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[Adlerian Cognitive And Constructivist Therapies](#)

An integration of cognitive, constructivist, existential-humanistic, psychodynamic, and systemic perspectives, Adlerian theory is a holistic, phenomenological, socially-

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*oriented, and teleological (goal-directed) approach to understanding and working with people. Richard E. Watts
– 11-22-14*

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Adlerian, cognitive, and ... An article for a forthcoming special issue of the JOURNAL OF INDIVIDUAL PSYCHOLOGY addressing the common ground between Adlerian and constructivist therapies and ...

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Alfred Adler (/ ˈ æ d l ɪ ? r /; German: ; 7 February 1870 – 28 May 1937) was an Austrian medical doctor, psychotherapist, and founder of the school of individual psychology. His emphasis on the importance of feelings of inferiority, the inferiority complex, is recognized as an isolating element which plays a key role in personality development. Alfred Adler considered a human being as an ...

[Alfred Adler - Wikipedia](#)

Family therapy, also referred to as couple and family therapy, marriage and family therapy, family systems

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therapy, and family counseling, is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development. It tends to view change in terms of the systems of interaction between family members. ...

[Family therapy - Wikipedia](#)

Part 3 Constructivist Theories and Creative Approaches
Chapter 16 Constructivist Theories: Solution-Focused and Narrative Therapies 419 Cirecie A. West-Olatunji and Marilyn Rush-Ossenbeck
Chapter 17 Creative Approaches in Counseling and Psychotherapy 445 Thelma Duffey, Shane Haberstroh, and Heather Trepal

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Name Index 469 Subject Index 483

Theories and Interventions

March 16 Adlerian Psychotherapy. ... May 4 Constructivist Approaches. Constructivist approaches attend to the client's way of viewing problems and situations. There are two types of constructivist approaches discussed in this chapter: solution – focused therapy and narrative therapy. ... Both therapies are brief and use creative techniques ...

Theories of Counseling

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Narrative therapy is a form of psychotherapy that seeks to help patients identify their values and the skills associated with them. It provides the patient with knowledge of their ability to live these values so they can effectively confront current and future problems.

[Narrative therapy - Wikipedia](#)

2. Adlerian therapy 3. Existential therapy 4. Person-centered therapy 5. Gestalt therapy 6. Behavior therapy 7. Cognitive behavior therapy 8. Reality therapy 9. Feminist therapy 10. Postmodern approaches 11. Family systems therapy Overview of 11 Therapeutic Approaches
•Psychoanalytic therapy –Sigmund Freud –Theory of

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An essential element of all cognitive therapies is the

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desire to identify and challenge a client's underlying dysfunctional cognitions, whether they are mistaken beliefs, schemas, automatic thoughts, cognitive distortions, whatever the case may be.

[Personality Theory | George Kelly, Albert Ellis, & Aaron ...](#)

Adlerian Therapy may be a preferred approach for those who struggle with weight loss, obsessive compulsive disorder (OCD), smoking cessation, addiction, or other self-destructive habits. Animal-Assisted Therapies (AAT) is leveraged when your therapist believes that a support animal could complement your treatment plan in a positive way. AAT is ...

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