

Organizational Chart for Different Psychotherapy Approaches

Name _____

Date _____

Type of Therapy	Major Psychologist(s)	How would someone doing this type of therapy explain the main cause(s) of a psychological problem?	Major Therapeutic Techniques/ Strategies Used	What are some <u>specific</u> things a psychologist using this therapy approach might do to treat <u>depression</u>?	Evaluation of the Approach
<i>Psychoanalytic</i>					
<i>Humanistic</i>					
<i>Cognitive I: Rational-Emotive Therapy</i>					

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<i>Cognitive II: Beck's approach</i>					
<i>Behavior Therapy I: Counter-conditioning</i>					
<i>Behavior Therapy II: Operant conditioning</i>					