

HEALTHY MINDS
A WEEKLY COLUMN ALL ABOUT MENTAL WELLNESS
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Schools or Approaches of Psychotherapy – Part I



Throughout history, some form of psychotherapy has been practiced in order to advise, counsel and reassure people psychologically, beginning about 1200 years ago in what is now Iran and Iraq. On the other hand, in the West, mental disorders were more often seen as demonic possession or medical conditions needing punishment or incarceration until the 18th century when treatment was based on moral concerns, using reasoning, moral training and group activities to rehabilitate “insane” individuals.

The first school of psychotherapy is usually attributed to Sigmund Freud, a neurologist, who realized that many problems had no basis in medical illness but rather in psychological causes coming from the experiences of childhood. This approach, called psychoanalysis, used such techniques as the interpretation of dreams, free association, transference, and the examination of the id, the ego, and the superego. His followers, who included his daughter Anna Freud, as well as Carl Jung, Alfred Adler, Erik Erikson, and others, established their own schools of psychoanalyses known as psychodynamic therapy.

The next development, beginning in the 1920’s and flourishing in the fifties and beyond, was behaviorism, based on the work of B.F. Skinner, John B. Watson, Joseph Wolpe, M.B. Shipiro and others. Later called behavioral therapy, it used learning and conditioning techniques to bring about change in behavior.

The school of existential philosophy coming out of Europe through the writings of Kierkegaard, Sartre, Heidegger, and Nietzsche and others, led to the Existential School of psychotherapy, approaching the client from the point of view of the meaning and purpose of life. Giants in this field include Irvin Yalom, Rollo May, Viktor Frankl, R.D. Laing, and others. It explores self-awareness through the unique patient-therapist relationship.

Based on Abraham Maslow’s “hierarchy of human needs”, Carl Rogers began his practice of person-centered psychotherapy, giving clients unconditional positive regard, total genuineness, and empathetic understanding. These conditions enabled the client to experience and express him or herself. Several offshoots of this “Rogerian” approach led to Fritz and Laura Perls’ Gestalt therapy, Marshall Rosenberg’s Nonviolent Communication, and Eric Berne’s Transactional Analysis, usually grouped together under the term humanistic psychotherapy. From some of these sprung up self-help groups and books.

These earlier processes often involved long term treatment. In the fifties arose two new related schools and their offshoots: Albert Ellis’ Rational Emotive Behavior Therapy

(REBT), and Aaron Beck's Cognitive Therapy (CT), which later were merged by some practitioners into Cognitive Behavioral Therapy (CBT). Basically, these approaches were short and structured, and focused on the present, were directed towards relieving symptoms and modifying one's basic beliefs. More recently newer offshoots called Acceptance and Commitment Therapy and Dialectical Behavior Therapy arose.

A recent survey of 2500 psychotherapists nationwide (by the Psychotherapy Networker) showed the top ten most influential therapists followed today, are, starting from the top: Carl Rogers, Aaron Beck, Salvador Minuchin, Irvin Yalom, Virginia Satir, Albert Ellis, Murray Bowen, Carl Jung, Milton Erickson, and John Gottman.

Many practitioners combine different aspects of different schools of psychotherapies in their own practice, and/or use different approaches for different clients or for different aspects of the therapy. The field of psychotherapy is vast and varied. To give you an idea of its scope, here is a list published online in Wikipedia of some of the theories.

- Acceptance and Commitment Therapy (ACT)
- Adlerian therapy
- Analytical psychology
- Art Therapy
- Attack therapy
- Attachment Therapy
- Attachment-based psychotherapy
- Autogenic training
- Behavior modification
- Behavior therapy
- Biodynamic psychotherapy
- Bioenergetic analysis
- Biofeedback
- Bionomic psychotherapy
- Body Mind Psychotherapy
- Body psychotherapy
- Brief therapy
- Classical Adlerian Psychotherapy
- Characteranalytic vegetotherapy
- Child psychotherapy
- Child therapy
- Client-centered psychotherapy/counselling
- Co-Counseling
- Cognitive analytic psychotherapy
- Cognitive Behavior Therapy (CBT)
- Coherence therapy
- Collaborative therapy (Collaborative Language Systems)
- Concentrative movement therapy
- Contemplative Psychotherapy
- Control Mastery

