MAJOR APPROACHES OF COUNSELLING AT A GLANCE

Approach	Key Proponents	Definition	Focus	Techniques Used
Psychodynamic/ Analytical Psychology/ neo-psychodynamic approach	Sigmund Freud, Carl Jung, Alfred Adler	Explores unconscious conflicts and early life experiences affecting current behavior.	Unconscious mind, childhood experiences	Free association, dream analysis, interpretation
Humanistic	Carl Rogers, Abraham Maslow, Rollo May	Emphasizes personal growth and self-actualization in a supportive environment.	Self-awareness, personal growth	Empathy, unconditional positive regard, active listening
Behavioral	B. F. Skinner, Ivan Pavlov, John B. Watson	Focuses on learned behaviors and modifying maladaptive actions.	Observable behavior	Reinforcement, punishment, conditioning
Cognitive	Aaron Beck, Albert Ellis	Focuses on identifying and changing irrational thoughts and beliefs.	Thinking patterns	Cognitive restructuring, disputing irrational beliefs
Cognitive-Behavioral (CBT)	Aaron Beck, Albert Ellis, Donald Meichenbaum	Combines cognitive and behavioral techniques to change thoughts and behaviors.	Thoughts and behavior	Skill training, problem-solving, behavioral experiments
Existential	Viktor Frankl, Rollo May, Irvin Yalom	Focuses on meaning, freedom, responsibility, and human existence.	Life meaning, choice, responsibility	Reflection, dialogue, meaning-making

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