

**Приложение к билету №**

**ДЛЯ ДИФФЕРЕНЦИРОВАННОГО ЗАЧЕТА ПО АНГЛИЙСКОМУ  
ЯЗЫКУ**

для студентов 1 курса медико-психологического факультета

**Задание №**

*Выполните письменный перевод данного текста со словарем. Текст до горизонтальной черты соответствует по объему экзаменационным требованиям программы. Перевод текста после черты дает дополнительные баллы.*

**Behavior Therapy**

Behavior therapy is effective for phobias, anticipatory anxiety, some forms of panic anxiety, generalized anxiety, situational anxiety and obsessive-compulsive disorder.

In systematic desensitization patients are taught deep muscle relaxation, which is incompatible with the tension of anxiety. The patient is then taught to visualize a scene involving thoughts that are the opposite of anxious thinking, such as feeling safe, relaxed, and in control. Next, the patient imagines anxiety-provoking situations.

Panic control therapy is a modification of cognitive behavioral therapy, which is an established treatment for depression. Panic control therapy involves reassessing expectations (cognitions) that the patient will have a panic attack. The patient is also taught to stop interpreting minor physical sensations (e.g., dizziness, shortness of breath from hyperventilation) as a sign of impending catastrophe.

Response prevention is a technique for treating compulsions. The patient refrains from engaging in a compulsive behavior (e.g., hand washing) for increasing lengths of time while using adjunctive techniques to control the resulting anxiety.

Stop thinking is a mental variant of response prevention in which a patient repeats an obsessive thought until it seems overwhelming and then terminates the thought while saying «stop» out loud.

Adjunctive behavioral techniques may be useful for patients who suffer from any type of anxiety.

Relaxation techniques. Because an individual cannot feel tense and relaxed at the same time, any method that decreases tension tends to relieve anxiety.

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**(1500)**

Hypnosis is an altered state of consciousness that permits heightened concentration and attention. Hypnosis helps the patient to concentrate on thoughts that are calming and therefore incompatible with anxiety. Patients who have excessive fear of loss of control or who have organic brain disease often cannot be hypnotized.

Biofeedback is a technique that is useful for patients who prefer to learn to relax with a machine or without anyone else present. It also has been used to treat migraine and tension headaches and mild essential hypertension. The level of muscular tension, usually in the forearm or frontalis muscles, is «fed back» through a visual or auditory stimulus to help patients learn to decrease motor tension and, with it, anxiety.

*Пояснения к тексту:*

- overwhelming – подавляющий
- incompatible – несовместимый