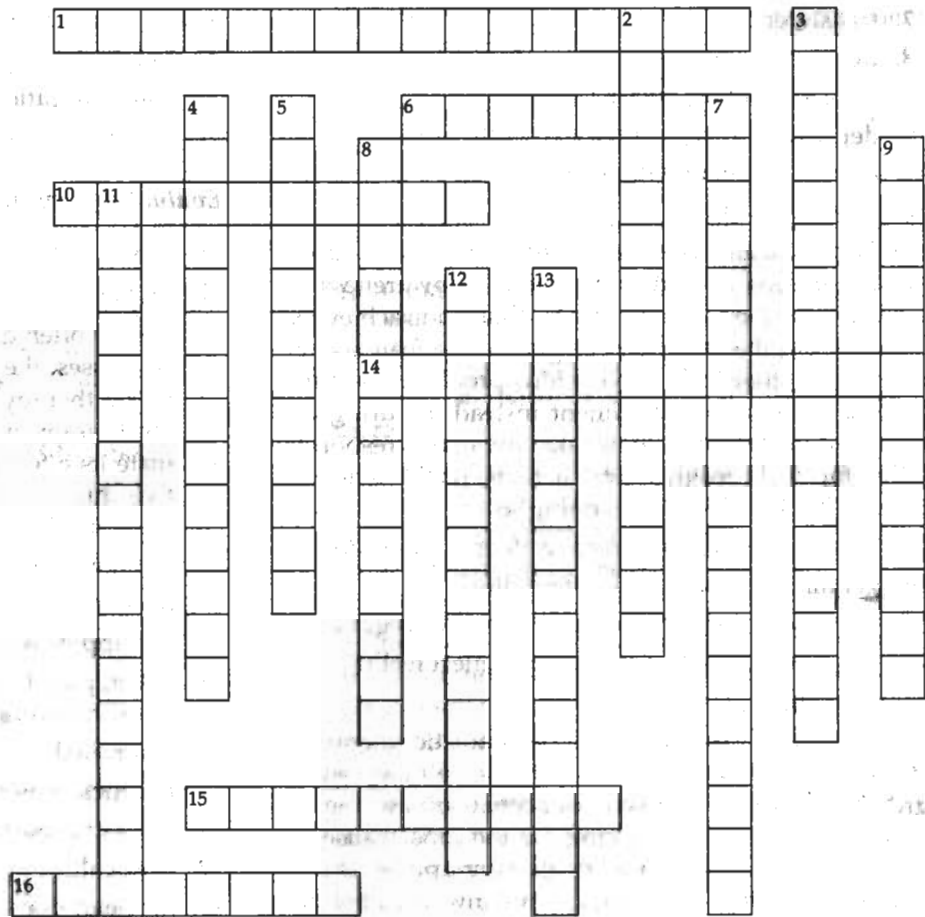


Cross-Check

As you learned in the Prologue, reviewing and overlearning of material are important to the learning process. After you have written the definitions of the key terms in this chapter, you should complete the crossword puzzle to ensure that you can reverse the process—recognize the term, given the definition.

**ACROSS**

1. Therapy that teaches people new and more adaptive ways of thinking.
6. Approach that draws on a variety of forms of therapy to best suit clients' needs.
10. Blocking anxiety-provoking memories from consciousness.
14. Therapy that attempts to change behavior by removing or destroying brain tissue.
15. Therapy that uses prescribed medications or medical procedures to treat psychological disorders.
16. Conditioning in which an unpleasant state is associated with an unwanted behavior.

13. Therapy that applies principles of operant or classical conditioning to eliminate problem behaviors.

DOWN

2. Nondirective technique in which the listener echoes and restates, but does not interpret, clients' remarks.
3. Integrated therapy that focuses on changing self-defeating thinking and unwanted behaviors.
4. Humanistic therapy developed by Carl Rogers.
5. Statistical procedure for combining the results of many different research studies.
7. Behavior therapy in which new responses are classically conditioned to stimuli that trigger unwanted behaviors.
8. Psychoanalytic term for the analyst's helping a client to gain deeper insights into unwanted thoughts and behaviors.
9. Therapy that views problem behaviors as partially engendered by the client's environment.
11. Biomedical therapy often used to treat severe depression.
12. Therapy developed by Sigmund Freud.