

|                              |                                   |                         |                            |                          |
|------------------------------|-----------------------------------|-------------------------|----------------------------|--------------------------|
| <b>B</b>                     | <b>I</b>                          | <b>N</b>                | <b>G</b>                   | <b>O</b>                 |
| Social Learning Theory       | Albert Ellis                      | Clinical Psychology     | Phobias                    | Gender Identity disorder |
| Benzodiazepines              | Social Anxiety Disorder           | Hans Eysenck            | Anxiety                    | Phobias                  |
| Relaxation techniques        | Structure & planned therapy       | <b>FREE</b>             | Applied Behavioral Therapy | Environmental Psychology |
| Exposure Therapy             | Rational Emotive Behavior Therapy | Focus on the here & now | Cross-Cultural Psychology  | Gestalt                  |
| Cognitive Behavioral Therapy | BF Skinner                        | OCD                     | Suicide Survivors          | Classical & Operant      |

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|-----------------------------------|----------------------------------|--------------------------------|-------------------------------|--------------------------------------------|
| <b>B</b>                          | <b>I</b>                         | <b>N</b>                       | <b>G</b>                      | <b>O</b>                                   |
| Structure<br>& planned<br>therapy | Anxiety                          | Phobias                        | Benzodiazepines               | Hans<br>Eysenck                            |
| Clinical<br>Psychology            | Suicide<br>Survivors             | Gender<br>Identity<br>disorder | BF<br>Skinner                 | Phobias                                    |
| Exposure<br>Therapy               | Applied<br>Behavioral<br>Therapy | <b>FREE</b>                    | Environmental<br>Psychology   | Albert<br>Ellis                            |
| Cross-Cultural<br>Psychology      | OCD                              | Social<br>Learning<br>Theory   | Classical<br>&<br>Operant     | Rational<br>Emotive<br>Behavior<br>Therapy |
| Focus on<br>the here<br>& now     | Gestalt                          | Relaxation<br>techniques       | Social<br>Anxiety<br>Disorder | Cognitive<br>Behavioral<br>Therapy         |

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| <b>B</b>                    | <b>I</b>            | <b>N</b>                | <b>G</b>                          | <b>O</b>                     |
| BF Skinner                  | OCD                 | Anxiety                 | Gestalt                           | Applied Behavioral Therapy   |
| Social Learning Theory      | Exposure Therapy    | Focus on the here & now | Social Anxiety Disorder           | Gender Identity disorder     |
| Relaxation techniques       | Classical & Operant | <b>FREE</b>             | Rational Emotive Behavior Therapy | Cross-Cultural Psychology    |
| Structure & planned therapy | Phobias             | Phobias                 | Suicide Survivors                 | Clinical Psychology          |
| Environmental Psychology    | Albert Ellis        | Hans Eysenck            | Benzodiazepines                   | Cognitive Behavioral Therapy |