

	View of Humanity	Problem	Solution (GB = Good behavior)	
Freudian (Medical)	<b>Psychoanalysis</b> Freud Jung Adler	Determined by early life. Not rational; not responsible. Motivated by instinctual urges (sex and aggression). Seeks maximum gratification with minimum guilt and pain.	Instinctual drives cause anxiety because in conflict with societal taboos. Defenses may become severe or break down. Repression.	Work through unconscious material from early life. Use transference to resolve past relational conflicts. <b>GB</b> = whatever allows most gratification without too much pain.
	<b>Ego Psychology</b> Erikson A. Garrett	Same as psychoanalysis. Emphasizes role of ego in mediating between drives and reality.	Poor ego development because of over-defending against trauma.	Worker helps strengthen client's ego. Change occurs through worker-client relationship (corrective emotional experience). <b>GB</b> = proper balance between drives and reality.
	<b>Psychosocial</b> Hamilton Garrett Hollis	Many Freudian assumptions; stresses importance of inner life and relationships with society. Free to change but greatly influenced by past.	Something goes wrong internally or in social functioning on basis of past experience.	Talking out, reflecting on past in context of a supportive relationship. <b>GB</b> = internal satisfaction and adjustment to society.
	<b>Transactional Analysis (T. A.)</b> Berne	Free, good, able to change. Has great need for social recognition. Three ego states, partially based on early learning. Other Freudian assumptions.	Not all ego states may be well-developed—some may not have free and appropriate expression. Does not know how to obtain needed "strokes."	Analyze interaction between people in order to assess ego state development. Practice self-awareness and appropriate expression of ego states. Consciously seek "strokes" by appropriate behavior. <b>GB</b> = appropriate expression of each ego state.
	<b>Problem Solving</b> Perlman	Many Freudian assumptions but can change. Humans are social beings. Emphasis on inner life and relation with society.	Experiences problems from many sources; experiences internal or external blocks to problem solving.	Worker engages client in working on and coping with aspects of his problems in such a way as to help in future functioning. <b>GB</b> = ability to cope with problems.
Existential (Philosophical)	<b>Existential</b> Kierkegaard Sartre Tillich Frankl Maslow	Free. Not rational; but responsible. Strives for growth and expression of own uniqueness. Creative force at core of personality.	Lacks courage to discover own uniqueness; holds onto myths about self, others and life. Takes goals and beliefs from others. Society attempts to suppress individual uniqueness.	Discover own uniqueness through deep involvement in immediate moment. Thus, discover what is right and wrong for self. Accept burden of freedom and responsibility. <b>GB</b> = expressing own uniqueness.
	<b>Functional</b> Rank Taft Robinson	Free and in constant change. Goal-directed, with internal striving for realization of capabilities. Present experiences can release growth potential.	Destructively uses relationships; resists change because of fear of unknown.	Change only at crisis point where push for development is stronger than fear of change. Worker engages client's commitment to change. <b>GB</b> = self-determination, courage to change.
	<b>Client-Centered</b> Rogers	Existential assumptions. Internal drive for growth and health. Individual needs self-regard, usually based on other's regard.	Needs acceptance and understanding to risk change; often experiences neither.	Therapeutic relationship, expressing unconditional positive regard, is medium for growth/change. <b>GB</b> = self-actualization.
	<b>Gestalt</b> Perls	Existential assumptions. Each individual a total organism—each part affects others. Striving for growth, integration.	Lacks awareness of self and effect on others; lacks courage to change.	Experiences which increase awareness of self and increase social competence, lowering fear of truly being self. <b>GB</b> = free self-expression.
Others	<b>Cognitive</b> Glasser Ellis Beck	Free. Individual's thought patterns and chosen goals determine behavior and emotions. Striving for growth, competence.	Thinking is influenced by society. Individuals tell themselves many destructive things about their own abilities and life (irrational thoughts).	Change patterns of thinking toward reality. Mobilize self-determinism. <b>GB</b> = rational objective thinking.
	<b>Behaviorism</b> Skinner	Determined by the past and present conditioning. Nature completely neutral—will become anything environment molds him into. Not rational; not responsible.	Past or present conditioning may not be appropriate for present situational demands. Society may not wish certain behavior.	Change conditioning—rearrange environment payoffs to reward desired behavior. <b>GB</b> = whatever works.