# Therapy Modalities Chart

Modality: **Biomedical**

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| *Illness Assumption* | *Major Goal(s)* | *Major Techniques* | *Used to Treat* |
| * Organic/physical causes * Genetic defects or abnormalities * Brain structural abnormalities * Chemical imbalances in brain * Brain injury or trauma * Hormonal causes | * Fix/repair problem * Alleviate symptoms | * Drug treatments * Psychosurgery (lobotomy, sever corpus callosum, etc.) * ECT | * Anxiety disorders * Mood/Affective disorders * Psychotic disorders * Any symptoms presumed to have an organic cause |

Modality: **Psychodynamic**

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| *Illness Assumption* | *Major Goal(s)* | *Major Techniques* | *Used to Treat* |
| * Present illness has roots in past * Early childhood relationships * Past trauma * Unresolved unconscious conflicts * Heavy reliance on defense mechanisms * Early loss | * Insight/Awareness | * Free association * Resistance * Transference * Role play * Dream analysis * Projective techniques (TAT, art, Sentence completion) * Rorschach * Hypnosis * “Talk” therapy | * Anxiety disorders * Mood/Affective disorders * Sexual issues * Abuse issues * Relational issues * Dissociative Identity Disorder (DID) * Any symptoms presumed to have past or unconscious origins |

Modality: **Cognitive**

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| *Illness Assumption* | *Major Goal(s)* | *Major Techniques* | *Used to Treat* |
| * Irrational/unrealistic thinking * Faulty/debilitative beliefs * Negative “self-talk” * Faulty attributional styles (e.g., pessimism) * Locus of control * Individual perception and interpretation of events | * Recognize and change maladaptive thought patterns or beliefs * Self-help (books) | * Challenge (REBT) * Cognitive restructuring * Homework * Assertiveness training | * Anxiety disorders * Mood/Affective disorders * Personality disorders * Relational issues * Drug/alcohol issues * Esteem issues * Sexual issues |

Modality: **Behavioral**

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| --- | --- | --- | --- |
| *Illness Assumption* | *Major Goal(s)* | *Major Techniques* | *Used to Treat* |
| * Faulty or no learning * “Bad” habits * Associations (positive and negative) * Rewards and punishments | * Relearn positive responses * Unlearn negative responses * Reconditioning at all levels * Self-management * Eliminate unwanted behavior and reinforce desirable behavior | * Numerous techniques based on classical and operant conditioning models (e.g., aversive, systematic desensitization, token economies) | * Anxiety disorders (particularly effective on phobias) * Mood/Affective disorders * Shyness (avoidance behaviors) * Schizophrenia * Drug/alcohol issues * Sexual issues * Smoking/weight loss * Any behavior that is clearly identifiable and judged to be maladaptive |

Modality: **Humanistic/Existential**

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| *Illness Assumption* | *Major Goal(s)* | *Major Techniques* | *Used to Treat* |
| * Loss of self-esteem * Lack of unconditional acceptance (of self and from others) * Living an inauthentic life * Poor choices * Loss of meaning (re: life) * Anxiety about death and meaninglessness | * Cultivate self-esteem and acceptance * Live authentically or congruently (re: real vs. ideal self) * Seek out and create meaning * Live life to the fullest * Self-actualization | * Attentive listening * Promote empathy, genuineness and acceptance * Reality therapy * Affirmation or Validation * Empty-chair technique * Client-centered or person-centered therapy * Encounter groups | * Life crises * Mood issues * Personal growth * Relational issues * Any behaviors or moods presumed to stem from lack of acceptance and/or loss of meaning |