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**Module 3 – Homework ONLY**

**Therapy of Counseling - Humanistic Therapy**

Compiled by Dr. Althea Winifred

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# **Module 3: Homework**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

## 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 |
| ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how past experiences affect current problems  Concerned with unconscious drives and conflicting aspects of personality  Traditionally, the therapist takes the expert role |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Diagnosis focused Concerned with interpersonal relationships Therapist functions as a client’s ally |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Humanistic approach Focused on realizing human potential Supports client discovery Counselor is empathetic, nonjudgmental, and nondirective |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on what it means to be alive Non-symptom focused Clients guided in discovering unfulfilled needs and realizing potential |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how both thoughts and behaviors affect outcomes Evidence-based, effective, and highly versatile |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on feelings and thoughts in the moment, without judgment Includes CBT with a Buddhist-based mindfulness component Highly versatile |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how faulty thinking relates to distress Therapist is active and directive |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on the present day Non-symptom focused Promotes individual responsibility and taking control of one’s life Counselor is positive and nonjudgmental |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how cultural influences and interpretations shape meanings Strong interest in language Client driven, counselor acts as collaborator |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Focused on how systems (e.g., school, work, family) affect underlying issues Therapist 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 feelings Highly 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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