**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* |  |  |  |  |  |  |  |
| 1. Analytical Therapy | The influences of childhood impact symptoms and psychology to reshow want/desire to gain back all lost parts | Jung | Extraversion  Collective unconscious Introversion  Wholeness | Mental function  Attitude  Symbols  Individuations  The psyche and the eight types | Concept to which  individuals assign  Pledge to the  client  Strains standing  of healing  connection  Problematic to amount | Dynamic thoughts  Vision exploration  Usage of Inventive skills | No! Because the defined functions by Jung are not realistic. |
| 1. Individual Psychology | Unique capabilities and personality traits of every child are impacted by early stage experiences and those memories drive the person toward their unique and ultimate goal | Adler | Art and creative  Guiding imagery  Role playing | Individual uniqueness  Common sense versus private logic life style and selective final goals as well as striving for protection  Social interest and schema of interest | Capability to cultivate  beneficial  connection  Faith  Client  expectation/hopes  Reinforcement of helpful  method | Judging/empathetic  life  Awareness and clarification  Reequipping | Yes! Because Adler states that purposeful attitude and goals and set life objectives motivate us and this is a reality and fact. |
| **Existential-Humanistic** | | | | | | |  |
| 1. Existential Therapy |  |  |  |  |  |  |  |
| 1. Gestalt Therapy |  |  |  |  |  |  |  |
| 1. Person-Centered Counseling |  |  |  |  |  |  |  |
| **Cognitive-Behavioral** | | | | | | |  |
| 1. Behavior Therapy | People learn because of the conditions while they are born as blank page/slate | Skinner, Bandura, Wolpe and Pavlov | Conditioned and unconditioned stimulus  Social and isolated learning | Classical conditioning:  Modeling or social and societal learning | Valuation of wants of client  identifying &  handling precise  difficulties  easier it to study and is  supreme fruitful in  Prosperous result.  Incomplete achievement in  matrimonial therapy, | Receiving  Comfortable movements  Flooding/implosion  Aversive  Incentive controller  Personal-management  Operative habituation | Yes! Because it changes unhealthy behaviors very potentially |
| 1. Rational Emotive Behavior Therapy |  |  |  |  |  |  |  |
| 1. Cognitive Therapy | We (human beings) are born with predisposition towards several emotional disorders | Beck | Rules, attitudes, assumptions and expectations  Emotive and much behavioral | Core beliefs  Automatic thinking  Coping tactics and strategies | Operative transversely a extensive  variety of ailments  Spectacles perseverance  when action/treatment ends | Constructing durable cooperation:  cooperative, sympathy,  compassionate, hopefulness  Familiarizing other’s elegance  Teaching client regarding  intellectual approach  Assignment plans | Yes! Because it is similar to my view as it changes the reasons behind individuals’ difficulties so that the difficulties may be treated and reduced and I think that this is the best way. |
| 1. Reality Therapy/Choice Theory |  |  |  |  |  |  |  |
| **Post-Modern** | | | | | | |  |
| 1. Narrative Therapy |  |  |  |  |  |  |  |
| 1. Solution-Focused Brief Therapy |  |  |  |  |  |  |  |
| **Family Systems** |  |  |  |  |  |  |  |
| 1. Family Systems Theory |  |  |  |  |  |  |  |