HIGH LIGHTS OF THEORIES GROUP PROJECT

PSY 611A

For this Assignment you should organize into groups of 5 or 6 people and answer the questions below about each of the following theories in any format you choose. Please cite your sources, and you may utilize the textbooks as well in formulating your answers, however you are encouraged to explore the works of the primary theorist themselves. Corey’s books on Theories and Techniques of Counseling and Psychotherapy or excellent resources as well.

Each group will present a brief overview of the following Theories with each member contributing two theories:

Psychoanalytic (there are many you do not have to cover all)

Psychodynamic/Object Relations (there are many you do not have to cover all)

Humanistic and Client/Person Centered

Existential may wish to include Logotherapy of Frankl

Expressive Therapies (including Gestalt)

Cognitive Behavioral, Behavioral and REBT therapies

Intersubjective psychoanalysis

Multimodal therapy

Systems Therapies (there are many, you do not have to cover all)

In addition, present two other therapies such as:

Cross-cultural

Feminist

Dialectical Behavioral Therapy

Asian/mindfulness approaches

Emotionally Focused Therapy

Narrative Therapy

Or others (if you choose others, please let me know what you are considering as you should be examining therapy modals in broad approaches and not a specific technique such as EMDR or hypnosis.

FOR EACH THEORY ANSWER THE FOLLOWING:

1. Describe the role of the therapist.
2. Describe the role of the client/patient
3. Describe the methods and techniques common to the therapy and any stages of the process.
4. What is theories belief about the nature of mental illness? About how change takes place in human behavior
5. What are the primary goals of the theory?
6. What is the best population or issue to be treated with this theory?
7. What are the strengths? The weaknesses or limitations?
8. How does the theory view or deal with issues of transference and countertransference?
9. Is this theory appropriate for those seeking depth approach of self-awareness growth and insight?
10. Is this approach appropriate for those seeking symptom relief?
11. In your opinion, what would be the necessary qualities of a therapist who is best suited to this approach?

There is no specific format to this paper, just provide answers to the questions and reference page to site your sources. Each student should be identified as the author of their section.

You are providing a study quick reference sheet for your fellow students and they are doing it for you. Do a GREAT JOB!