

## Theories: A Visual Framework for Counseling Approaches

*Counseling theory serves as the foundation of clinical practice by providing conceptual frameworks for understanding human behavior, emotional distress, relational dynamics, and pathways toward change. Theoretical orientation influences how clinicians conceptualize client concerns, determine treatment goals, and select interventions (Corey, 2021). For counseling students, however, theory education can often feel fragmented, with approaches presented as isolated schools of thought rather than interconnected responses to evolving understandings of human development, trauma, cognition, systems, and relational healing.*

*This visual framework was created to make counseling theories more accessible, comparative, and historically contextualized. Rather than presenting theories as static categories to memorize, this resource maps major therapeutic approaches across historical movements, core assumptions, interventions, and treatment goals. It highlights how many contemporary approaches emerged in response to limitations of earlier models and reflects the field's broader movement toward more relational, systemic, trauma-informed, and integrative perspectives.*

*The framework also reflects broader shifts within counseling and psychotherapy toward evidence-based practice, multicultural responsiveness, and increasing recognition of neurobiology, attachment, and systemic oppression as influential factors in mental health treatment (Sue & Sue, 2022; van der Kolk, 2014). By visually organizing these approaches side by side, this project encourages learners and clinicians to think critically about theoretical alignment while developing more flexible and integrative clinical identities.*

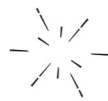
*Ultimately, effective counseling often requires both theoretical grounding and adaptability. This framework was designed as a teaching tool that supports comparison, synthesis, and deeper understanding of how therapeutic models continue to evolve alongside the complex needs of clients and communities.*

### References

Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

Sue, D. W., & Sue, D. (2022). *Counseling the culturally diverse: Theory and practice* (9th ed.). Wiley.









van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking.



# Theories

Murdock, N. L. (2017). Theories of counseling and psychotherapy: A case approach (4th ed.). Pearson.

