o Every time you feel self-conscious, write down all your good qualities

- Beck’s cognitive therapy
  o Identify cognitive distortions and logic
    ▪ No one will talk to me at a party
  o Test distortions
    ▪ Did someone talk to me?

- Cognitive distortion
  o Catastrophizing

- Psychoanalysis
  o One-to-one method
  o Relation between life history & current problems
  o Emphasis on thoughts and emotions
  o Focus on client-therapist relationship
    ▪ Transference and countertransference
  o Examples:
    ▪ Free association
      ▪ The “talking cure”
      ▪ Clients report whatever comes to mind
      ▪ Dreams = pathway to the unconscious
    ▪ Transference
      ▪ How does client react to the analyst?
    ▪ Countertransference
      ▪ How does the client influence the analyst?
    ▪ Working through
      ▪ How does the client’s unconscious affect everyday life?

- Contemporary Psychoanalysis
  o Less emphasis on biological drives from the id and unconscious
  o Focus on role of social relationships
    ▪ How the power of the ego can be used to solve relationship problems
  o Therapists are more active
    ▪ Direct clients attention to evidence of conflict in social relationships
  o Shorter duration
    ▪ Brief psychotherapy (usually 8-12 weeks)

- Group therapy
  o Often organized around a type of problem
  o Benefits
    ▪ Therapist observes interactions
    ▪ See other with problem
    ▪ Increase self confidence
    ▪ Learn from others
    ▪ Try new skills in a supportive setting

- Family and couples therapy
  o Family therapy
    ▪ Problems of one family member reflect problems of entire family system
  o Couples therapy
    ▪ Communication is main target