

## Final Study Guide

Goals of Insight stage

Conceptualization of patient's symptoms

Open and Closed Questions

What? And Why? Questions

Challenging Patients

Bowlby's Attachment Theory

Mary Ainsworth Stranger Situation Experiment

Hazen and Shaver work on Attachment

Use of Confrontation

Case of Jeffrey

Two-Chair Technique (empty chair)

One-Chair Technique (empty chair)

Pitfalls with use of Challenges

Miller et. al. (1993) study

Transference

Countertransference

The final will cover both lecture and book material. I strongly suggest that you be able to both define and apply concepts. Final will consist of 25 questions, 2 points each.