**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* | Unconscious desires impact behavior of individuals. | Freud | Ego, ID, super ego, sexuality. | Identifying repressed emotions. | Unconscious thoughts are unreliable. | Dream analysis, hypnosis | It is possible to cure people by uncovering conscious and unconscious thoughts. |
| 1. Analytical Therapy | Unconsciousness can be used for self-regulating psyche. | Jung | Self, ego, shadow | Individuation is developed by exploring self. | Unreliable information | Counseling, talking, symbol analysis | This is a realistic concept. |
| 1. Individual Psychology | Human beings strive for power | Adler | Indivisible, inferiority complex | The struggles for superiority lead to inferiority complex. | Special needs are addressed. | Psychotherapy | Can be used for curing humans. |
| **Existential-Humanistic** | | | | | | |  |
| 1. Existential Therapy | Analysis of rational/ irrational thoughts. | Frankl | Free will, identity | People learn to recreate thoughts. | Overcoming substance abuse. | Discussions, awareness of self. | Improves behavior |
| 1. Gestalt Therapy | Uncovering unconscious thoughts | Fritz Perls | Freedom, self-direction | Avoiding past or dwelling future anxiously. | Individuals develop self-awareness. | Direct experience and experimentation. | Realistic |
| 1. Person-Centered Counseling | Individual struggles for attaining desires. | Rogers | Self-confidence, identity | Achieving independence | Improved self-awareness | Interaction, discussions | Realistic |
| **Cognitive-Behavioral** | | | | | | |  |
| 1. Behavior Therapy | Different tendencies of actualizing | Pavlov | Conditional response | Self-destructive, potential change | Modifying behavior | Relaxation techniques | Realistic |
| 1. Rational Emotive Behavior Therapy | Distinguishing b/w rational and irrational thinking | Ellis | Dysfunctional, emotional behavior | Client learns to change behavior | Overcoming traumas, negative feelings | Role play | Realistic, attainable |
| 1. Cognitive Therapy | Helping clients in changing negative thoughts | Aron Beck | Adaptability, | Changing patterns of thoughts | Managing anger, emotional disturbance. | Counseling | Very effective |
| 1. Reality Therapy/Choice Theory | Individual needs of individual’s must be met. | William Glasser | Survival, belonging, love | Identifying clients needs | Increased personal responsibility | Counseling | Very effective |
| **Post-Modern** | | | | | | |  |
| 1. Narrative Therapy | Imagining and narrating life | Michael White | Tendencies | Identifying causes of disturbance | Difficult to find reliability of client’s information. | Story analysis | Realistic |
| 1. Solution-Focused Brief Therapy | Focusing on solutions | Shazer and Berg | Resolution, pathology | Identifying past events | Difficult to find reliability of client’s information. | Counseling | Realistic |
| **Family Systems** |  |  |  |  |  |  |  |
| 1. Family Systems Theory | **Individuals cannot bee examined in isolation** | **Murray Bowen** | **Triangles, conflict** | **Each family member has a role to play** | **Time constraint** | **Guidance, counseling** | **Realistic** |

Reference

Corey, G. (2017). *THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY.* Cengage Learning.