Terminology You Should Know

Affect - any experience of feeling or emotion

Behavior Therapy - psychotherapy that applies the principles of learning, operant conditioning, and classical conditioning to eliminate symptoms and modify ineffective or maladaptive patterns of behavior

Cognitive Dissonance - an unpleasant psychological state resulting from inconsistency between two or more elements in a cognitive system

Cognitive Therapy - psychotherapy based on the concept that emotional and behavioral problems in an individual are, at least in part, the result of maladaptive or faulty ways of thinking and distorted attitudes toward oneself and others

Congruence - the need for a therapist to act in accordance with their true feelings rather than with a stylized image of a therapist

Existential Phenomenology - psychological orientation that seeks to get at the meaning of lived experience through the careful and systematic analysis of lived experience itself

Family of Origin - the family in which an individual was raised, which may or may not be the individual's biological family.

Gestalt - an entire perceptual configuration, made up of elements that are integrated and interactive in such a way as to confer properties on the whole configuration that are not possessed by the individual elements

Posttraumatic Growth - the positive psychological, and sometimes physiological, improvements that can accompany or result from direct engagement with profoundly challenging situations and life crises

Rapport - a warm, relaxed relationship of mutual understanding, acceptance, and sympathetic compatibility between or among individuals

Salient - distinctive or prominent

Transference - an unconscious repetition of earlier behaviors and their projection onto new subjects

Trauma - any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning



Definitions from APA Dictionary of Psychology
https://dictionary-apa-org.libdata2015.hilbert.edu/



Acronyms You Should Know

ACT - Acceptance and Commitment Therapy; form of CBT based on the premise that ineffective verbal strategies to control one's thoughts and feelings actually lead to problem behaviors

APA - American Psychological Association

APA Division 32 - The Society for Humanistic Psychology

CBT - Cognitive Behavioral Therapy; a form of psychotherapy that integrates theories of cognition and learning with treatment techniques derived from cognitive therapy and behavior therapy

EMDR - eye-movement desensitization and reprocessing; a treatment methodology used to reduce the emotional impact of trauma-based symptoms

EPPP - Examination for Professional Practice in Psychology; required for licensure

DBT - Dialectical Behavior Therapy; a flexible, stage-based therapy that combines principles of behavior therapy, cognitive behavior therapy, and mindfulness

IEARC - Institutional Equity and Anti-Racism Committee (MSP's DEI committee)

IRB - Institutional Review Board, ethics committee that reviews and approves research

LARA - Michigan Department of Licensing and Regulatory Affairs; licenses psychologists and ensures compliance with licensing requirements

LLP - Limited License Psychologist (MA level with all requirements met, Doctoral level while waiting to submit hours or take EPPP)

LP - Licensed Psychologist (Doctoral level with all hours completed and passing EPPP)

MPA - Michigan Psychological Association OR Midwestern Psychological Association (they have the same letters)

PCT - Person-Centered Therapy; a form of psychotherapy developed by Carl Rogers in the early 1940s

SOAP - Subjective, Objective, Assessment, Plan - a style of note-taking

TLLP - Temporary Limited License (MA level while waiting to submit hours or take EPPP)



Definitions from APA Dictionary of Psychology
https://dictionary-apa-org.libdata2015.hilbert.edu/

