

Treatment of Psychological Disorders

7. Describe **behavior therapies**, and explain what they assume.

10. Explain how **systematic desensitization** works by giving an example.

8. Explain the classical conditioning technique of **counter-conditioning** and explain how it works during therapy.

11. Explain **virtual reality exposure therapy** and give an example of how it works.

9. What are **exposure therapies** and how do they work?

12. Copy the chart of page 618 and explain how it demonstrates **aversive therapy**.