

## **Forms of Therapy**

### **Psychoanalysis**

Based on Freud's theory that behavior has meaning and to "understand one's self" allows the patient to bring unconscious conflicts to the conscious and strengthens one's ability to make rational choices instead of responding automatically. Uses interpretation and free association, concentrates on transference and reconstruction of patient's past life. Usually multiple times a week and can last several years.

### **Psychodynamic Therapy**

Belief that human behavior is motivated by psychological forces outside of the individual's awareness. Understanding defense mechanisms, the use of transference and counter-transference and patterns of behavior are part of this type of therapy. Based on Freud's theories of psychoanalysis. Usually last for 2-5 years.

### **Behavior Therapy/Cognitive Behavior Therapy**

This therapy rejects Psychoanalysis and Psychodynamic models as Behavior Therapy/Cognitive Behavior Therapy does not view abnormal behavior as a symptom of underlying unconscious conflicts, but rather as "non-pathological patterns of living". Behavior assessment focuses on the current determinants of behavior and uses a scientific method of: 1) eliciting automatic thoughts, 2) identifying maladaptive assumptions and 3) testing the validity of these assumptions to create change. Uses "Automatic Thoughts, Behaviors and Consequences" framework to work on problems. Can include automatic desensitization, blocking, flooding, and grounding techniques. Important people are Pavlov, Skinner, Beck, Bandura, and Ellis.

### **Short Term Interpersonal Therapy**

Patients are taught to evaluate realistically their interactions with others and how they isolate themselves. (What's wrong with how they interact with others and how does that shape behaviors directed toward them in return?) Usually brief, e.g. 1x/week for 3-4 months. Important people are Weissman and Klerman.

### **Client-Centered Therapy**

Using positive unconditional regard and empathy to allow patients to change by providing the correct environment. This type of therapy does not confront the patient directly and firmly during the therapeutic relationship. Developed by Carl Rogers.

### **Group Therapy**

This process provides an opportunity for patients to realize that others share their same problems. The group is carefully selected based on the group objectives, but provides an arena for members to re-enact their own problems within relationships and family contexts. Within the strength of the group, patients can be confronted by other trusted group members and reflect on their own maladaptive patterns based on the present patterns within the group. This allows patients to become more aware of their own difficulties with immediate feedback. Group therapy is usually less expensive than individual therapy and also provides a support/social group for patients. Usually has a specific set of rules within each group.