**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.  |