



COLORADO

Department of  
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Healthcare Branch  
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## A “SAMPLE” SUMMARY OF CURRENT PSYCHOTHERAPIES

1. Psychoanalysis
2. Adlerian Psychotherapy
3. Analytical Psychotherapy
4. Client-Centered Therapy
5. Rational-Emotive Therapy
6. Reality Therapy
7. Transactional Analysis
8. Encounter
9. Eclectic Psychotherapy
10. Hypnotherapy
11. Behavior Therapy
12. Gestalt Therapy
13. Neuro Linguistic Programming
14. Experiential Psychotherapy

### Sources

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### Current Psychotherapies

1. **Psychoanalysis:** As a system of psychology derived from Sigmund Freud, Psychoanalysis stresses the importance of the unconscious and dynamic forces in psychic functioning. It is a form of therapy that uses “free association”, in which the patient is encouraged to speak openly and freely, and relies on the analysis of transference and resistance. Psychoanalysis strives on making the unconscious more conscious.
2. **Adlerian Psychotherapy:** Also known as individual psychotherapy, Adlerian psychotherapists believe that an individual’s self-image can be self-defeating and that those with “psychopathology” are discouraged rather than sick. Thus, the therapeutic approach is to encourage, to activate social interest, and to develop a new life style through relationship, analysis, and action methods.
3. **Analytical Psychotherapy:** Analytical psychotherapy attempts to create, using a symbolic approach, a dialectical relationship between consciousness and the unconscious. The therapist encourages and guides communication between the two systems via an imaginable process using “symbolic language”, as in dreams, fantasies, etc. Increased awareness, and thus symptomatic relief, is brought about by the translation and interpretation of this “symbolic language.”
4. **Client-Centered Therapy:** In Client-Centered therapy, the central hypothesis is that the growthful potential of any patient will tend to be released in a relationship in which the therapist communicates realness, caring, and a deeply sensitive, non-judgmental understanding. Thus, the therapist practices participative and empathic listening, while allowing the client to freely vent his/her feelings.



6. **Rational-Emotive Therapy (RET):** RET is based on the hypothesis that an individual's irrational beliefs result in erroneous and damaging self-appraisals. RET attempts to change these faulty beliefs by emphasizing cognitive restructuring, using the "ABC" theory of emotional disturbance and personality change. Albert Ellis states, "...when a highly charged emotional consequence (C) follows a significant activating (A) event, (A) may contribute to; but only partially causes (C). RET hypothesizes that the emotional consequences (C) are more likely caused by someone's belief system (B) about (A), rather than (A) alone". RET therapists utilize many cognitive, affective, and behavioral methods to reorient the patient's belief system.
7. **Reality Therapy:** Reality therapy consists of a series of theoretical principles. It is applicable to individuals with behavioral and emotional problems, as well as those experiencing identity crisis. Focusing on the present and behavior, the therapist guides individuals towards enabling them to see themselves accurately, to face reality, and to fulfill their own needs without harming themselves or others. The crux of this theory is personal responsibility for one's own behavior.
8. **Transactional Analysis:** Transactional Analysis is an approach to interactional psychotherapy. This style focuses on gaining the greatest possible benefit from the group environment. The therapist's ultimate objective is to provide the client with a level awareness which enables the client to make new decisions regarding future behavior and the future course of their life.
9. **Encounter Psychotherapy:** Encounter is a method of human relating based on openness and honesty, self-awareness, self-responsibility, awareness of the body, attention to feelings, and an emphasis on the here-and-now. As a therapeutic method, it usually occurs in a group setting. Encounter therapy focuses on removing blocks to better functioning. Encounter is also educational and recreational in that it attempts to create conditions leading to a more satisfying use of personal capacities.
10. **Eclectic Psychotherapy:** Eclectic psychotherapy selects what is valid or useful from all available theories, methods, and practices. The eclectic approach rejects adherence to any one school or system, and instead utilizes what is most valid or relevant from the whole therapeutic spectrum. It is composed of contributions from many different sources, used according to whether they are valid, applicable, and indicated. The eclectic method thereby becomes a basic scientific approach to the problem of matching suitable clinical methods to the needs of specific cases.
11. **Hypnotherapy:** Hypnotherapy is a mechanism that effectively lifts repression, uncovers memories, encourages abreaction's (the re-experiencing of a previous emotional event) and dreaming (in terms of affective experiencing), enhances both motivation and a working alliance, and is also effective in activating a rapid transference reaction. Hypnotherapy can also be defined as a deepening of a normal psychophysiological phenomenon through an intense focusing of attention upon a specific inner or outer stimulus.
12. **Behavior Therapy:** Behavior is composed of cognitive, motor, and most importantly, emotional responses. Behavior is seen as responses to stimulation, internal and external, therefore the goal of therapy is to modify unadaptive stimulus-response (S-R) connections. Behavior therapy methods, insofar as possible, parallel those of experimental psychology. Behavior therapy includes systematic desensitization, assertiveness training, and aversion techniques, as well as several others.
13. **Gestalt Therapy:** Gestalt therapy consists of bringing discordant elements into a mutual, self-disclosing confrontation. This approach is ahistoric, focuses attention on immediate behavior, and calls for the personal participation of the therapist. Individuals often feel fragmented, with at least some perceptions, feelings, behaviors, or thoughts that are puzzling, unrelated, or troubling because they are not integrated with the whole. The task of therapy is to discover the relatedness of these alienated aspects through awareness.



- 14. Neuro-Linguistic Programming (NLP):** NLP is a detailed operational model of the processes involved in human behavior and communication. Although it is not itself a psychotherapy, NLP's principles can be used to understand, and make changes in, any realm of human experience and activity. NLP, however, has been applied to therapeutic concerns, and the result is a powerful, rapid, and subtle technology for making extensive and lasting changes in human behavior and capacities. NLP deals with modifying and redesigning thinking patterns to give the patient more flexibility and new capacities and abilities.
- 15. Experiential Psychotherapy:** Experiential psychotherapy works with immediate concreteness. Linked to existential psychotherapy, which holds that one makes and changes oneself in present living, experiential psychotherapy and "focusing" gets into direct touch with the concrete level, where troubles are said to actually exist. Therapists try to establish a "felt sense" within their patients in order to create a more holistic sense of a problem or unresolved situation.

