

* Most therapists take an eclectic approach (use a combo of therapies)

Five Perspectives of Therapy

Perspective	Key People	Cause of Behavior	Goal of Treatment	Key Terms
Psychanalytical	Sigmund Freud	Unconscious internal conflicts, possibly stemming from early childhood trauma	Help patients gain insight to their unconscious conflicts	<ul style="list-style-type: none"> Psychodynamic therapy Interpersonal therapy Dream interpretation Resistance Transference Free Association
Humanistic	Carl Rogers	Poor self-concept as a result of conditions of worth Poor self worth	To reduce the discrepancy between the real and ideal self	<ul style="list-style-type: none"> Active listening Unconditional positive regard Client-centered therapy Genuineness Acceptance Empathy
Behavioral	Mary Cover Jones B.F. Skinner	Learned classically conditioned responses or operant learned behavior through reinforcement	Unlearn maladaptive behavior and replace it with more adaptive behavior Allow associations, like certain fears to become extinct.	<ul style="list-style-type: none"> Classical conditioning (Counter conditioning) Exposure Therapy Systematic Desensitization Flooding Virtual Reality Therapy Anxiety Hierarchies Aversive Therapy Operant Conditioning Behavior Modification Token Economy
Cognitive	Aaron Beck Albert Ellis	Irrational and faulty thought processes and perceptions	Cognitive restructuring by changing the thoughts and replacing irrational with more rational perceptions. Reverse patterns of negative thinking in order to make them more positive.	<ul style="list-style-type: none"> Rational Emotive Therapy Stress inoculation training Negative Explanatory Style
Biomedical	Egas Moiniz Walter Freeman	Imbalance of neurotransmitters, hormones; genetic predispositions and brain abnormalities.	Through the use of medication, attempting to restore balance. Electro-convulsive shock treatment and psychosurgery used <u>minimally</u> as well.	<ul style="list-style-type: none"> Antipsychotic drugs Classical antipsychotics Atypical antipsychotics Antianxiety drugs Antidepressants SSRIs MAOI's and tricyclics Mood Stabilizing medications Lithium Depakote ECT FTMS DBS Lobotomies

Biomedical (symptoms)

Psychotherapy (cause/changing behavior)

action

action

insight

insight