Compare and Contrast

Different

The Same

Different

Different

The Same

Different

Different
Oranges

- Tropical
- Thick peel
- Came to Europe from India
- Fruit
- Grow on trees
- Give juice

Apples

- Moderate to subtropical
- Thin peel
- Came to Europe from Central Asia
Compare and Contrast

**Transactional Analysis**
- Eric Berne
- Medical Approach*
- Parent – Adult – Child (EGO states)
- Works with how the past effects the here and now

**Behavioural School**
- Active Directive
- Core conditions necessary but not sufficient
- Therapist uses a model and teaches it to the client

**Psychoanalytical School**

**REBT**
- Albert Ellis
- Scientific Approach
- Action
- Belief
- Consequence
- Dispute
- Challenges Irrational thinking

**Person Centred**
- Carl Rogers
- Philosophical Approach
- Phenomenological approach (engages with a persons experience of the world)
- Core conditions necessary and sufficient
- Non Directive
- Therapist uses self to facilitate the process

**Humanistic School**

*Medical Approach*
Glossary of Terms

Active Directive
Therapist is partly an educator as s/he teaches the client the model of therapy and how to apply it.

Non Directive
Therapist uses self as a therapeutic tool and offers no direction to the client.

Psychoanalytical
Therapist ‘analyses’ the client to help them see how interactions with others both consciously and subconsciously affects them. Also looks to how the past influences the here and now.

Behavioural
Considers that irrational thinking is the cause of life’s difficulties, this negative thinking can be changed by the therapist challenging beliefs that are inconsistent with reality.

Humanistic
Believes that clients have the answers within them, strong links to the work of Maslow’s and elf actualisation and the philosophy of phenomenology.
Overview of Theories

Transactional Analysis

Eric Berne 1910 -1970

Canadian born Psychiatrist who developed his theory from Freud's idea of Super–ego, Ego and ID after being refused entry to the San Francisco Psychoanalytic Institute as a fully-fledged psychoanalyst in 1956.

He developed a therapeutic approach based on how we communicate with each other and named it the PAC Ego model. He believed that we can communicate from different ego positions, which he named Parent Adult Child.

He believed that our difficulties in life were generated, from which ego state we communicated with.

The therapy is based on the psycho analytical school as the therapist, teaches the model of therapy so the client can understand their own psychological process and how to manage it.
Albert Ellis 1913 - 2007

American psychologist who developed his ideas based on the stoic philosophers, Marcus Aurelius and Epictetus.

He believed that it was possible to change your thinking, allowing you to take a different view of your issues by challenging your perception and learning to live with the inequalities of life.

The therapy is based on the behavioural school as the therapist, teaches the model of therapy so the client can understand their own psychological process and how to manage it.
Overview of Theories
Person Centred Therapy

Carl Rogers 1902 - 1987

American psychologist who believed that everyone has the capacity to self heal if the right ‘conditions’ are available from the therapist.

He believed that if the therapist showed congruence empathy and unconditional positive regard to the client, it would start a process where the client could harness their own self actualising tendency and trust in their own experience.

The therapist does not direct or teach the model, instead offers a deep connected relationship in which the client can emotionally grow.

The therapy is based on the Humanistic school
Compare and Contrast
Venn Diagram

- Different
- The Same
- Different
- The Same
- Different
Compare and Contrast Sentence structure

When comparing REBT with PCT there are some similarities, for example both rely on ............... However where they differ is REBT believes that..............

In contrast PCT therapy relies on ............... For therapeutic change whereas REBT sees psychological change from this point of view.

In conclusion, all the therapies place a focus on the belief that the client can change, however with REBT and TA this is done through a process of........ where as PCT believes that psychological change is brought about by.