Substance Institute

presents



Program

**Module 3 – Homework ONLY**

**Therapy of Counseling - Humanistic Therapy**

Compiled by Dr. Althea Winifred

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# **Module 3: Homework**

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## Question 1: In your own words – Explain what is Client-Centered Therapy?

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## Question 2: Who was Abraham Maslow, Explain His Theory & Contribution to Psychology

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## Question 3: Match Counseling Type with the 12 Key Points

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| Counseling Type | Key Points | Match Counseling Types with the key Points:1. Client-Centered Therapy
2. Cognitive-Behavioral Therapy
3. Constructionist Therapy
4. Creative Therapy
5. Existential Therapy
6. Interpersonal Counseling
7. Mindfulness-Based Counseling
8. Narrative Therapy
9. Psychodynamic
10. Rational Emotive Therapy
11. Reality Therapy
12. Systemic Therapy
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| ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how past experiences affect current problemsConcerned with unconscious drives and conflicting aspects of personalityTraditionally, the therapist takes the expert role |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Diagnosis focusedConcerned with interpersonal relationshipsTherapist functions as a client’s ally |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Humanistic approachFocused on realizing human potentialSupports client discoveryCounselor is empathetic, nonjudgmental, and nondirective |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on what it means to be aliveNon-symptom focusedClients guided in discovering unfulfilled needs and realizing potential |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how both thoughts and behaviors affect outcomesEvidence-based, effective, and highly versatile |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on feelings and thoughts in the moment, without judgmentIncludes CBT with a Buddhist-based mindfulness componentHighly versatile |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how faulty thinking relates to distressTherapist is active and directive |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on the present dayNon-symptom focusedPromotes individual responsibility and taking control of one’s lifeCounselor is positive and nonjudgmental |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how cultural influences and interpretations shape meaningsStrong interest in languageClient driven, counselor acts as collaborator |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how systems (e.g., school, work, family) affect underlying issuesTherapist collaborates with people across and within systems |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on the stories we tell ourselves about who we are Counselor works collaboratively to create alternate stories |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on the use of artistic expression as a cathartic release of positive feelingsHighly versatile — music and various art mediums may be used |

## Question 4: In your own words – Explain what is Transactional Analysis?

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## Question 5: Explain 3 of the 12 Most Common Approaches to Counseling? Why did you choose these Common Approaches?

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