

Table 3 Key Concepts

Psychodynamic Approaches

Psychoanalytic Therapy

Normal personality development is based on successful resolution and integration of psychosexual stages of development. Faulty personality development is the result of inadequate resolution of some specific stage. Anxiety is a result of repression of basic conflicts. Unconscious processes are centrally related to current behavior.

Adlerian / Individual Therapy

Key concepts include the unity of personality, the need to view people from their subjective perspective, and the importance of life goals that give direction to behavior. People are motivated by social interest and by finding goals to give life meaning. Other key concepts are striving for significance and superiority, developing a unique lifestyle, and understanding the family constellation. Therapy is a matter of providing encouragement and assisting clients in changing their cognitive perspective and behavior.

Experiential and Relationship-Oriented Therapies

Existential Therapy

Essentially an experiential approach to counseling rather than a firm theoretical model, it stresses core human conditions. Interest is on the present and on what one is becoming. The approach has a future orientation and stresses self-awareness before action.

Person-Centered Therapy

The client has the potential to become aware of problems and the means to resolve them. Faith is placed in the client's capacity for self-direction. Mental health is a congruence of ideal self and real self.

Table 6 Techniques of Therapy

Psychodynamic Approaches

Psychoanalytic Therapy

The key techniques are interpretation, dream analysis, free association, analysis of resistance, analysis of transference, and countertransference. Techniques are designed to help clients gain access to their unconscious conflicts, which leads to insight and eventual assimilation of new material by the ego.

Adlerian / Individual Therapy

Adlerians pay more attention to the subjective experiences of clients than to using techniques. Some techniques include gathering life-history data (family constellation, early recollections, personal priorities), sharing interpretation with clients, offering encouragement, and assisting clients in searching for new possibilities.

Experiential and Relationship-Oriented Therapies

Existential Therapy

Few techniques flow from this approach because it stresses understanding first and technique second. The therapist can borrow techniques from other approaches and incorporate them in an existential framework. Diagnosis, testing, and external measurements are not deemed important. Issues addressed are freedom and responsibility, isolation and relationships, meaning and meaninglessness, living and dying.

Person-Centered Therapy

This approach uses few techniques but stresses the attitudes of the therapist and a “way of being.” Therapists strive for active listening, reflection of feelings, clarification, “being there” for the client, and focusing on the moment-to-moment experiencing of the client.

This model does not include diagnostic testing, interpretation, taking a case history, or questioning or probing for information.

Gestalt Therapy

A wide range of experiments are designed to intensify experiencing and to integrate conflicting feelings.
Experiments are co-created by therapist and client through an I/Thou dialogue.
Therapists have latitude to creatively invent their own experiments.
Formal diagnosis and testing are not a required part of therapy.

Cognitive Behavioral Approaches

Behavior Therapy

The main techniques are reinforcement, shaping, modeling, systematic desensitization, relaxation methods, flooding, eye movement and desensitization reprocessing, cognitive restructuring, assertion and social skills training, self-management programs, mindfulness and acceptance methods, behavioral rehearsal, coaching, and various multimodal therapy techniques.
Diagnosis or assessment is done at the outset to determine a treatment plan.
Questions concentrate on “what,” “how,” and “when” (but not “why”).
Contracts and homework assignments are also typically used.

Cognitive Behavior Therapy

Therapists use a variety of cognitive, emotive, and behavioral techniques; diverse methods are tailored to suit individual clients.
This is an active, directive, time-limited, present-centered, psychoeducational, structured therapy.
Some techniques include engaging in Socratic dialogue, collaborative empiricism, debating irrational beliefs, carrying out homework assignments, gathering data on assumptions one has made, keeping a record of activities, forming alternative interpretations, learning new coping

experiments. Some may not see how “being aware of present experiencing” will lead to solving their problems.

Cognitive Behavioral Approaches

Behavior Therapy

Family members may not value clients’ newly acquired assertive style, so clients must be taught how to cope with resistance by others. Counselors need to help clients assess the possible consequences of making behavioral changes.

Cognitive Behavior Therapy

Before too quickly attempting to change the beliefs and actions of clients, it is essential for the therapist to understand and respect their world.

Some clients

may have serious reservations about questioning their basic cultural values and beliefs.

Clients could become dependent on the therapist for deciding what are appropriate ways to solve problems.

Reality Therapy

This approach stresses taking charge of one’s own life, yet some clients are more interested in changing their external environment.

Counselor needs to appreciate the role of discrimination and racism and help clients deal with social and political realities.

Systems and Postmodern Approaches

Feminist Therapy

This model has been criticized for its bias toward the values of White, middle-class, heterosexual women, which are not applicable to many other groups of women nor to men. Therapists need to assess with their clients the price of making significant personal change, which may result in isolation from extended family as clients assume new roles and make life changes.

Table 9 Applications of the Approaches

Psychodynamic Approaches

Psychoanalytic Therapy

Candidates for analytic therapy include professionals who want to become therapists, people who have had intensive therapy and want to go further, and those who are in psychological pain. Analytic therapy is not recommended for self-centered and impulsive individuals or for people with psychotic disorders. Techniques can be applied to individual and group therapy.

Adlerian / Individual Therapy

Because the approach is based on a growth model, it is applicable to such varied spheres of life as child guidance, parent-child counseling, marital and family therapy, individual counseling with all age groups, correctional and rehabilitation counseling, group counseling, substance abuse programs, and brief counseling. It is ideally suited to preventive care and alleviating a broad range of conditions that interfere with growth.

Experiential and Relationship-Oriented Therapies

Existential Therapy

This approach is especially suited to people facing a developmental crisis or a transition in life and for those with existential concerns (making choices, dealing with freedom and responsibility, coping with guilt and anxiety, making sense of life, and finding values) or those seeking personal enhancement. The approach can be applied to both individual and group counseling, and to couples and family therapy, crisis intervention, and community mental health work.

Person-Centered Therapy

This approach is especially suited to people facing a developmental crisis or a transition in life and for those with existential concerns (making choices, dealing with freedom and responsibility, coping with guilt and anxiety, making sense of life, and finding

values) or those seeking personal enhancement. The approach can be applied to both individual and group counseling, and to couples and family therapy, crisis intervention, and community mental health work.

Gestalt Therapy

Addresses a wide range of problems and populations: crisis intervention, treatment of a range of psychosomatic disorders, couples and family therapy, awareness training of mental health professionals, behavior problems in children, and teaching and learning. It is well suited to both individual and group counseling. The methods are powerful catalysts for opening up feelings and getting clients into contact with their present-centered experience.

Cognitive Behavioral Approaches

Behavior Therapy

A pragmatic approach based on empirical validation of results. Finds wide applicability to individual, group, couples, and family counseling. Some problems to which the approach is well suited are phobic disorders, depression, trauma, sexual disorders, children's behavioral disorders, stuttering, and prevention of cardiovascular disease. Beyond clinical practice, its principles are applied in fields such as pediatrics, stress management, behavioral medicine, education, and geriatrics.

Cognitive Behavior Therapy

Has been widely applied to treatment of depression, anxiety, relationship problems, stress management, skill training, substance abuse, assertion training, eating disorders, panic attacks, performance anxiety, and social phobias. CBT is especially useful for assisting people in modifying their cognitions. Many self-help approaches utilize its principles. CBT can be applied to a wide range of client populations with a variety of specific problems.
