

# Big Theories

## Humanistic

Importance of human values & dignity.

## Systems

Everything is connected.

## Psychodynamic

Personal values, beliefs, ideologies. Freud + followers.

## Psychoanalytic

Unconscious mind and tendencies.

## Critical

Critique of society & culture.

## Behaviourist (Social Learning)

How we learn and understand the world.

Maslow  
Carl Rogers

Brofenbrenner  
von Bertalanffy  
Murray Bowen  
Germaine & Gittman

Sigmund Freud

Carl Jung  
Ana Freud  
Alder  
Karen Horney  
Erikson  
Bowlby

Karl Marx  
Horkeimer  
Fook

Bandura  
Vygotsky  
Piaget  
Pavlov  
Skinner  
Watson  
B.F Skinner

# Sub-Theories

Hierarchy of Needs  
Stages of Change  
Positive Psychology

Ecological Systems  
Strategic Systems  
Family Systems  
Life Cycle

Object relations  
Trauma Theory  
Johari's window  
Psychosexual Dev.

Transactional analysis  
Gestalt  
Psychosocial Dev.  
Personality  
Drive theory  
Ego psychology  
Attachment theory

Marxism  
Feminism  
Critical Race Theory  
Postmodernism  
Poststructuralism

Sociocultural  
Social Learning  
Cognitive Dev.  
Conditioning  
Operant Condition.

Motivational Interviewing (MI)

Strengths-Based\*  
Solution Focused  
Narrative Therapy\*  
Person-centred  
Reality Therapy  
Gestalt\*  
Existential  
Emotion-Focused (EFT)  
EMDR  
Somatic Therapy  
Hypnotherapy  
Art-based  
Animal-assisted

Ecological Systems  
Multi-Systemic Therapy (MST)  
Strategic Family Therapy  
Dyadic Developmental Therapy  
Contextual Therapy  
Life cycle approach  
Group Dynamics\*

Psychoanalysis  
Dream Analysis  
Resistance Analysis  
Freudian Slip  
Free Association  
Transference  
Transactional  
Neurolinguistics Programming (NLP)  
Reflective Models

Feminist  
Critical Race  
Postmodern  
Poststructural  
Constructivist  
Marxist  
Structural

CBT  
DBT  
Narrative Therapy\*  
Applied Behaviour  
Mindfulness  
Grief and Loss\*  
Task-centred\*  
Group Dynamics\*  
Reflective Models\*

# Approach/Intervention