

# Treatment of Psychological Disorders

<p>18. Explain <b>evidence-based practice</b>.</p>	<p>21. What three elements are shared by all forms of psychotherapy? Explain each.</p>
<p>19. What is Eye Movement Desensitization and Reprocessing (EMDR)?</p>	<p>22. How do culture and values influence the therapist-client relationship? Explain.</p>
<p>20. What is <b>light exposure therapy</b>?</p>	<p>23. Explain <b>biomedical therapy</b> and give an example.</p>

# Treatment of Psychological Disorders

24. Explain **psychopharmacology**.

25. Describe **antipsychotic drugs** and explain why and how they are used. Give some examples.

26. What are **antidepressants**? Explain how they work and when they are used. Copy the diagram on page 631 to support your answer.

27. What are some **mood-stabilizing medications**? How do they work and when are they used?

28. What is **electroconvulsive therapy (ECT)**? When is this type of therapy used and how does it work?

29. Describe the **repetitive transcranial magnetic stimulation (rTMS)** procedure. How does it work and when is it used?

# Treatment of Psychological Disorders

30. What is **psychosurgery**? Explain when it's used and explain the most famous of these procedures: the **lobotomy**.

31. How, by caring for their bodies with a healthy life-style, might people find some relief from depression?

32. How can building **resilience** help to prevent psychological disorders? Explain using examples.