**Question Answers**

Student’s name

Professor’s Name

University

Subject Code

Date

1. Freudian analysts study the influence of unconscious mind on behavior. They would solve Emma’s problem by giving her neutral and nonthreatening stimuli, and ask her to interpret ambiguous pictures. It will help her regain her lost confidence. Since a single mother raised Emma, she owes her a lot. Therefore, assessing her childhood memories is a must. Emma will be encouraged to express her emotions so she can overcome them.
2. Adlerian lifestyle works on the principle of holistic approach. From the perspective of Adlerian lifestyle assessment, Emma will be considered an introvert who must be taught to increase number of people in her life slowly. Currently, she does not hang out with her friends and prefers to stay at home watching TV.
3. Emma continuously fails to control her emotions. For this reason, she remains highly excited and delightful about joining the classes at the time of admission but fails to leave the house to take them ever. She has anxiety issues. Therefore, she finds it really difficult to step out of her comfort zone. For the same reason, she fails to switch her job as well.
4. The REBT therapist understands that people are born with rational or irrational thinking behaviors. Therefore, people, right from the moment of their birth, have predisposition for growth actualization, happiness, and self-preservation. Moreover, a REBT therapist also believes that Emma was born constructivist, and thus, has an immense potential for growth. Hence, the therapist will modify the statement to, I know I should go back to school, and I can.”
5. Emma must work on the principles of Acceptance and commitment theory because she fails to admit her potential and capacity to do work. Therefore, she needs to commit to action to embrace her inner self with all of its beauty instead of focusing on what is out of her control. In this regard, she must adopt mindfulness techniques such as keep reminding her about the potential and capacity of work she has. Then she must commit to action, and work on changing her life.
6. Emma cooks at home for her mother, and takes it as an action to give her back for all of her efforts and hard works.
7. John Watson believed that human behaviors are learned. Therefore, the behavioral plan for Emma must be comprised of behavior learning and modification techniques. She remains afraid of stepping out of her comfort zone. Hence, she never joins classes or switches her job. Thus, a behavioral plan must comprise of identifying the behavior, setting up a reward system to reinforce learning, and start learning new behavior step by step.
8. Emma remains interested in better paying jobs, yet she believes that she will not be a proper fit for such jobs. She made such a statement to her sister when she offered her a job at her workplace. Therefore, CBT must be employed in an attempt to modify her under-confident statements about her work potential and inner capacity.
9. From the existential standpoint, Emma has started cooking for her mother, who is a single workingwoman. Emma believes that her mother’s condition happened because of her. She has done several jobs to take care of Emma and her older sister. That's why she wants to pay back to her mother in the form of cooked meals everyday.
10. The primary goal of an ACT therapist is to help people realize their true potential and develop the understanding about what is important and meaningful to them. In this regard, several mindfulness skills are taught to the clients. Keeping this approach in mind, an ACT therapist will help Emma develop an acceptance of undesirable feelings and thoughts with the help of mindfulness techniques.