Teacher Answer Key

Case Study

1. The psychologist used gradual exposure. Sarah began with something small, sitting in a parked car, and only later worked up to short drives in familiar areas.

2. CBT targeted the self-blame directly. Her psychologist helped her take a thought like blaming herself for the accident and reframe it into a more balanced, realistic perspective.

Multiple Choice

1. C

2. B

3. D

Matching

1-C, 2-A, 3-E, 4-B, 5-D

Fill-in-the-Blank

1) psychological assessments, 2) exposure, 3) CBT

Short Answer (Sample Responses)

Q1: Evidence-based therapy ensures that treatment methods are scientifically tested and proven effective, increasing the likelihood of positive outcomes.

Q2: Clinical psychologists diagnose PTSD, develop tailored treatment plans, and use techniques like CBT and exposure therapy to address both emotional and behavioral symptoms.

Q3: Clinical psychologists diagnose and treat through therapy, but they are not the prescriber. Working with a psychiatrist lets a client receive the right medication while the psychologist provides therapy that addresses the underlying emotional challenges.