

Cognitive Behavioral Therapy (CBT)

Cognitive Restructuring

Technique: Systematic method for identifying and challenging irrational or unhelpful thought patterns.

Application: Client identifies automatic negative thoughts, examines evidence for/against them, and develops more balanced, realistic thoughts.

Process: 1) Thought monitoring, 2) Identifying cognitive distortions, 3) Evidence examination, 4) Balanced thought development, 5) Behavioral testing.

Research Base: Extensive evidence for depression, anxiety, PTSD, eating disorders.

Behavioral Activation

Technique: Structured approach to increasing engagement in meaningful, rewarding activities.

Application: Create activity schedules that gradually increase pleasant and mastery activities, particularly effective for depression.

Process: Activity monitoring, identifying valued activities, scheduling pleasant activities, grading activities by difficulty, behavioral experiments.

Research Base: Strong evidence for depression treatment, comparable to medication effectiveness.

Exposure Therapy

Technique: Gradual, systematic exposure to feared situations or stimuli to reduce anxiety responses.

Application: Create hierarchy of feared situations, start with least anxiety-provoking, gradually progress to most feared.

Process: Fear hierarchy creation, relaxation training, systematic desensitization, in-vivo exposure, response prevention.

Research Base: Gold standard for phobias, PTSD, OCD, panic disorder.

Acceptance and Commitment Therapy (ACT)

Values Clarification

Technique: Helping clients identify their core values and use them to guide behavior change.

Application: Explore what matters most to the client, identify value-based goals, commit to value-driven actions despite difficult emotions.

Process: Values card sort, life domains exploration, values vs. goals distinction, committed action planning.

Research Base: Effective for chronic pain, anxiety, depression, addiction.

Mindfulness and Acceptance

Technique: Teaching clients to observe thoughts and feelings without judgment and accept them as temporary experiences.

Application: Mindfulness exercises, defusion techniques, acceptance of difficult emotions rather than avoidance.

Process: Present moment awareness, cognitive defusion exercises, acceptance vs. control strategies, mindful action. **Research Base:** Strong evidence for anxiety, depression, chronic pain, substance use.

Dialectical Behavior Therapy (DBT) Skills

Distress Tolerance Skills

Technique: Concrete skills for surviving crisis situations without making them worse through impulsive actions.

Application: TIPP (Temperature, Intense exercise, Paced breathing, Paired muscle relaxation), Distraction techniques, Self-soothing methods.

Process: Crisis survival strategies, radical acceptance, distraction techniques, self-soothing activities.

Research Base: Proven effective for borderline personality disorder, self-harm, suicidal behaviors.

Emotion Regulation Skills

Technique: Skills for understanding, managing, and changing emotional responses.

Application: Emotion identification, opposite action, mastery activities, pleasant events scheduling.

Process: Emotion awareness, function of emotions understanding, emotion regulation strategies, building mastery.

Research Base: Effective for emotion dysregulation, bipolar disorder, eating disorders.

Interpersonal Effectiveness

Technique: Skills for maintaining relationships while getting needs met and maintaining self-respect.

Application: DEAR MAN (Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate), boundary setting, relationship navigation.

Process: Objective identification, relationship priorities, assertiveness training, conflict resolution.

Research Base: Effective for interpersonal problems, relationship difficulties.

Trauma-Focused Therapies

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Technique: Structured treatment addressing trauma symptoms through cognitive and behavioral interventions.

Application: Trauma narrative development, cognitive processing of traumatic events, gradual exposure to trauma memories.

Process: Psychoeducation, coping skills, trauma narrative, cognitive processing, in-vivo mastery.

Research Base: Gold standard for childhood trauma, PTSD in children and adolescents.

Eye Movement Desensitization and Reprocessing (EMDR)

Technique: Structured therapy using bilateral stimulation to process traumatic memories.

Application: Client recalls distressing memory while engaging in bilateral stimulation (eye movements, tapping, sounds).

Process: History taking, preparation, assessment, desensitization, installation, body scan, closure, reevaluation.

Research Base: Strong evidence for PTSD, trauma processing, single-incident trauma.

Humanistic Approaches

Person-Centered Therapy

Technique: Non-directive approach emphasizing unconditional positive regard, empathy, and genuineness.

Application: Therapist provides a supportive environment for client self-discovery and growth through active listening and reflection.

Process: Unconditional positive regard, accurate empathy, congruence, reflection of feelings, client-led exploration.

Research Base: Effective for depression, anxiety, self-esteem issues, relationship problems.

Motivational Interviewing

Technique: Client-centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence.

Application: Roll with resistance, express empathy, develop discrepancy, support self-efficacy for change.

Process: Open-ended questions, affirmations, reflections, summaries, change talk elicitation.

Research Base: Strong evidence for addiction, health behavior change, medication compliance.

Solution-Focused Approaches

Solution-Focused Brief Therapy (SFBT)

Technique: Goal-oriented therapy focusing on solutions rather than problems.

Application: Miracle question, scaling questions, exception finding, goal setting, resource identification.

Process: Problem-free talk, goal construction, exception exploration, scaling progress, task assignment.

Research Base: Effective for brief treatment, adolescent problems, family therapy, depression.

Psychodynamic Techniques

Interpretation and Insight

Technique: Helping clients understand unconscious patterns and their impact on current functioning.

Application: Identify patterns in relationships, defense mechanisms, transference patterns.

Process: Free association, dream analysis, defense identification, interpretation, working through.

Research Base: Effective for depression, anxiety, personality disorders, relationship issues.

Family and Systems Approaches

Structural Family Therapy

Technique: Identifying and changing dysfunctional family patterns and structures.

Application: Assess family hierarchy, boundaries, coalitions; restructure family interactions.

Process: Joining, assessment, restructuring interventions, boundary making, hierarchy adjustment.

Research Base: Strong evidence for adolescent behavior problems, family dysfunction.

Gottman Method Couples Therapy

Technique: Research-based approach to couple therapy focusing on friendship, conflict management, and shared meaning.

Application: Build love maps, nurture fondness and admiration, turn towards each other, manage conflict constructively.

Process: Assessment, building friendship, managing conflict, creating shared meaning, maintaining gains.

Research Base: Extensive research on relationship satisfaction and stability.

Group Therapy Modalities

Process Groups

Technique: Therapy groups focused on here-and-now interactions and relationship patterns.

Application: Members explore interpersonal patterns through group interactions, feedback, and support.

Process: Group formation, storming, norming, working, termination stages with process focus.

Research Base: Effective for interpersonal problems, depression, social anxiety.

Psychoeducational Groups

Technique: Structured groups focused on teaching specific skills and providing education.

Application: Skill-building groups for anxiety management, depression, anger management, social skills.

Process: Didactic instruction, skill practice, homework assignments, group support and feedback.

Research Base: Effective for skill building, relapse prevention, psychoeducation needs.

All of these are established, evidence-based therapeutic approaches with substantial research support. They can be implemented by trained professionals and have specific protocols and training requirements.