**Theory Review Chart**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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.