

Counselling & Psychotherapy: Complete Professional Reference

Therapy Type & Founder	Core Focus	Primary Techniques	Best For...	Key Phrase
Psychodynamic <i>Sigmund Freud</i>	Unconscious drives & childhood experiences	Free association, dream analysis, transference	Deep-rooted issues, personality patterns	"Insight into the unconscious"
Behavioural <i>B.F. Skinner, Ivan Pavlov</i>	Observable behavior and learned responses	Conditioning, reinforcement, exposure therapy	Phobias, addictions, habits	"Change behavior = change outcome"
CBT (Cognitive Behavioral) <i>Aaron Beck</i>	Thoughts → Feelings → Behavior	Cognitive restructuring, thought records	Depression, anxiety, stress, OCD	"Change thinking to change feeling"
Humanistic <i>Carl Rogers</i>	Self-awareness & innate growth potential	Active listening, unconditional positive regard	Self-esteem, identity issues	"Client is the expert"
Existential <i>Viktor Frankl, Rollo May</i>	Finding meaning and responsibility	Philosophical dialogue, reflection	Crisis, loss, life transitions	"Search for meaning"
Gestalt <i>Fritz Perls</i>	"Here & now" awareness	Empty chair technique, role-play	Emotional expression, self-awareness	"Here & now awareness"
SFBT <i>S. de Shazer, I. Kim Berg</i>	Future goals and strengths	Miracle question, scaling	Short-term issues	"What works, do more"
Family / Systemic <i>Various (Systemic-based)</i>	Relational patterns within the family	Family mapping, reframing	Family conflict, child issues	"System over individual"
DBT <i>Marsha M. Linehan</i>	Balancing acceptance and change	Distress tolerance, emotion regulation	BPD, self-harm	"Accept & change"
ACT <i>Steven C. Hayes</i>	Psychological flexibility & values	Cognitive defusion, values clarification	Chronic pain, anxiety, stress	"Accept, don't fight"
Mindfulness <i>Jon Kabat-Zinn</i>	Non-judgmental present awareness	Meditation, body scans, breathing	Stress, depression relapse	"Be present"
Schema <i>Jeffrey Young</i>	Lifelong maladaptive patterns	Imagery, chair work	Personality disorders	"Rewrite life patterns"
EMDR <i>Francine Shapiro</i>	Reprocessing traumatic memories	Bilateral stimulation (eye movements)	PTSD	"Reprocess trauma"
Interpersonal (IPT) <i>Gerald Klerman, Myrna Weissman</i>	Relationship and communication issues	Role-play, communication analysis	Depression	"Relationships matter"

Therapy Type & Founder	Core Focus	Primary Techniques	Best For...	Key Phrase
Positive Psych <i>Martin Seligman</i>	Building strengths and resilience	Gratitude journaling, strengths use	General well-being	"Flourish, not just survive"
Narrative <i>Michael White, David Epston</i>	Separating people from their problems	Externalization, re-authoring	Identity issues	"Rewrite your story"
Integrative <i>Tailored approach</i>	Multi-modality synthesis	Flexible mix of various techniques	Complex or multifaceted cases	"Use what works"

Counselling & Psychotherapy Approaches – Cheat Sheet

♦ **1. Psychodynamic Therapy**

Core Idea: Unconscious drives & early childhood experiences shape behavior

- Founder: Sigmund Freud
- Focus: Past experiences, unconscious conflicts
- Techniques: Free association, dream analysis, transference
- Therapist Role: Interpretive, insight-oriented
- Best for: Deep-rooted issues, personality patterns

👉 **Keyword:** "Insight into the unconscious"

♦ **2. Behavioural Therapy**

Core Idea: Behavior is learned → can be unlearned

- Key Figures: B.F. Skinner, Ivan Pavlov
- Focus: Observable behavior
- Techniques: Conditioning, reinforcement, exposure therapy
- Therapist Role: Directive, structured
- Best for: Phobias, addictions, habits

👉 Keyword: "Change behavior = change outcome"

♦ 3. Cognitive Behavioral Therapy (CBT)

Core Idea: Thoughts → Feelings → Behavior

- Founder: Aaron Beck
- Focus: Negative thinking patterns
- Techniques: Cognitive restructuring, thought records
- Therapist Role: Collaborative, problem-solving
- Best for: Depression, anxiety, stress

👉 Keyword: "Change thinking to change feeling"

♦ 4. Humanistic Therapy

Core Idea: People have innate potential for growth

- Key Figure: Carl Rogers
- Focus: Self-awareness, personal growth
- Techniques: Active listening, unconditional positive regard
- Therapist Role: Non-directive, empathetic
- Best for: Self-esteem, identity issues

👉 Keyword: "Client is the expert"

♦ 5. Existential Therapy

Core Idea: Life has no inherent meaning → we create it

- Key Figures: Viktor Frankl, Rollo May
- Focus: Meaning, freedom, death, responsibility
- Techniques: Reflection, philosophical dialogue
- Therapist Role: Exploratory, deep questioning

- Best for: Crisis, loss, life transitions

👉 Keyword: "Search for meaning"

◆ 6. Gestalt Therapy

Core Idea: Focus on present moment ("here and now")

- Founder: Fritz Perls
- Focus: Awareness, unfinished business
- Techniques: Empty chair, role-play
- Therapist Role: Active, experiential
- Best for: Emotional expression, self-awareness

👉 Keyword: "Here & now awareness"

◆ 7. Solution-Focused Brief Therapy (SFBT)

Core Idea: Focus on solutions, not problems

- Founders: Steve de Shazer, Insoo Kim Berg
- Focus: Strengths, future goals
- Techniques: Miracle question, scaling
- Therapist Role: Goal-oriented, brief
- Best for: Short-term issues

