Psychology

Your Name

Institution

Theoretical Orientation Scale

Theoretical Orientation Scale (TOS) is a tool used to determine one’s abstract direction in counseling theories. We are using TOS designed by Smith in this assignment. The main purpose of the scale is to discover our orientation in counseling. This scale highlights counseling preferences. Each therapy will be discussed in this paper. My preferences are explicitly more leaning towards feminist therapy, Person-centered therapy, Reality therapy, and Adlerian therapy. in this paper, I will discuss these techniques in detail.

# Psychoanalytic/ Psychodynamic Therapy

According to TOS tool, I have scored 29 in the psychoanalytic/ Psychodynamic approach. The psychodynamic approach includes psychological theories which focus on the strength and drive within the human. According to the psychodynamic approach, the unconscious mind of a person influences his behavior, feelings, and judgments.

# Adlerian Therapy

According to TOS tool, I have scored 30 points in the Adlerian approach. In Adlerian approach, client and therapist work together to identify obstacles. It is an effective technique of counseling as both the client and the therapist participate in finding a solution to the problem. We can easily overcome the client’s psychological shortcomings, if we gain his perception of struggles. Adlerian therapy also focuses on the social interest of an individual. The client is more satisfied when they are doing something beneficial to society. There are four stages of Adlerian therapy. First, the therapist and the client engage together to establish a positive relationship. The therapist tries to assess the client's problem by understanding his background. Third, the therapist tries to connect the client's past event to his present behavior. The last most important stage in Adlerian therapy is to develop new strategies which will help the client in overcoming his shortcomings.

# Behavioral Therapy

According to TOS tool, I have score 28 points in Behavioral therapy. Behavioral therapy is used to treat disorders related to the mental health client. Behavioral therapy usually used in identifying unhealthy behaviors, especially self-destructive behaviors. In behavioral therapy, the therapist emphasis on the current behavioral issues of the client and devise a strategy to change that behavior.

# Cognitive Therapy

My preference leans more toward cognitive therapy. I have scored 30 points in cognitive therapy. Cognitive therapy also is known psychotherapy focuses on how a person feels emotionally and how he thinks about various things. This kind of therapy does not focus on past experiences. The main focus area of cognitive therapy is communication, behavior, and present thinking. Cognitive therapy is used to address personal problems, substance abuse, eating disorder, fears, panic, anxiety, and depression.

In cognitive therapy, the therapist aim is to understand how a person thinks and how they react. For example, cognitive therapy is used in treating a drug addict. It becomes impossible for an addict to leave drugs. It is essential to understand what an addict thinks about his additive action. It is also important to learn how he reacts to the idea of quitting a drug. Cognitive therapy is the most effective method used in dealing with depression (Beck, 1979). The therapist helps a client in identifying the factors which are causing the depression. When the factors are clearly identified, the therapist proposes different strategies to overcome depression.

# Reality Therapy

According to TOS tool, I have scored 28 points in reality therapy technique. Reality therapy is an aggressive type of therapy which focuses on better choices against the problems. Like cognitive therapy, reality also does not focus on the past. The main goal of a mental health professional is to solve the problem. The therapist helps the client in making a difficult decision which will aid in solving the problem. Trusted relationship between health care professional and the patient is essential in reality therapy.

# Existential therapy

I have score 28 points in existential therapy. Existential therapy is a unique, effective type of psychotherapy. In existential therapy, a therapist focuses on the client's potential and strengthen the client to take responsibilities. Difficulties subjected to psychology and emotion are viewed by a health care professional. The therapist then explains such difficulties to the patient.

# Person-centered therapy

According to TOS, I have scored 31 points in Person-centered therapy. In person-centered approach, the patient is given a lead in the discussion. This kind of approach in psychotherapy helps patient identifying the root cause of the problem. The therapist takes his patient into confidence and makes him lead therapy session. In this way, the patient not only identifies the reason for the problem but also figure out the solution for the problem. The concept behind person-centered therapy is that the person himself is an expert in understanding his problem. In person-centered therapy, the therapist encourages the patient to speak out without giving any judgment or opinion to the matters. The therapist agreed with the patient and does not change the subject of the conservation. Person-centered therapy is one of the most difficult approaches used for dealing with mental health patient (LM Cepeda, 2006). While listening to the patient's story and his perspective, the therapist identifies the main cause of the problem. Being aware of the problem, the therapist then innocently asks the patient to talk about some specific topic which is related identified cause. Each step mentioned above is curtailed in making the patient realize the main causes behind the problems. Person-centered therapy requires experience and practice.

# Feminist Therapy:

Feminist therapy focuses on the challenges that particularly women faces. Discrimination, oppression, and stereotyping are few of the many factors that result in the stress and challenges that women faces (Brown, 1994). The therapist empowers the client to better understand the factors that are aiding their ill mental health. Problems that are mostly addressed in feminist therapy are body image issues, eating disorder, incest, and sexual abuse.

# References

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