

	<b>General philosophy</b>	<b>Important people</b>	<b>View of cause of disorders</b>	<b>Treatment technique</b>	<b>View on personality</b>	<b>View on motivation</b>
<b>Psychodynamic</b>	Our unconscious mind plays a huge role in everything.	Sigmund Freud Alfred Adler Carl Jung	Unconscious, unresolved repressed issues from past	Psychoanalysis: Free association, dream analysis, TAT test	Id, ego, superego, psychosexual stages	We strive to satisfy our id impulses but we must meet demands of society
<b>Behaviorism</b>	Behavior is the result of reinforcements, punishments and observation.	B.F. Skinner John Watson Thorndike Ivan Pavlov Albert Bandura	Often we mimic our parents or friends' depression and anxiety. We like the attention.	Change maladaptive behaviors through reinforcements. Sys desensitization token economy, aversion therapy	Our personality traits arise from reinforcement punishment	We're driven by extrinsic and intrinsic motivators.
<b>Humanism</b>	focuses on uniquely human issues, such as the self, hope, love, creativity, nature, being, becoming, individuality,	Abraham Maslow Carl Rogers	Barriers to self actualization. Ideal self and actual self not in congruence	Client-centered therapy. Reflective listening Self-help, group therapy	CR said our ideal self must be in congruence with our actual self.	Maslow's hierarchy of needs says basic needs should be met before higher needs
<b>Cognitive</b>	How people perceive, remember, <u>think</u> , speak, and solve problems.	Jean Piaget Noam Chomsky Alan Baddeley Albert Ellis	Irrational thoughts lead to anxiety and depression	RET, reality therapy (change maladaptive thoughts)	Based on how we think and perceive the world.	Based on goals, reducing cognitive dissonance
<b>Evolutionary</b>	We're result of 1000s years of adaptation, survival of fittest	Charles Darwin	Anxiety was a defense mechanism in wild	NA	Extroverts maintain social networks	Instinct and drive theories
<b>Biomedical</b>	Focus on biology and medicinal treatments	Paul Broca, Wernike, Phineas Gage	Imbalance of NTMs, genetics, hormones, brain structure	Drugs and surgery	Genetics, NTMs, hormones	Genetics, NTMs, hormones