

## **JUNGIAN**

focuses on discovering the true self by utilizing art, myth, and various tools to help clients tap into their emotions, thoughts, and beliefs. Furthermore, it explores the unconscious mind, which Jung believed significantly influences thoughts and behavior.

## **EXISTENTIAL \***

integrates philosophy and psychology to help individuals understand their place in the world, addressing fundamental anxieties like death, fear of the unknown, and life's meaning. It emphasizes personal responsibility and the capability to make decisions for an alignment in life.

## **FEMINIST**

a politically informed model of therapy focuses on cultural context and aims to empower individuals. It encourages social transformation, self-nurturing, and strengthening self-concept. Therapists work to eliminate bias, understand oppression, and foster a mutual, equal relationship. Clients share their stories and learn from the therapist's experiences, inspiring social change and greater self-acceptance.

## **GESTALT \***

views individuals holistically, emphasizing the interconnection of mind, body, and spirit. Self-awareness fosters a deeper understanding of oneself and motivates positive changes. It also acknowledges the influence of larger systems on behavior and experiences, encouraging exploration of these external factors.

## **CLIENT-CENTERED \***

aka Person-Centered/Rogarian: a non-directive form of therapy where you act as an equal partner in the therapy process while your therapist remains non-directive –they don't pass judgment on your feelings or offer suggestions or solutions. Empathy, congruence, positive regard are the key components of this approach.

## **ECLECTIC**

draws on multiple theoretical techniques to best fit a client's individual needs

\* Humanistic therapy

