

Person-centred	Psychodynamic/Transactional Analysis	Cognitive Behavioural Therapy/REBT
Carl Rogers	Eric Berne (developed by Freud)	Ellis/Beck
Humanistic school	Psychodynamic school	Behavioural school
Here and now	Presenting past	How we think
Counsellor believes the client is an expert on themselves and helps the client gain self-acceptance	Counsellor is an ‘expert’ and helps the client to realise how childhood experiences affect their life today	Counsellor is an ‘expert’ and helps the client to think more rationally about life
Believes that humans can self-heal if the core conditions are in place	The basis of the model is parent, adult and child ego states	The basis of the model is action, belief and consequence
Core conditions are necessary and sufficient	Core conditions are desirable	Core conditions are desirable
The relationship between the client and the counsellor is the most important aspect of the therapy succeeding	Counsellor will use techniques to gain insight in to the clients thoughts, may set tasks and homework to aid the therapy - can take a long time, possibly years of therapy .	Counsellor teaches techniques, sets homework and uses worksheets to aid the therapy. Maintenance of coping strategies are required by the client