Psychodynamic / Analytic / Unconscious drives, childhood experiences. / (Jung, Adler, object relations) Expanded views of the unconscious, less emphasis on sexuality, greater attention to the self, social context, and development over the lifespan.	Humanistic / Existential (Rogers, Maslow, May): Focus on self-actualization, meaning, and personal growth.	Behavioral ////
<b>01.</b> PA <b>Psychoanalysis</b>	<b>02.</b> EP / OR / SP / RP / <b>Neanalytic Approaches</b>	<b>03.</b> AP <b>Analytical Psychology</b> Jungian
<b>04.</b> IP / A <b>Individual Psychology</b> Adlerian	<b>05.</b> PC <b>Person Centered Therapy</b>	<b>06.</b> ET <b>Existential Therapy</b>
<b>07.</b> GT <b>Gestalt Therapy</b>	<b>08.</b> BT <b>Behavior Therapy</b>	<b>09.</b> REBT <b>Rational Emotive Behavior Therapy</b>
<b>10.</b> CBT <b>Cognitive Behavioral Therapy</b>	<b>11.</b> RT <b>Reality Therapy</b> /////	
/ SIGMUND FREUD  1896 PSYCHOANALYTIC	/ ANNA FREUD / MELANIE KLEIN /  1807-1930 PSYCHODYNAMIC	CARL GUSTAV JUNG  1913 PSYCHODYNAMIC / HUMANISTIC / INTEGRATIVE & CONSTRUCTIVIST
/ ALFRED ADLER  1911/1920 PSYCHOEDUCATION / HUMANISTIC / GOAL ORIENTED	/ CARL ROGERS  HUMANISTIC/EXISTENTIAL	/ IRVIN YALOM / FRANKL /  HUMANISTIC/EXISTENTIAL
/ FRITZ PERLS /  HUMANISTIC/EXISTENTIAL	/ B.F. SKINNER / WOLPE / /  BEHAVIORAL	/ ALBERT ELIS /  BEHAVIORAL
<b>TECHNIQUES:</b> Free association; interpretation of transference; dream analysis <b>GOALS:</b> Resolve unconscious conflict; insight; healthy defenses <b>Key Concepts:</b> Instinct Theory [Eros /Life Instinct / Thanos / Death Instinct / Libido] / Topographic Model: The Iceberg Approach [conscious / unconscious / preconscious] > conscious awareness of individual / above surface/below surface] Structural Model: The Big Three [id-pleasure principle, Ego-reality principle, Superego-mortality principle] Repression: [Repression / Fixation] / Symptoms as Symbols / Defense Mechanisms [Identification / Displacement / Projection / Reaction Formation / Sublimation / Regression] Oedipal Complex / Fixation [Oral Stage / Anal Stage / Phallic Stage / Castration Anxiety / Electra Complex / Penis envy / Latency / Genital stage / Realistic Anxiety / Neurotic Anxiety / Moral Anxiety /	<b>TECHNIQUES:</b> Free association; interpretation of transference; dream analysis EP = Ego Psychology OR = Object Relations SP = Self Psychology RP = Relational Psychoanalysis <b>GOALS:</b> Integrated self; adapted ego; insight <b>Key Concepts:</b> EP = Ego Autonomy / Defenses = Denial, Identification with Aggressor, Asceticism, Altruistic surrender, Turning against the Self, Reversal, Isolation, Undoing / Conflict-Free Sphere / Average Expectable Environment OR = Objects / External / Internal / Introjection / Splitting / Projective Identification / Projection / Impingement / Identity diffusion SP = Selfobject / Disentigration Anxiety / Mirroring / Idealizing / twin-ship / Optimal Frustrations / Narcissistic Injury / RP = Self -inauthentic-false self / Relational Matrix / Drive Theory / Anxiety /	<b>TECHNIQUES:</b> Dream analysis / active imagination / archetypal exploration / shadow work / amplification / symbol interpretation / word association / creative expression / narrative reflection / exploration of complexes / transference exploration / mythological and spiritual symbolism <b>GOALS:</b> Individuation / integration of conscious + unconscious material / greater self-awareness / shadow integration / reconciliation of opposing internal forces / meaning-making / connection to authentic self / psychological wholeness / expansion of identity beyond pathology / integration of spiritual and existential dimensions <b>Key Concepts:</b> Collective Unconscious, Archetypes, Individuation, & psychological types, spirituality, dreamwork / Archetypes / Persona / Personal Shadow / Collective Unconscious / Personality Topologies / Psyche / Individualization / Complexes / The Self / The Shadow / Self-regulating / Introversion / Extroversion / Active Imagination / Theory of Opposites / the transcendent function / introversion and extroversion / compensatory function of dreams / self-regulating purposive psyche / theory of types /
<b>TECHNIQUES:</b> Interpretation; encouragement; natural and logical consequences; acting as if; pushing the button; catching oneself; creating images; pleasing someone; paradoxical intention <b>GOALS:</b> // Convert selfish lifestyle into socially useful one; correct basic mistakes; insight <b>Key Concepts:</b> / Lifestyle / Social Interest / Inferiority Feelings [ Inferiority Complex / Superiority Complex ] / Basic Tasks [ Love / Work / Community ] / Basic Mistakes [ Self Defeating Cognitions - Overgeneralizations, False or impossible goals of security, Misperceptions of life and life's demands, Minimization of denial of one's worth, faulty values] / Family Constellation / Birth Order / Private logic / Masculine Protest / Safeguarding [ Protecting Self-esteem ] [ Dysfunction: Lack of Social Interest / Superiority / Protection of Self-esteem / Anxiety & Depression = Failure in life [The case of little Hans-Castration or pampered child] / Formal Assessment [Formal & Informal] / Interview / The Question ["What would be different in your life if the symptom disappeared?"] / Early Recollections /	<b>TECHNIQUES:</b> No techniques; therapist provides conditions of empathy, unconditional positive regard, and genuineness (congruence) <b>GOALS:</b> Resolve incongruence between self and experience <b>Key Concepts:</b> / Experience / Actualizing Tendency [enhance the organisms growth and autonomy] / Organismic Valuing Process [ongoing self process of evaluating experience, growth] / Self [self-concept / ideal self] / Self-Actualizing Tendency / Need for Positive Regard and Self-Regard [self-system] / Conditions of Worth [positive regard motivates seeking love / need for love is so intense -we deny unlovable parts of self] / Incongruence [dysfunction / being vulnerable/ anxious / guilt, death] / Authentic / Acting in Bad Faith / Living in Bad Faith /	<b>TECHNIQUES:</b> Self-disclosure; socratic dialogue; dream analysis; paradoxical intention; dereflection; bracketing; guided fantasy [attention to nonverbal behavior] <b>GOALS:</b> Understanding of life; authenticity; freedom <b>Key Concepts:</b> / Modes of Being [distinct ways of being: Umwelt-physical world, Mitwelt-in relation to others, Eigenwelt-inner psychological world, Uberwelt -spiritual world] / Anxiety [Existential Anxiety] / The Ultimate Concerns [Death / Freedom / Meaning / Isolation] / Defenses / "Mans Search for Meaning" - Frankl [Tragic Optimism [1] turn suffering into human achievement & accomplishment, (2) guilt is an opportunity to change for the better, (3) take responsible action] / Tragic Triad - pain, guilt, death] / Authentic / Acting in Bad Faith / Living in Bad Faith /
