

Counseling Theories Chart

COUNSELING THEORIES CHART

Cognitive Behavioral Therapy (CBT): Focuses on thoughts, emotions, and behaviors and their interconnectedness. Emphasizes identifying and challenging irrational beliefs. Techniques: Cognitive restructuring, behavior modification, exposure therapy. Applications: Anxiety, depression, phobias, PTSD, OCD.

Psychoanalytic Theory: Explores unconscious conflicts, childhood experiences, and defense mechanisms. Highlights the role of the therapist-client relationship. Techniques: Free association, dream analysis, transference interpretation. Applications: Long-standing psychological issues, personality disorders, unresolved trauma.

Humanistic Therapy: Stresses self-actualization, empathy, and unconditional positive regard. Emphasizes client's capacity for growth and self-awareness. Techniques: Active listening, reflective responses, empathetic understanding. Applications: Self-esteem issues, identity exploration, personal growth, relationship difficulties.

Gestalt Therapy: Focuses on the present moment, awareness, and personal responsibility. Encourages integration of fragmented aspects of the self. Techniques: Empty chair technique, role-playing, focusing on body sensations. Applications: Emotional blocks, unresolved past experiences, self-awareness, interpersonal conflicts.

Existential Therapy: Addresses existential concerns such as freedom, meaning, and mortality. Encourages clients to confront life's ultimate questions and take responsibility for their choices. Techniques: Philosophical exploration, confronting existential anxiety, embracing authenticity. Applications: Existential crises, feelings of meaninglessness, identity exploration, end-of-life issues.

Family Systems Therapy: Views individuals within the context of their family systems and social networks. Examines patterns of interaction and communication. Techniques: Genogram construction, reframing, boundary setting, structural interventions. Applications: Family conflicts, communication breakdowns, relationship issues, intergenerational trauma.