

## Psychotherapy Quiz

Match each definition with the type of therapy:

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|---------------------------------------|--|
| 1. Ego Supportive Interventions       | a. teaches families and clients about the disease, how to cope and recognize symptoms  |
| 2. Crisis Intervention                | b. techniques are aimed at the client's thinking (distorted thinking)  |
| 3. Interpersonal Therapy              | c. aim to alleviate the distress and reestablish quality of life   |
| 4. Psychodynamic Therapy              | d. build on client's strengths   |
| 5. Exposure Therapy                   | e. a variety of techniques are used, with accountability within groups   |
| 6. Social Support Skills Training     | f. considers interpersonal conflicts the cause of the depression and the goal is to repair these through role transitions, grief processes, etc. |
| 7. Cognitive-Behavioral Interventions | g. a type of Cognitive-Behavioral, aims to increase the social skills of the client  |
| 8. Group Therapies                    | h. reduce the clients depression by guiding their exposure to situations evoking it  |
| 9. Psychoeducation Models             | i. deals with the clients intrapsychic wishes and conflicts  |