

Study: Talk Therapy Changes Brain Wiring in Mental Illness

Vocabulary

give/get short shrift (phrase)

– if you get or are given short shrift by someone, you are treated without sympathy and given little attention

Example: The manager gave short shrift to her employees' arguments.

psychosis (noun)

– a serious mental illness that makes a person lose contact with reality and changes their personality and behavior

Example: All of the patients here suffer from psychosis.

cognitive (adjective)

– connected with mental processes of understanding

Example: Playing helps babies' cognitive development.

lobe (noun)

– a part of an organ in the body, especially the lungs or brain

Example: The frontal lobe of his brain was damaged in the accident.

paranoid (adjective)

– afraid or suspicious of other people and believing that they are trying to harm you, in a way that is not reasonable

Example: Her paranoid behavior makes her friends ill at ease.

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For the first time, researchers have shown that talk therapy improves symptoms in people with mental disorders. They say it strengthens connections in the brain, with long-lasting improvements.

Talk therapy has tended to get short shrift in the treatment of people who have been diagnosed with mental illness. Usually, medications are the first treatment doctors reach for to lessen symptoms of psychiatric disorders.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。