**Theory Review Chart**

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| **Theoretical Framework** | **View of Human Nature** | **Key Theorists** | **Key Terminology** | **Key Concepts** | **Strengths/Weakness** | **Therapeutic Techniques** | **Personal View (Does this theory align with your personal view? Why or why not?** |
| **Psychodynamic** | | | | | | |  |
| 1. *Psychoanalysis* | Denial is the result of human rejection to accept subconscious thoughts. | Sigmund Frued, | Id, ego, super ego | Ego is defined as an interaction between id and super ego. | It is important for identifying psychological issues.  Relying on experiences of dream is not reliable. | Patient lies on couch and relaxes. Later he express feelings. | The theory align with my personal belief because it explain unconsciousness. |
| 1. Analytical Therapy | What individual dreams becomes unconscious desire. | Carl Jung | Collective unconsciousness | Souls belongs to one’s self. | Therapy reveals unconscious state.  It is unreliable. | Patient is allowed to relax and recall his unconscious experiences. | The theory align with my personal belief because it focuses on interpreting dreams. |
| 1. Individual Psychology | Feelings of inferiority is due to failure of attaining desire. | Alfred Adlar | Superiority, striving | Individual strives for superiority. | Important for identifying hidden issues.  Emphasis on childhood memories. | Counseling is used for exploring childhood memories. | The theory align with my personal belief because it stresses on reasons for struggle. |
| **Existential-Humanistic** | | | | | | |  |
| 1. Existential Therapy | Help individuals to find answers. | Friedrich Nietzsche, Soren Kierkegaard | Human discontent, internal wisdom | Interpretation is used in healing process. | Strength is emphasis on autonomy.  Weakness is difficulty of relating to deep self-reflection. | Clients are assisted to affirm their existence. | The theory align with my personal belief because it is effective for healing. |
| 1. Gestalt Therapy | An individual manages to explore self-identity | Fritz Perris | Person-centered therapy, empathy | Empathy is used for enhancing awareness | Strength is treatment of disorders.  Weakness is increased dependence on counselor. | Experiential techniques are used for enhancing awareness. | The theory align with my personal belief because it build strong relationship with therapist. |
| 1. Person-Centered Counseling | Focuses on addressing needs of clients. | Carl Rogers | Unconditional positive regard. | The therapist use empathy for understanding client. | Strength is building trust among clients.  Weakness is client is not challenged. |  | The theory align with my personal belief because it addresses clients needs. |
| **Cognitive-Behavioral** | | | | | | |  |
| 1. Behavior Therapy | Focused on changing behavior | B F Skinner | Classical conditioning | Reflexive response is triggered by stimulus. | Strength: effective for changing behavior.  Weakness: negative impacts due to punishment. | Reward strategy is used | The theory doesn’t align with my personal belief because it involve strict punishment. |
| 1. Rational Emotive Behavior Therapy | Focused of removing negative thoughts | Albert Ellis | Irrational beliefs | Changing irrational beliefs | Strength: Client become aware of self.  Weakness: don’t work for everyone. | Sessions of counseling | The theory align with my personal belief because it improve emotions. |
| 1. Cognitive Therapy | Focused on changing thoughts | Aaron T Beck | Changing thoughts | The therapist aims at changing negative thoughts of client. | Strength is effective for treating disorder.  Weakness: not suitable for complex mental disorders. | Sessions of counseling | The theory align with my personal belief because it transform thoughts. |
| 1. Reality Therapy/Choice Theory | Helping clients to make better choices. | William Glasser | Drives and goals | Choices leads to satisfaction or dissatisfaction of drives. | Strength: clients becomes aware of choices.  Weakness: require more time | Counseling session | The theory align with my personal belief because it make client self-aware. |
| **Post-Modern** | | | | | | |  |
| 1. Narrative Therapy | Promoting self-awareness. | Michael White and David Epston | Nonpathologizing, empowering | Encourage people to depend on their skills. | Strength: people objectify problem.  Weakness: solution depends on clients. | Counseling sessions. | The theory align with my personal belief because it leads to identification of problem. |
| 1. Solution-Focused Brief Therapy | Encouraging clients to find solutions. | Steve de Shazer | Goal-directed behavior. | Developing goals for reaching solution. | Strength:  Weakness: | Guidance and counseling sessions. | The theory align with my personal belief because it allow client to find real solution. |
| **Family Systems** |  |  |  |  |  |  |  |
| 1. Family Systems Theory | Promoting positive relationship of client with family. | Murray Bowen | Interlocking concepts | Approval and support improve mental condition. | Strength: promote healthy family system.  Weakness: increased dependence on family. | Guidance and counseling sessions. | The theory align with my personal belief because family support leads to positive development. |