

Four Approaches To Counselling And Psychotherapy

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They then consider the four main models of psychotherapy - psychodynamic, humanistic, integrative and cognitive-behavioural - before focusing on the most popular approach from each, including: person-centred, rational emotive behavioural, and multimodal.

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Currently preferred therapies based in behavior theory include behavior therapy, dialectical behavior therapy, multimodal therapy and conjoint sex therapy. Psychoanalytic: Psychoanalytic counseling theories hold that psychological problems result from the present-day influence of unconscious psychological drives or motivations stemming from past relationships and experiences.

[Counseling Theories and Approaches](#)

There are a number of different approaches used by professional counsellors. Perhaps the three main approaches are psychodynamic, humanistic and behavioural. Each of these has a different theory and ideas underpinning it, and the therapists and counsellors using each will approach problems and issues in different ways.

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Behavioral therapy is a focused, action-oriented approach to mental health treatment.. According to behavioral theory, certain behaviors develop from things you learned in your past. Some of these ...

[Types of Therapy: Different Types of Approaches and How ...](#)

2 Six Key Approaches to counselling And therapy schOOls The psychodynamic school The term psychodynamic refers to the transfer of psychic or mental energy between the different structures and levels of consciousness within people ' s minds.

[Introducing Counselling and Therapy Approaches](#)

Five Counseling Theories and Approaches. June 01, 2015 by Counseling Staff Psychotherapy theories provide a framework for therapists and counselors to interpret a client ' s behavior, thoughts, and feelings and help them navigate a client ' s journey from diagnosis to post-treatment.

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Existential therapy focuses on free will, self-determination and the search for meaning. Integrative or holistic therapy. Many therapists don't tie themselves to any one approach. Instead, they blend elements from different approaches and tailor their treatment according to each client's needs. Adapted from the Encyclopedia of Psychology