

Psychodynamic Approaches

Psychoanalytic therapy

Founder

- Sigmund Freud

- A theory of personality development, a philosophy of human nature, and a method of psychotherapy that focuses on unconscious factors that motivate behavior
- Attention given to the events of the first six years of life as determinants of the later development of personality
- It has had a major influence on all forms of psychotherapy. Some therapeutic models are extensions of this theory, some a reaction against it

Adlerian therapy

Founder

- Alfred Adler

Key Figure

- Rudolf Dreikurs

- This is a growth model that stresses assuming responsibility, creating one's own destiny, and finding meaning and goals to create a purposeful life
- Key concepts are used in most other current therapies
- Accounts for present behavior by studying childhood experience, it does not focus in unconscious dynamics

Experiential and Relationship-Oriented Therapies

Existential therapy

Key Figures

- Viktor Frankl
- Rollo May
- Irvin Yalom

- Reacting against the tendency to view therapy as a system of well-defined techniques, this model stresses building therapy on the basic conditions of human existence, such as choice, the freedom and responsibility to shape one's life, and self-determination
- It focuses on the quality of the person-to-person therapeutic relationship
- This approach is not a unified school of therapy with a clear theory and a systematic set of techniques
- It is a philosophy of counseling that stresses the divergent methods of understanding the subjective world of the person

Person-centered therapy

Founder

- Carl Rogers

Key Figure

- Natalie Rogers

- This approach was developed during the 1940s as a nondirective reaction against psychoanalysis
- Based on a subjective view of human experiencing, it places faith in and gives responsibility to the client in dealing with problems and concerns
- Philosophically, this approach assumes that clients have the capacity for self-direction without active intervention and direction on the therapist's part

Gestalt therapy

Founders

- Fritz & Laura Perls

Key Figures

- Miriam & Erving Polster

- An experiential therapy stressing awareness and integration; it grew as a reaction against analytic therapy
- Integrates the functioning of body and mind and places
- Emphasis on the therapeutic relationship
- The therapist takes the active role following the lead of their client

Postadolescence Theoretical And Clinical Aspects Of Psychoanalytic Therapy

B Lingard



Postadolescence Theoretical And Clinical Aspects Of Psychoanalytic Therapy:

Postadolescence, 1968 *Postadolescence* Rudolph M. Wittenberg, 1968 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1965 **Current Catalog** National Library of Medicine (U.S.), 1979 First multi year cumulation covers six years 1965-70 Varieties of Personal Theology David T. Gortner, 2016-02-17 Varieties of Personal Theology starts from the premise that all human beings are folk theologians active not only in constructing selves but also in constructing worlds and guiding philosophies of life Through fascinating indepth interviews and surveys David Gortner looks specifically at emerging adults aged 18-25 as young theologians who regardless of religious background wrestle with fundamental questions of place purpose ultimate cause and ultimate aims in life This book charts the subtle and significant influences of social class family school work peer relationships religion and intrinsic attitudes and dispositions on young adults personal theologies and traces the ways their personal theologies connect with choices they make in their daily lives in education jobs leisure and relationships Intentionally crossing boundaries between religious and social science fields Gortner combines perspectives from both to demonstrate how theological diversity persists in America despite some clear culturally dominant trends This book reveals how American young adults are active theologians forging diverse ways of seeing and being in the world shaped by their experiences and in turn continuing to shape their choices in life **The Woman Patient** Carol Nadelson, 2013-11-11 In Volumes 2 and 3 we have chosen a focus that places in context aspects of mental health and the complex psychosocial factors that affect our perceptions of how health and illness are defined and experienced We are aware that some may take exceptions to the topics chosen or to the way in which some authors have developed their ideas and presented their information While we cannot expect to agree with each other all of the time we can provide a framework and a perspective from which ideas can take form and evolve The first section of Volume 2 provides an overview of some of the theoretical issues involved in understanding the psychology of women These issues include changes in psychoanalytic views particularly in relation to femininity and feminine development The particular developmental experiences of black women are also clearly delineated The second section deals with specific points in the life cycle that raise unique issues for women especially as they pertain to the many roles of women in contemporary society and the impact that these roles have on their careers and on their families The impact of having a working mother on the early interaction with children the concerns of midlife especially marital interactions and the ambiguities of aging are discussed We intend to provide information and to raise questions that we hope will be part of an ongoing dialogue as well as a stimulus to more intensive study and understanding **NIH Library Booklist**, 1968 Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1971 **Chicago Psychoanalytic Literature Index, 1920-1970** Institute for Psychoanalysis, 1971 *Chicago Psychoanalytic Literature Index*, 1982 *British Journal of Medical Psychology*, 1923 Includes papers read before the Medical Section of the British Psychological Society **The Index of Psychoanalytic**

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