👉 Keyword: "What works, do more"

◆ 8. Family / Systemic Therapy

Core Idea: Individual problems = system (family) issues

- Focus: Relationships, patterns, communication
- Techniques: Family mapping, reframing

- Therapist Role: Mediator, observer
- Best for: Family conflict, child issues

👉 Keyword: "System over individual"

♦ 9. Integrative / Eclectic Therapy

Core Idea: Combine multiple approaches

- Focus: Tailored to client
- Techniques: Mix of CBT, psychodynamic, etc.
- Therapist Role: Flexible
- Best for: Complex cases

👉 Keyword: "Use what works"

⚡ Ultra-Quick Comparison

Approach	Focus	Time	Style
Psychodynamic	Past	Long	Insight
Behavioural	Behavior	Short	Structured
CBT	Thoughts	Short	Practical
Humanistic	Self-growth	Medium	Empathetic
Existential	Meaning	Medium	Philosophical
Gestalt	Present	Medium	Experiential
SFBT	Solutions	Very Short	Goal-focused
Family	System	Varies	Relational

Memory Trick (Exam Hack)

👉 "P B C H E G S F I"

Psychodynamic

Behavioural

CBT

Humanistic

Existential

Gestalt

SFBT

Family

Integrative

Contemporary Therapies – Cheat Sheet

◆ 1. Cognitive Behavioral Therapy (CBT)

Core Idea: Thoughts ↔ Feelings ↔ Behavior

- Developer: Aaron Beck
- Focus: Cognitive distortions
- Techniques: Thought records, cognitive restructuring, behavioral activation
- Best for: Depression, anxiety, OCD

👉 **Keyword:** "Change thinking → change life"

◆ 2. Dialectical Behavior Therapy (DBT)

Core Idea: Balance acceptance + change

- Developer: Marsha M. Linehan
- Focus: Emotional dysregulation
- Techniques: Mindfulness, distress tolerance, emotion regulation, interpersonal skills
- Best for: Borderline personality disorder, self-harm

👉 Keyword: "Accept & change"

♦ 3. Acceptance and Commitment Therapy (ACT)

Core Idea: Accept thoughts, commit to values

- Developer: Steven C. Hayes
- Focus: Psychological flexibility
- Techniques: Acceptance, defusion, values clarification
- Best for: Anxiety, chronic pain, stress

👉 Keyword: "Accept, don't fight"

♦ 4. Mindfulness-Based Therapies

Core Idea: Awareness of present moment without judgment

- Influenced by: Jon Kabat-Zinn
- Types: MBSR, MBCT
- Techniques: Meditation, breathing, body scan
- Best for: Stress, relapse prevention (depression)

👉 Keyword: "Be present"

♦ 5. Schema Therapy

Core Idea: Lifelong maladaptive patterns (schemas)

- Developer: Jeffrey Young
- Focus: Early maladaptive schemas
- Techniques: Imagery, chair work, cognitive restructuring
- Best for: Personality disorders

👉 *Keyword: "Rewrite life patterns"*

♦ 6. Eye Movement Desensitization and Reprocessing (EMDR)

Core Idea: Reprocess traumatic memories

- Developer: Francine Shapiro
- Focus: Trauma
- Techniques: Bilateral stimulation (eye movements)
- Best for: PTSD

👉 *Keyword: "Reprocess trauma"*

♦ 7. Interpersonal Therapy (IPT)

Core Idea: Problems arise from relationship issues

- Focus: Communication, role transitions, grief
- Techniques: Role-play, communication analysis
- Best for: Depression

👉 *Keyword: "Relationships matter"*

♦ 8. Positive Psychology Interventions

Core Idea: Build strengths, not just fix problems

- Key Figure: Martin Seligman

- Focus: Well-being, resilience
- Techniques: Gratitude journaling, strengths use
- Best for: General well-being

👉 Keyword: "Flourish, not just survive"

◆ 9. Narrative Therapy

Core Idea: People are separate from their problems

- Developers: Michael White, David Epston
- Focus: Personal stories
- Techniques: Externalization, re-authoring
- Best for: Identity issues

👉 Keyword: "Rewrite your story"

⚡ Quick Comparison

Therapy	Focus	Unique Feature
CBT	Thoughts	Structured, practical
DBT	Emotions	Skills training
ACT	Acceptance	Values-based living
Mindfulness	Awareness	Meditation
Schema	Patterns	Childhood roots
EMDR	Trauma	Eye movements
IPT	Relationships	Social focus
Positive Psych	Strengths	Well-being
Narrative	Story	Identity reframing

Memory Trick

👉 "CDAMSEIPN"

CBT

DBT

ACT

Mindfulness

Schema

EMDR

IPT

Positive

Narrative

Remember

- **CBT** → Fix thoughts
 - **DBT** → Manage emotions
 - **ACT** → Accept thoughts
 - **Mindfulness** → Observe thoughts
 - **Schema** → Change life patterns
 - **EMDR** → Heal trauma
 - **IPT** → Improve relationships
 - **Positive** → Build strengths
 - **Narrative** → Rewrite identity
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Counselling & Psychotherapy Approaches – Cheat Sheet

Approach	Focus	Style
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Behavioural	Behavior	Structured
CBT	Thoughts	Practical
Humanistic	Self-growth	Empathetic
Existential	Meaning	Philosophical
Gestalt	Present	Experiential
SFBT	Solutions	Goal-focused
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CBT	Thoughts	Structured, practical
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Mindfulness	Awareness	Meditation
Schema	Patterns	Childhood roots
EMDR	Trauma	Eye movements

IPT

Relationships

Social focus

Positive Psych

Strengths

Well-being

Narrative

Story

Identity reframing