Theoretical Approaches used in Clinical Practice

1. Generalist framework: eclectic approach to help clients: choose variety of models and methods.
2. Problem-solving model: used to solve discrete problems: key word is coping skills. Based on psychosocial behaviors and functional approaches mainly helping clients with coping skills.
3. Behavior modification: used for symptom reduction for problem behaviors and learning alternative positive acceptable behaviors.
4. Cognitive therapy: achieve symptom reduction of negative thoughts distorted thinking and dysfunctional beliefs.
5. Rational emotive behavioral therapy (REBT): stems from cognitive therapy but is more confrontational. Helps stop negative irrational thoughts.
6. Paradoxical directive approach: telling a client to continue their maladaptive behaviors.
7. Crisis intervention: brief treatment to crisis situations with the goal of reestablishing clients equilibrium. Must have a goal in the first session.
8. Family therapy: treats the whole family system and sees the individual person with the problem as indicative of the problem in thee family as a whole.
9. Group therapy: practice model in which group members can help and be helped by others with similar problems. Members receive validation. Allow the group members to come to their own resolutions.
10. Narrative therapy: approach in which stories are used. Clients tell about their lives which reveal how they structure perceptions of their experiences. Job of therapist to co-construct alternative, more affirming positive stories with the client.
11. Ecological or life model: focuses on life transitions, envionrmental pressures and the maladaptive fit between individual and family or larger environment.
12. Task-centered model: focuses on the ability to accomplish tasks, to reinforce self-esteem and re-establish the capacity for coping. As therapist you give client specific tasks.
13. Feminist framework: most relivant when client is female. Deals with the effects of gender, sex roles, discrimination or stereotyping.
14. Strengths perspective: assess inherent strengths of clients and build upon strengths.
15. Psychoanalysis model: long-term treatment with the goal of resolving inner conflicts and dealing with past experiences.
16. Gistolt therapy: allow client to become completely aware of themselves. Emphasizes getting in touch with oneself in the here and now. Techniques: empty chair and “I” language.