Text: Ellis

1. What are the "three basic neurosis-inciting musts" and their outcomes according to Ellis?

2. Ellis discussed reactions to "Adversities" or "Unfortunate Activating Events" (A). How does he distinguish between a "healthy" and an "unhealthy" negative emotional response (Consequence) to such events?

Text: Sands

1. Sands defined mental health as "a state of psychosocial functioning that ranges from dysfunctional (mental illness) to functional to optimal."

   Please define the following three terms in your own words (not the book’s).
   - optimal -
   - dysfunctional -
   - functional -

2. Beck identified a number of cognitive errors.

   Please define the following five terms in your own words (not the book’s).
   - selective abstraction -
   - overgeneralization -
   - arbitrary inference -
   - personalization -
   - dichotomous thinking -

Text: Webb

1. According to Webb, there are three groups of factors that should be considered in any assessment. Please list them

2. Why is it important to begin goal setting with a set of easily achievable goals.

Text: Reserve - Tavris

1. According to Tavris, which sex has greater right brain specialization?

Reserve: Saleeby, Social Work

1. Certain words are central to the strengths perspective. Here are three. Define them

   - Empowerment:
   - Membership:
   - Resilience:
Reserve: Giles, Ed., *Handbook of effective psychotherapy* - Eysenck

1. What were the effect sizes for the following treatment modalities cited in the Smith, Glass & Miller (1980) study?

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