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| Term | Definition | Real World Example |
| 1. Psychotherapy
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| 1. Biomedical therapy
 |  |  |
| 1. Eclectic approach
 |  |  |
| 1. Psychoanalysis
 |  |  |
| 1. Resistance
 |  |  |
| 1. Interpretation
 |  |  |
| 1. Transference
 |  |  |
| 1. Psychodynamic therapy
 |  |  |
| 1. Insight therapy
 |  |  |
| 1. Client-centered therapy
 |  |  |
| 1. Active listening
 |  |  |
| 1. Unconditional positive regard
 |  |  |
| 1. Behavior therapy
 |  |  |
| 1. Counterconditioning
 |  |  |
| 1. Exposure therapies
 |  |  |
| 1. Systematic desensitization
 |  |  |
| 1. Virtual reality exposure therapy
 |  |  |
| 1. Aversive conditioning
 |  |  |
| 1. Token economy
 |  |  |
| 1. Cognitive therapy
 |  |  |
| 1. Rational-emotive behavior therapy
 |  |  |
| 1. Cognitive-behavioral therapy
 |  |  |
| 1. Group therapy
 |  |  |
| 1. Family therapy
 |  |  |
| 1. Regression toward the mean
 |  |  |
| 1. Meta-analysis
 |  |  |
| 1. Evidence-based practice
 |  |  |
| 1. Therapeutic alliance
 |  |  |
| 1. Resilience
 |  |  |
| 1. Psychopharmacology
 |  |  |
| 1. Antipsychotic drugs
 |  |  |
| 1. Antianxiety drugs
 |  |  |
| 1. Antidepressant drugs
 |  |  |
| 1. Electroconvulsive therapy (ECT)
 |  |  |
| 1. Repetitive transcranial magnetic stimulation
 |  |  |
| 1. Psychosurgery
 |  |  |
| 1. Lobotomy
 |  |  |

**Significant Psychologists:**

Sigmund Freud

Carl Rogers

Mary Cover Jones

Joseph Wolpe

B.F. Skinner

Albert Ellis

Aaron Beck