

THEORY <i>KEY FIGURES</i>	VIEW OF HUMAN NATURE	THERAPEUTIC GOAL	KEY CONCEPTS	PRIMARY TECHNIQUES
Psychoanalytic/ Psychodynamic <ul style="list-style-type: none"> • Sigmund Freud • Erik Erikson • Carl Jung 	Deterministic; behavior driven by unconscious forces, instincts, and early childhood experiences	Bring unconscious material to consciousness; restructure personality; resolve repressed conflicts	<ul style="list-style-type: none"> • Id/Ego/Superego • Defense mechanisms • Oedipus complex • Psychosexual stages • Transference 	Free association; dream analysis; transference/countertransference; interpretation; resistance analysis
Adlerian (Individual) <ul style="list-style-type: none"> • Alfred Adler • Rudolf Dreikurs 	Teleological (goal-directed); socially motivated; strive for superiority; capable of change	Increase social interest; overcome inferiority; change mistaken goals; encourage lifestyle change	<ul style="list-style-type: none"> • Inferiority complex • Striving for superiority • Birth order • Social interest • Fictional finalism 	Lifestyle assessment; early recollections; birth order analysis; the question; encouragement; acting "as if"
Existential <ul style="list-style-type: none"> • Viktor Frankl • Rollo May • Irvin Yalom 	Free, responsible, meaning-seeking; anxiety arises from confronting existential "givens"; self-aware	Help client face existential concerns; find personal meaning; embrace freedom and responsibility	<ul style="list-style-type: none"> • Four givens • Authenticity • Will to meaning • Existential anxiety • Being-in-the-world 	Exploring four existential concerns; logotherapy; paradoxical intention; dereflection; phenomenological inquiry
Humanistic <ul style="list-style-type: none"> • Carl Rogers • Abraham Maslow 	Inherently positive and trustworthy; innate drive toward growth (actualization); non-deterministic	Create growth conditions; close gap between real and ideal self; increase congruence and self-acceptance	<ul style="list-style-type: none"> • Self-actualization • Core conditions • Organismic valuing • Conditions of worth • Locus of evaluation 	Unconditional positive regard; empathic reflection; genuineness; active listening; immediacy
Gestalt <ul style="list-style-type: none"> • Fritz Perls • Laura Perls • Paul Goodman 	Holistic; self-regulating; can achieve growth by gaining awareness; exist in present experience	Increase awareness of present-moment experience; integrate polarities; complete unfinished business	<ul style="list-style-type: none"> • Figure/ground • Contact; withdrawal • Unfinished business • Introjection/Projection • Confluence 	Empty chair; two-chair dialogue; exaggeration; I-statements; dream work (existential); here-and-now focus; body awareness

Major Counseling Theories

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Behavioral <ul style="list-style-type: none"> • B. F. Skinner • John B. Watson • Joseph Wolpe 	Deterministic; behavior shaped by environment; learning and conditioning are primary mechanisms	Extinguish maladaptive behaviors; reinforce adaptive ones through systematic application of learning principles	<ul style="list-style-type: none"> • Classical conditioning • Operant conditioning • Reinforcement • Stimulus-response • Behavior modification 	Systematic desensitization; token economies; shaping and reinforcement; modeling; flooding/exposure; aversion therapy
Cognitive-Behavioral <ul style="list-style-type: none"> • Aaron Beck • Donald Meichenbaum 	Not deterministic; cognitions mediate emotion/behavior; capable of examining and changing thoughts	Identify and restructure automatic negative thoughts and cognitive distortions; change behavior patterns	<ul style="list-style-type: none"> • Cognitive triad • Automatic thoughts • Cognitive distortions • Schemas/core beliefs • Collaborative empiricism 	Cognitive restructuring; thought records; behavioral activation; Socratic questioning; homework assignments; ABCDE model
Rational Emotive BT <ul style="list-style-type: none"> • Albert Ellis 	Biologically predisposed to irrational thinking; capable of reason and change through hard work	Replace irrational beliefs with rational beliefs; achieve unconditional self-acceptance	<ul style="list-style-type: none"> • ABCDEF model • Musturbation • Awfulizing • Unconditional self-acceptance 	ABCDEF model; disputing irrational beliefs; rational-emotive imagery; shame-attacking exercises; bibliotherapy
Reality Therapy (Choice Theory) <ul style="list-style-type: none"> • William Glasser • Robert Wubbolding 	All behavior is chosen; people seek to meet five basic needs; responsible for own choices	Help client meet basic needs responsibly; evaluate current behavior; create realistic plans (WDEP)	<ul style="list-style-type: none"> • Five basic needs • Total behavior • Quality world • WDEP 	WDEP system; self-evaluation questions; commitment to plan; humor; never punish/criticize
Solution-Focused BT <ul style="list-style-type: none"> • Steve de Shazer • Insoo Kim Berg • Bill O'Hanlon 	Competent and resourceful; focused on strengths and future possibilities; not determined by past	Identify and amplify existing solutions and exceptions; build on strengths toward client-defined goals	<ul style="list-style-type: none"> • Solutions vs. problems • Exceptions to problems • Small changes lead to big changes • Client as expert 	Miracle question; exception questions; scaling questions; compliments; formula first session task; coping questions

Theory Decision Guide & Theoretical Spectrum

Theory Decision Guide

Look for these clues to identify the theory being used or the best-fit approach.

1. Client has intrusive negative thoughts before social events and avoids parties	CBT — use cognitive restructuring and behavioral activation
2. Client is grieving loss of identity after retirement; questions meaning of life	Existential — use logotherapy/Yalom’s approach
3. Client repeats patterns in relationships; difficulty with authority figures	Psychoanalytic — explore early relationships
4. Client wants to “just fix” their phobia of flying in eight sessions	Behavioral — systematic desensitization, anxiety hierarchy
5. Client says, “I should be a better parent; I’m worthless if I fail”	REBT — use ABCDEF disputing
6. Client is withdrawn and just needs to feel heard; resistant to advice	Humanistic — provide UPR, empathy, congruence
7. Client describes problem vaguely; they slump and avoid eye contact	Gestalt — bring into present; try empty chair or exaggeration
8. Client feels like “the black sheep” and always needs to prove themselves	Adlerian — lifestyle assessment; use encouragement
9. Client can’t identify strengths but has one week where things “went better”	SFBT — amplify the exception; use scaling and miracle question
10. Client keeps making poor choices and blaming others; refuses accountability	Reality therapy — evaluate behavior; create responsible plan

Theoretical Spectrum

Each theory can be placed on a spectrum ranging from directive to non-directive.

