

Psych 444

Week 1 assignment

Question 1.

Psychoanalytic therapy: Where the approach focuses a lot on past events, unfinished business, analytic based work to build a person's personality and character. A lot of the work behind this form of therapy also revolves around a person's sensitive areas which can lead to someone being triggered. A lot, if not all clients can hold back from confronting issues that they have had in the past but have never face due to burying or suppressing. Therapists can gather information about the client and use pieces to continue to target specific issues that are expressed in therapy.

Therapists use transference and countertransference to explore more about the client in this process. Clients will become resistant and avoid certain topics of conversation because they have yet to deal with things that come up. Therapists have to immediately respect if clients do not want to be open about things that may be uncovered throughout this process and it should be helpful to remind a client that this also comes with the territory. Because clients are just as human as us, they can perceive hesitation or any inclination of force so we must be wise and kind enough to approach these topics with just as much sensitivity. In most cases, clients will not be open to wanting to change certain things that come up as well and may continue to resist.

Psychoanalytic therapy to me is one of the most broad and one I have been familiar with since before studying in this field. I personally think that this method of therapy is respected because you can have breakthrough cases with clients when the client is willing. This is why it is so important to be self aware as a therapist, because if we are not putting our humanness into

practice by connecting emotionally, mentally, spiritually and physically present with clients they will resist and not want to talk. Therapists never have to assume certain methods will work immediately, they have to know how to read the room and in this case, their client. This is one method of therapy I agree with.

Adlerian therapy: Where we can practice empathy and selfless. This form of therapy focuses on making sure we live a life of purpose and take responsibility of who your life. Using the study of purpose (teneology) and focusing on future goals or achievements. This therapy focuses also on the need to understand someone through competence over pathology. Adlerian therapy puts to use different experiences clients have had with siblings as opposed to comparisons drawn from parents. There are also different phases in this form of therapy starting with highlighting a relationship, how were they equal and did they work together? The second phase observes a client's lifestyle and how does this correlate with the client's personality formation. Phase 3 focuses on insight and self awareness where a client can become active in putting pieces together to make things better. Phase 4 focuses on going back and learning again. Again being active throughout a client's time in therapy. Most adlerian based therapy consists of acting and doing with the pieces that are discovered about a client. I enjoy learning more about Adlerian therapy because its about working within a case In order to see improvements. When I say work I mean digging deeper. This is the method I agree with the most.

Existential therapy: How to see a client and therapy, without the use of intervention or an organized system to assist the client. A therapist is dealing more with the how the client got to this point and making a client aware of the issue and the how.

Person centered therapy: Can be seen as someone who is a people person, or focuses on the individual going through therapy. Empathizing, focusing and listening to the client without being a critic, condemning or disagreeing with a person. Person centered therapy is more relational and sees the good.

Gestalt Therapy: The therapist shifts focus on what is happening moment by moment with what the client is expressing through body language or speech. When a therapist is using this method, they will often ask how the client feels after explaining something that has happened.

Behavioral therapy: therapists believe in finding a resolve to a problem through experimenting. The experimenting is ongoing and will continue throughout a client's therapy journey.

This method of therapy also will need the client to act continuously when finding a solution.

Cognitive Behavioral Therapy: therapists will help clients point out negative thoughts about themselves or their surroundings to target bigger issues and where they stem from. An example could be an eating disorder or depression. Therapists can also use this with clients to assimilate past behavior patterns.

Choice theory/Reality therapy: When a therapist helps a client gain responsibility with whatever may be happening in the now or present day. A client who has a difficult time dealing with being in the wrong will find this very challenging.

Feminist therapy: Method of therapy that can help women become empowered through sociopolitical ranking and focuses on finding true identity within themselves. Feminist therapy is a method that can challenge a woman's goals and allow them to heal from past issues related to a political climate or social status in the world. Women who are minorities can use this method to tackle issues that often make them feel oppressed in a world full of power that opposes their growth.

Postmodern approaches: A combination of Solution focused brief therapy, narrative therapy and social constructionism. A client is in control of their life and there is no “single truth.” This is the first time I hear about these forms of therapy and would like to learn more about them.

Family systems therapy: a therapist will use this method in conjunction with a client’s family.

When working with the family, the client will change.