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**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 motivation, aggressive drives | Sigmund Freud | Instincts, Ego, consciousness | Childhood events | Ability to explore unconsciousness/ measuring unconsciousness for change | Countertransference analysis, transference analysis, technical neutrality | No, due to influence of external factors |
| 1. Analytical Therapy | To reflect on the profound questions in life | Cark Jung | Archetypes, consciousness | Focus of archetypes and consciousness | Ability to cope with negative situations/ cannot resolve key issues | Questionnaire, allow the patient to talk freely | No, hard to swallow concept of ego |
| 1. Individual Psychology | Self-in-rooted | Alfred Adler | Personality, desire | Work towards self-realization | Reorientation/ patient try to hid their issues | Vertical arrow and triple column technique | No |
| **Existential-Humanistic** | | | | | | |  |
| 1. Existential Therapy | Choice of a person significant | Irvin Yalom | Anxiety, Freedom, Loneliness | How people see world and how they make choices | Make life meaningful/ religious conflict | Cultivation of mindfulness | Yes, therapy is centered around life, death, freedom, and isolation |
| 1. Gestalt Therapy | Developing awareness of one’s feelings | Erving Polster | Therapy, awareness, deflection | Awareness, present centeredness, and personal responsibilities | Resolve issues of past/ too self-centered | Empty chair, confrontation, and taking responsibilities | No, person is not made up of separate elements |
| 1. Person-Centered Counseling | A person’s striving for growth | Cal Rogers | Anxiety, depression, disorder, schizophrenia | I am expert of myself. | Trust in therapist/ finding your way may lead to some other behavioral issues | Let the client take a lead in the therapy | Yes, I believe that subconsciously a person is well awareness of his issues and shorcomings |
| **Cognitive-Behavioral** | | | | | | |  |
| 1. Behavior Therapy | A person is a product of his environment | B.F Skinner | Training, acceptance, depression, anxiety, eating disorders | To develop skills in order to overcome troubles | Fixing bad habits/ does not emphasis on insight | Self-monitoring, role playing | Yes, behavior is key element in psychology |
| 1. Rational Emotive Behavior Therapy | People are either rational or irrational and they are responsible for their actions | Albert Ells | Emotional consequences, illogical beliefs, new feelings | Effective strategies with direct teachings | Clear and effective/ not applicable for all clients | Self-analysis, humor, teaching, reasoning | No, people tend to hide their actual emotions and problems |
| 1. Cognitive Therapy | People are effected by their way of thinking | Aaron Tim Beek | Social phobia, depression, abuse | Improving cognitive skills of a person | Recognize the relation between behavior, thoughts and emotions | Behavioral interventions, cognitive techniques | Yes, it is most effective therapeutic technique |
| 1. Reality Therapy/Choice Theory | Person’s conscious mind is responsible for his actions | William Glasser | Identity, freedom, power | To make client realize about choices and make them mentally strong | Help client realizing the reality/ ignores other concepts | Success identity, responsible behavior | Partially agree  It does helps client in treating the matter in hand but rejects all other concepts of psychology |
| **Post-Modern** | | | | | | |  |
| 1. Narrative Therapy | Everyone creates their own reality | Micheal White | Conversation, outcomes, alternate story | Listening to client’s point of view without passing any judgement | People are able to find solution by creating alternative stories/ not enough time to analyze the client | Crating alternative stories | Yes, it can help some individuals, but not all |
| 1. Solution-Focused Brief Therapy | Solution development process does not depend on problem. | Steve De Shazer | Blaming stories, countertransference, scaling questions, eco systemic | Open mindedly listen to client and setting realistic goals | Quickly resolves problems/ no client therapist relationship | Focus on possibilities, to know what client’s want | Yes, this techniques helps in analyzing problems |
| **Family Systems** |  |  |  |  |  |  |  |
| 1. Family Systems Theory | View family as a emotional unit | Murray Bowen | Emotional process, anxiety, family background | Family is a single unit bound emotionally | Help cope with the family/ limited to family | Strategic therapy, structural therapy, narrative therapy | Yes, it lights upon family relationships and behavior |