Abnormal Psychology

Across

3. The therapist uses unconditional positive regard, genuineness, and empathy to help the person to gain insight into his or her true self-concept
4. A counterconditioning exposure therapy in which a fear response to an object or situation is replaced with a relaxation response in a series of progressively increasing fear-arousing steps
5. The therapist works to develop a warm relationship with the person and has the person carefully consider the evidence for his or her beliefs in order to see the errors in his or her thinking
6. An episode characterized by symptoms such as feelings of intense hopelessness, low self-esteem and worthlessness, extreme fatigue, and dramatic changes in eating and sleeping behavior, inability to concentrate, and greatly diminished interest in family, friends, and activities for a period of two weeks or more
7. The therapist directly confronts and challenges the person's unrealistic thoughts and beliefs to show that they are irrational
8. The use of biological interventions, such as drugs, to treat mental disorders
9. The therapist helps the person gain insight into the unconscious sources of his or her problems
10. A depressive disorder in which the person has experienced one or more major episodes
11. A biopsychosocial explanation of schizophrenia that proposes that genetic, prenatal, and postnatal biological factors render a person vulnerable to schizophrenia
12. A type of behavioral therapy in which a maladaptive response is replaced by a more appropriate one
13. A side effect of long-term use of traditional antipsychotic drugs causing the person to have uncontrollable facial tics, grimaces, and other involuntary movements of the lips, jaw, and tongue
14. A depresive disorder in which the person has experienced one or more major depressive episodes
15. A person spontaneously describes, without editing, all thoughts, feelings, or images that come to mind
16. The use of psychological interventions to treat mental disorders

Down

1. A person has excessive, global anxiety and worries that he cannot control, occurring more days than not for at least a period of six months
2. The growth of new neurons in the hippocampus stops during depression, and when it resumes, the depression lifts
3. A counterconditioning exposure therapy in which a fear response to an object or situation is replaced with a relaxation response in a series of progressively increasing fear-arousing steps
4. A neurotransmitter that is released into the synaptic cleft to transfer information from one neuron to another
5. A side effect of long-term use of traditional antipsychotic drugs causing the person to have uncontrollable facial tics, grimaces, and other involuntary movements of the lips, jaw, and tongue
6. An anxiety disorder indicated by a marked and persistent fear of one or more social performance situations in which embarrassment may occur and in which there is exposure to unfamiliar people or scrutiny by others
7. An anxiety disorder indicated by a marked and persistent fear of an object or situation
8. Transference
9. The therapist directly confronts and challenges the person's unrealistic thoughts and beliefs to show that they are irrational
10. A type of behavioral therapy in which a maladaptive response is replaced by an incompatible adaptive response
11. A depressive disorder in which the person has experienced one or more major depressive episodes
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14. A depresive disorder in which the person has experienced one or more major depressive episodes
15. A person spontaneously describes, without editing, all thoughts, feelings, or images that come to mind
16. The use of psychological interventions to treat mental disorders