

## **Open Your Class with This Tomorrow** ***Maybe You Should Talk to Someone***

**Directions:** For each of the following scenarios, identify which perspective of psychology the individual is attributing to an illness or which therapeutic approach they are using.

**Behavioral                      Humanistic                      Cognitive                      Psychoanalytic/dynamic**

1. Daniel believes that his client's depression is primarily attributable to irrational thoughts and negative self-talk.

**Cognitive**

2. In order to help her client, Sophie uses hypnosis and tries to determine how her client's unconscious thinking impacts their behavior.

**Psychoanalytic/dynamic**

3. Huang uses a variety of approaches in treatment with his clients but focuses primarily on forming positive relationships in a trusting and supportive environment in which the client feels welcome to share their thoughts in a non-judgmental environment.

**Humanistic**

4. Parker's new client has an obsessive-compulsive disorder and spends hours cleaning and checking and rechecking her work. Her mother also demonstrated similar behaviors, and each time Parker watched and imitated the behavior, her mother praised her and gave her much attention.

**Behavioral**

5. Steven will not give answers to his clients, but rather listens and rephrases what his clients say by using active listening in order to help his clients reflect and realize for themselves where their challenges lie.

**Humanistic**

6. Jonah is working with a patient who has an irrational fear of animals. He asks the client to create a hierarchy of fears. They begin at the bottom of the hierarchy and work on relaxing at each stage until the client feels relaxed and can move to the next stage of the hierarchy.

**Behavioral**

7. Harold is working with a client with dissociative identity disorder, he believes that the illness originated from traumatic childhood experiences.

**Psychoanalytic/dynamic**

8. Carlos is treating a client with obsessive-compulsive disorder who washes their hands 100 times a day. In order to help the client, Harold asks the clients to gradually reduce this behavior, by washing 95 and then 90 times per day and continuing until the behavior has been extinguished.

**Behavioral**

9. Peter is afraid of crossing bridges; his therapists asks him to explain why this is dangerous, and Peter cannot come up with evidence to support his fearful response.

**Cognitive**

10. Karla uses virtual reality therapy to introduce her clients to their most intense fear to demonstrate that they are really not in danger in these situations.

**Behavioral**