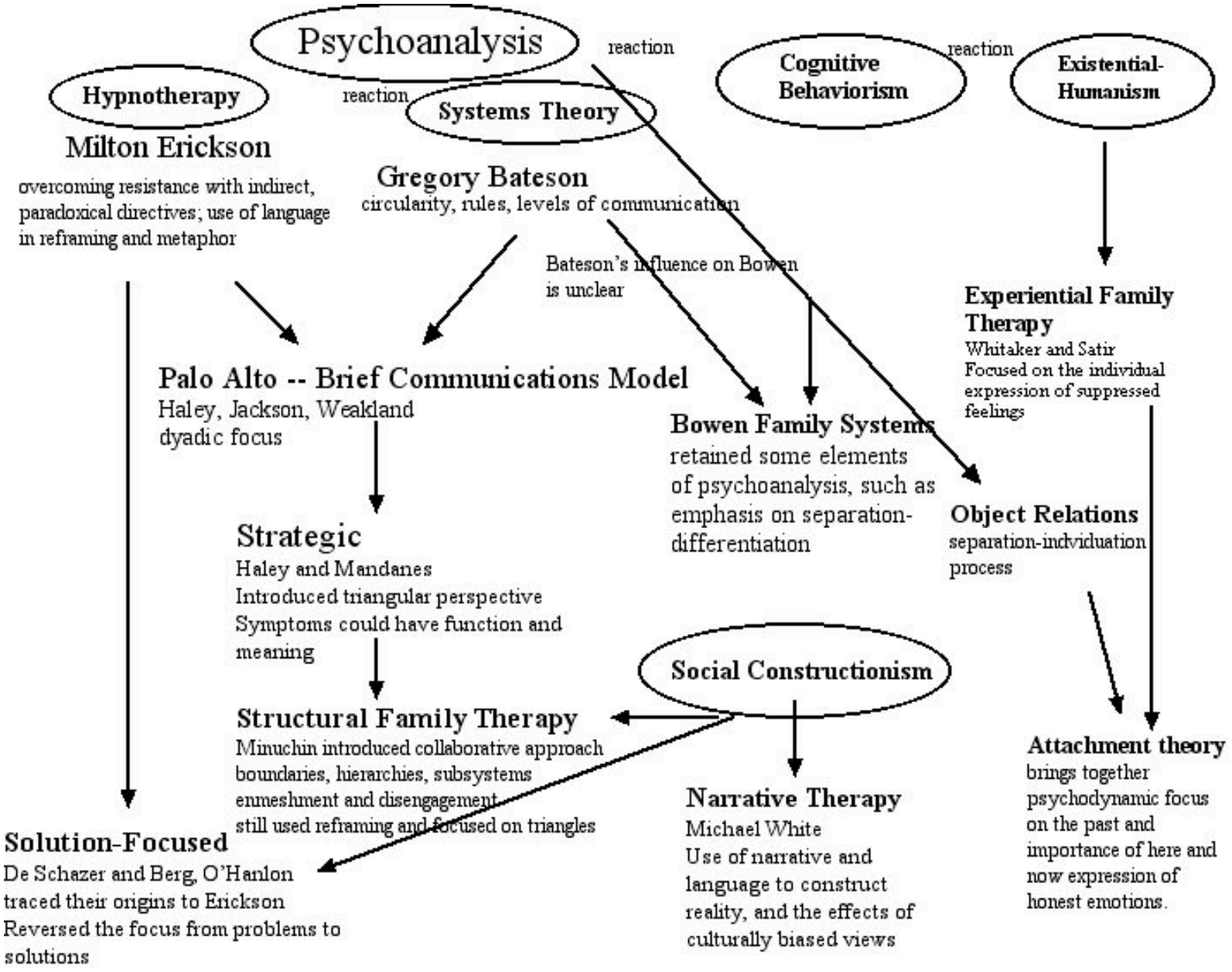
Psychoanalysis
reaction
Cognitive Behaviorism
reaction
Existential-Humanism
Hypnotherapy
reaction
Systems Theory
Milton Erickson
overcoming resistance with indirect, paradoxical directives; use of language in reframing and metaphor
Gregory Bateson
circularity, rules, levels of communication
Bateson's influence on Bowen is unclear
Experiential Family Therapy
Whitaker and Satir
Focused on the individual expression of suppressed feelings
Palo Alto -- Brief Communications Model
Haley, Jackson, Weakland
dyadic focus
Bowen Family Systems
retained some elements of psychoanalysis, such as emphasis on separation-differentiation
Object Relations
separation-individuation process
Strategic
Haley and Mandanes
Introduced triangular perspective
Symptoms could have function and meaning
Social Constructionism
Structural Family Therapy
Minuchin introduced collaborative approach
boundaries, hierarchies, subsystems
enmeshment and disengagement
still used reframing and focused on triangles
Attachment theory
brings together psychodynamic focus on the past and importance of here and now expression of honest emotions.
Narrative Therapy
Michael White
Use of narrative and language to construct reality, and the effects of culturally biased views
Solution-Focused
De Schazer and Berg, O'Hanlon
traced their origins to Erickson
Reversed the focus from problems to solutions