- Conversational Model (The)
- Core Energetics
- Core process psychotherapy
- Dance therapy
- Depth Psychology
- Daseins analytic psychotherapy
- Developmental Needs Meeting Strategy (DNMS)
- Dialectical Behavior Therapy (DBT)
- Dreamwork
- Drama therapy
- Dyadic Developmental Psychotherapy (DDP)
- Ecological Counseling
- Emotional Freedom Techniques (EFT)
- Encounter groups
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Existential therapy
- Exposure and response prevention
- Expressive therapy
- Family Constellations
- Family therapy
- Feminist therapy
- Functional Analytic Psychotherapy (FAP)
- Focusing
- Freudian psychotherapy
- Gestalt therapy
- Gestalt Theoretical Psychotherapy
- Group Analysis
- Group therapy
- Hakomi
- Holistic psychotherapy
- Holotropic Breathwork
- Holding therapy
- Humanistic psychology
- Human givens psychotherapy
- Hypnotherapy
- IBP Integrative Body Psychotherapy
- Integral psychotherapy
- Integrative Psychotherapy
- Intensive short-term dynamic psychotherapy
- Internal Family Systems Model
- Internet based psychotherapy
- Interpersonal psychoanalysis
- Interpersonal psychotherapy
- Jungian psychotherapy

- Logotherapy

- Marriage counseling
- Milieu Therapy
- Mindfulness-based Cognitive Therapy
- Mindfulness-Based Stress Reduction (MBSR)
- Mentalization based treatment (MBT)
- Method of Levels (MOL)
- Morita Therapy
- Multimodal Therapy
- Multitheoretical Psychotherapy
- Music therapy
- Narrative Therapy
- Neuro-linguistic programming (NLP)
- Nonviolent Communication
- Object Relations Psychotherapy
- Orgonomy
- Parent-Child Interaction Therapy (PCIT)
- Pastoral counseling/therapy
- Person-centered (or Client-Centered or Rogerian) psychotherapy
- Personal construct psychology (PCP)
- Play therapy
- Positive psychology
- Positive psychotherapy
- Postural Integration
- Primal therapy
- Primal integration
- Process Oriented Psychology
- Provocative Therapy
- Psychedelic psychotherapy
- Psychoanalytic psychotherapy
- Psychoanalysis
- Psychodrama
- Psychodynamic psychotherapy
- Psychological astrology^[neutrality disputed]
- Psychosynthesis
- Psychosystems Analysis
- Pulsing (bodywork)
- Radix therapy
- Rational Emotive Behavior Therapy (REBT)
- Rational Living Therapy (RLT)
- Rebirthing-Breathwork
- Recovered Memory Therapy
- Re-evaluation Counseling
- Reiki
- Relationship counseling
- Relational-Cultural Therapy
- Relational Empowerment Therapy

- Reprogramming
- Reality therapy
- Rubenfeld Synergy
- Reichian psychotherapy
- Rolfing
- Self-relations Psychotherapy
- Sensorimotor Psychotherapy
- SHEN Therapy
- Social Therapy
- Solution focused brief therapy
- Somatic Psychology
- Sophia analysis
- Status dynamic psychotherapy
- Systematic desensitization
- Systematic Treatment Selection (STS)
- Systemic Constellations
- Systemic Therapy
- T Groups
- Thought Field Therapy
- Transactional Analysis (TA)
- Transactional Psychotherapy (TP)
- Transpersonal psychology
- Twelve-step programs
- Unitive Psychotherapy
- Vegetotherapy

In the coming weeks I shall be discussing some of the more important or outstanding theories from this list.

TIP OF THE WEEK: Current researchers have determined that National Guard and reservists who were deployed in Afghanistan and Iraq were likely to drink heavily when they returned stateside, unlike active-duty troops who saw combat; these soldiers were at increased risk for binge drinking only, after deployment. In both cases the younger the age, the higher the risk. The risk was greater for men than women, and the group most at risk was the Marines.