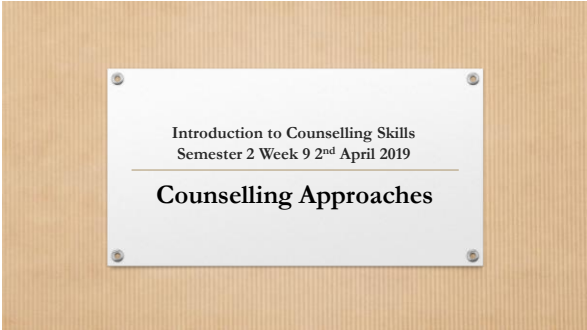




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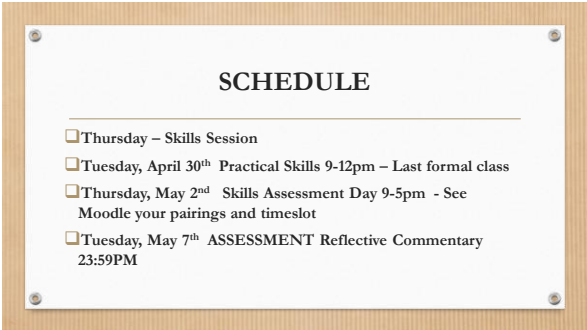
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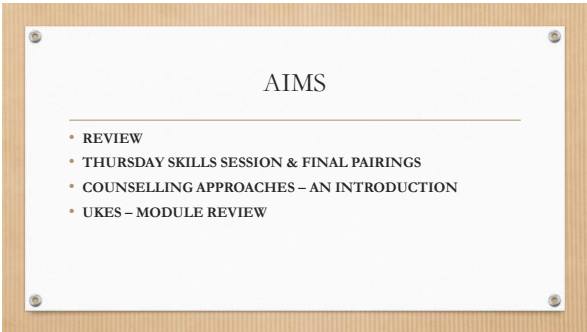
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RESOURCES

- Jones-Smith, E. 2012. OR 2016 Theories of Counseling and Psychotherapy. Thousand Oaks, California: Sage.
- Nelson Jones, R. 2011. Theory and Practice of Counselling and Psychotherapy. London: Sage.
- There are many resources

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Schools

- Psychodynamic – Psychoanalysis
- Behaviour Therapy and Cognitive Therapy
- Humanistic

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Forces in Therapy

- 1. Psychoanalytical and Psychodynamic
- 2. Behaviour Therapy and Cognitive Therapy
- 3. Existential and Humanistic Theories
- 4. Social Constructivism and Postmodernism
- 5. Neuroscience and Theories of Psychotherapy

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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.
- Psychodynamic approaches emphasize the importance of unconscious influences on how people function. Therapy aims to increase clients' abilities to exercise greater conscious control over their lives. Analysis or interpretation of dreams can be a central part of therapy.

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Cognitive Behavioural Therapy

- Traditional behaviour therapy focuses mainly on changing observable behaviours by means of providing different or rewarding consequences. The cognitive behaviour school broadens behaviour therapy to incorporate the contribution of how people think to creating, sustaining and changing their problems. In cognitive behaviour approaches, therapists assess clients and then intervene to help them to change specific ways of thinking and behaving that sustain their problems

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Humanistic

- The humanistic school is based on humanism, a system of values and beliefs that emphasizes the better qualities of humankind and people's abilities to develop their human potential. Humanistic therapists emphasize enhancing clients' abilities to experience their feelings and think and act in harmony with their underlying tendencies to actualize themselves as unique individuals.

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Postmodern

- The postmodern therapies adopt a social constructionist viewpoint, assuming that how people process and construct information about themselves and their world is central to their existence. Rather than conceptualizing progress as a departure from and rejection of the past, postmodernism draws on the past to serve the present. People's experience of emotions depends on the names that they give to these emotions. People's beliefs about their relationships affect how they interpret the reactions of others and how they respond to them. Personal behaviour results from these cognitive processes and is therefore open to change.

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Working Group Exercise

5 Groups – Please explore and provide a brief narrative for the rest of the class.

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Questions

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