

ALWAYS CONSULT LEGAL ADVICE

STANDARD OF CARE

The level of practice of the average or relatively prudent professional comparatively to you and your work and your theoretical orientation

RECORDS need not reflect
theoretical orientations – but
they need to reflect...

*What the client is thinking (subjective),
How the clinician is thinking (objective),
Counselor's clinical judgment(s) (assessment),
The proposed direction(s) (plan)*

THEORETICAL ORIENTATIONS

- Cognitive Behavioral Therapy: Systematic analysis of and correction of the way we think which directly affects our mood and behavior (BECK, RET, Stimulus Control)
- Psychodynamic Therapy: Exploring the underlying mechanisms, causal factors, and patterns that exist
- Family Systems: Explores and intervenes with the structure and interactions of the entire family (Communication/Interaction Therapy, Extended Family Systems (Bowen), Minuchin's Structural Family Therapy, Strategic Family Therapy, Object-Relational Family Work)
- School Counseling: Career and academic; group, and individual therapy
- Integrated (Eclectic) Therapy: Methods and techniques from a variety of disciplines for a comprehensive and personalized treatment plan
- Pastoral Counseling: Variety of methods with an emphasis and sensitivity on spiritual needs
- Mind-body Work: Increasing client's awareness of the interaction of the mind and thought on the body
- Couples: Integrative Behavior; emotion-focused; insight-oriented; CBT Couples Work; (PREP) Preventions and Relations Enrichment Program
- Client-centered Therapy: Congruence, self-actualization, unconditional positive regard (Carl Rogers)
- Group Therapy: (Pioneers: Adler, Burrow, Moreno, Yalom)
- Psychoanalytic Therapy: Traditional psychoanalysis—ego defenses, Id, superego; strive to engender insight into behavior, improve catharsis, working through...
- Jung's Analytical Psychology: Extroversion/introversion
- Adler's Individual Psychology: pathological behavior represents maladaptive and defensive attempts to overcompensate for inferior feelings
- Sullivan: emphasizes social, cultural determinants of personality
- Horney: focused on early relationships
- Fromm: focus on effects of societal structures and dynamics of personality
- Gestalt: to engender full awareness of self and integration of self
- Existential Psychotherapy: Focus on individual's concerns of existence
- Reality Therapy: (Glasser) Survival, belonging, power, fun, freedom
- And Crisis Intervention / Brief Psychotherapy / Solution-focused Therapy
- And...many more