

Therapies Compared

Psychology

The main modalities, and what each assumes the problem is.

Educational reference on the major approaches.

Approach	Assumes the problem is	Method
CBT	Unhelpful thoughts and behaviours	Restructuring, experiments
Psychodynamic	Unconscious conflict	Interpretation, transference
Humanistic	Blocked self-actualisation	Unconditional positive regard
Behavioural	Learnt associations	Conditioning, exposure
Systemic	Relationship patterns	Family and system work
ACT	Struggle with inner experience	Acceptance, values, defusion

Educational reference. Common factors — alliance, expectation, therapist skill — account for a substantial share of outcome across all of