

# Counseling Theories Comparison Chart

Theory name	Emphasis on human nature	Root psychological problem	Therapeutic approach
<b>Psychoanalytic</b>	Conflicts within the unconscious shape thoughts, feelings, and behaviors	Unresolved childhood experiences, defense mechanisms	Dream analysis, free association, exploration of unconscious
<b>Adlerian</b>	Strive for superiority, belonging	Feelings of inferiority, lack of social connection	Encouragement, tasks to build self-esteem & social connection
<b>Existential</b>	Freedom and responsibility in the face of absurdity	Anxiety about creating meaning in life	Finding meaning & responsibility in choices
<b>Person-centered</b>	People are inherently good and capable of self-growth	Negative self-image, incongruence between ideal & real self	Unconditional positive regard, empathy, genuineness
<b>Gestalt</b>	Focus on present experience, self-awareness	Unfinished business, blocked emotions	Awareness exercises, integrating unfinished business
<b>Behavior</b>	Learned behaviors influence well-being	Unwanted behaviors reinforced by environment/negative social modeling	Conditioning techniques, exposure therapy, skills training
<b>Cognitive behavior theory (CBT)</b>	Thoughts, behaviors, emotions interact	Unhealthy thought patterns, learned behaviors	Cognitive restructuring, exposure therapy, behavioral techniques
<b>Reality</b>	Meeting basic needs for mental health, people have control over themselves	Unmet basic needs, distorted perceptions	Fulfilling basic needs, reality testing
<b>Feminist</b>	Focuses on gender roles & power dynamics	Gender oppression, societal expectations	Empowerment, challenging societal norms
<b>Postmodern</b>	Challenges grand narratives, emphasizes social constructs	Dominant maladaptive narratives lead to negative identity construction	Recognizing client strengths and the language creates meaning, deconstructing narratives, exploring power dynamics
<b>Family systems</b>	Individuals function within a system	Family dynamics, unhealthy communication patterns	Family therapy techniques to improve communication & interaction

Reference: Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

# Counseling Theory And Practice

**JG Myers**



## **Counseling Theory And Practice:**

This book delves into Counseling Theory And Practice. Counseling Theory And Practice is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Counseling Theory And Practice, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Counseling Theory And Practice
- Chapter 2: Essential Elements of Counseling Theory And Practice
- Chapter 3: Counseling Theory And Practice in Everyday Life
- Chapter 4: Counseling Theory And Practice in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Counseling Theory And Practice. This chapter will explore what Counseling Theory And Practice is, why Counseling Theory And Practice is vital, and how to effectively learn about Counseling Theory And Practice.

3. In chapter 2, this book will delve into the foundational concepts of Counseling Theory And Practice. The second chapter will elucidate the essential principles that need to be understood to grasp Counseling Theory And Practice in its entirety.

4. In chapter 3, the author will examine the practical applications of Counseling Theory And Practice in daily life. The third chapter will showcase real-world examples of how Counseling Theory And Practice can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Counseling Theory And Practice in specific contexts. This chapter will explore how Counseling Theory And Practice is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Counseling Theory And Practice. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Counseling Theory And Practice.

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