**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*
 |   |  |   |   |   |  |  |
| 1. Analytical Therapy
 | The influences of childhood impact symptoms and psychology to reshow want/desire to gain back all lost parts | Jung | ExtraversionCollective unconscious IntroversionWholeness | Mental functionAttitudeSymbolsIndividuations The psyche and the eight types | Concept to whichindividuals assignPledge to theclientStrains standingof healingconnectionProblematic to amount | Dynamic thoughtsVision explorationUsage 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 creativeGuiding 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 cultivatebeneficialconnectionFaithClientexpectation/hopesReinforcement of helpfulmethod | Judging/empatheticlifeAwareness and clarificationReequipping  | 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 clientidentifying &handling precisedifficulties easier it to study and issupreme fruitful inProsperous result.Incomplete achievement inmatrimonial therapy, | ReceivingComfortable movementsFlooding/implosionAversiveIncentive controllerPersonal-managementOperative 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 expectationsEmotive and much behavioral  | Core beliefsAutomatic thinking Coping tactics and strategies | Operative transversely a extensivevariety of ailmentsSpectacles perseverancewhen action/treatment ends | Constructing durable cooperation:cooperative, sympathy,compassionate, hopefulnessFamiliarizing other’s eleganceTeaching client regardingintellectual approachAssignment 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
 |  |  |   |   |  |  |  |