

# Psychotherapy Overview

## Description

Use this chapter to demonstrate how well you understand an overview of psychotherapy. Each of the lessons in this chapter can help you get more clarification on the full range of topics in psychotherapy, and if you have any questions, our instructors are available to you as an added resource.

## About This Chapter

### Psychotherapy Overview - Chapter Summary

Get up to speed on psychotherapy with the help of this overview chapter. With these lessons, you can relearn fundamental concepts, including the theories of Freud, the pros and cons of different psychotherapy treatment options, and the applications of various psychotherapy approaches. Once you have made your way through the entire chapter, you will be knowledgeable enough to do the following:

- Describe the psychoanalysis theory
- Analyze the uses of the behavioral/learning model in psychotherapy
- Identify Roger's key techniques for client-centered therapy
- Define free association and describe how the concept works in therapy
- Explain dream analysis and provide examples
- Show the concept of transference in psychotherapy
- Compare techniques used for rehabilitation counseling

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