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| Term | Definition | Real World Example |
| 1. Psychotherapy |  |  |
| 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