<b>TECHNIQUES:</b> Relaxation; flooding; exposure and response prevention; systematic desensitization; aversive techniques; paradoxical intention; shaping; reinforcement; extinction; punishment, assertiveness training; stimulus control; covert conditioning; modeling; behavioral self-control <b>GOALS:</b> Adaptive behavior <b>Key Concepts:</b> / [1] Classical Conditioning [ involuntary, reflexive process / Pavlov, bell, food / reciprocal inhibition / anxiety as unconditioned stimulus (UCS) gets conditioned (CS) / conditioned stimulus (CS) [green garden snake = CS] / Extinction = eliminated through repeated presentation] / Stimulus / [2] Operant Conditioning [Operant / Respondent/ Reinforcement / Positive Reinforcers / Negative Reinforcers / Primary Reinforcers / Satiation / Establishing Operations / Behavior Modification / Conditioned Reinforcers / Generalized Reinforcers / Discriminative Stimulus / Generalization / Extinction / Reinforcements / Continuous / Intermittent / Punishment / Shaping] / Observational Learning [ Social Learning Theory / Vicarious conditioning / Modeling theory] / other /// Baseline / Functional Analysis / Target Behavior / Self-monitoring / "dead person rule" / Progression relaxation / flooding / response prevention / reciprocal inhibition / aversive counterconditioning / verbal conditioning /	<b>TECHNIQUES:</b> Disputing; bibliotherapy; proselytizing; recording therapy sessions; reframing; stop and monitor; rational coping strategies and rational emotive imagery; flamboyant therapist actions; humor; forceful coping statements; role playing; dialogues; reinforcement; skills training; in vivo desensitization; shame attacking <b>GOALS:</b> Rational thoughts; rational life philosophy, including knowledge of ABCs <b>Key Concepts:</b> / ABCs [A= Antecedent/Activating Experience/Adversity/something that happens / B = Belief / C = Consequence] / Beliefs [Rational Beliefs (RBs) / Irrational Beliefs (IBs) / Irrational Thinking / Frustration Intolerance / Goals / Human Worth Ratings and USA [Seeing yourself or someone else as all-good or all-bad / Unconditional Self-acceptance / Self-ratings / Appraisals of Other / Unconditional Other-acceptance (UOA) / Unconditional Life-acceptance (ULA)] / Secondary Disturbances [upsetting ABC experience = we treat Cs as activating experiences / Tertiary Disturbances /] / Ego Disturbance / Discomfort Disturbance / Self-depreciation Belief / Ego Anxiety / non-ego anxiety / Asses Beliefs / Inference Chaining / interpersonal nightmare technique / ABCDE Model [ clients faulty beliefs must be disputed / D= Dispute / E = Effective new philosophy / inelegant / elegant /] / Disputing [ Realistic Disputing / Logical Disputing / Pragmatic Disputing / Philosophical Disputing] / You Feel the Way You Think / Force / Humor / Use of Force & Vigor / Reframing [ Self-criticism / reframed / self-help] / Role Playing [Rational role reversal] / Rational Behavior Inventory / Irrational Beliefs Test (IBT)	<b>TECHNIQUES:</b> Questioning; downward arrow; thought recording; behavioral experiments; activity scheduling; graded tasks; assertiveness training; problem solving; imagery and role playing <b>GOALS:</b> Modify distorted thought patterns; knowledge of the cognitive model <b>Key Concepts:</b> / The Cognitive Model / Schemas / Beliefs / Automatic Thoughts / Modes "The way you think affects the way you feel" / Psychoeducational Model / "Think Realistically" / [some might confuse with think positively] / Faulty Thinking / Behavioral Disturbances / Emotional Disturbances / The Cognitive Model / Perceptions / Automatic Thoughts / Stereotype Threat / Beliefs / Core Beliefs / Intermediate Beliefs / Schemas / Modes / Conscious Control System / Cognitive Distortions / Cognitive Triad / Psychological Dysfunctions / Cognitive Specificity Principle / Guided Discovery / Cognitive Restructuring / Behavioral Activation
<b>TECHNIQUES:</b> Questioning; bibliotherapy; doing the unexpected; humor; therapist self-disclosure; metaphor; physical activity /meditation; allowing or imposing consequences <b>GOALS:</b> Healthy choices that satisfy basic needs, especially belonging/love needs <b>Key Concepts:</b> / Basic Needs / Quality World / Total Behavior / Choice Theory / Basic Needs - Survival, love, belonging, power, freedom, & fun / Basic Needs - wants / Quality World / Total Behavior / Choice Theory "we can not control the behavior of others" / W (wants) D (doing) E (evaluation) P (planning) system, commonly abbreviated as WDEP//// "here and now" focus on choice, responsibility, commitment, and willingness to change. //The counseling process starts with assessing the clients' relationships and unmet needs, exploring what behaviors they are displaying that either assist or interfere with them meeting their needs. / three R's system. Responsibility, Right and wrong, and Reality // 5 basic needs [ survival, freedom, fun, power, and love/belonging] that we attempt to satisfy through our behavioral choices. / 7 Disconnecting Habits - Criticizing, Blaming, Complaining, Nagging, Threatening, Punishing and Rewarding to control.		

Behavioral	Multicultural & Social Justice Emphasis on identity, systemic oppression, and culturally responsive counseling.	Integrative & Constructivist Narrative therapy, transpersonal, mindfulness, and neuroscience-informed practices.	Mindfulness / Somatic				
<p>12.</p> <p>SFT</p> <p><b>Solution Focused Therapy</b></p>	<p>13.</p> <p>FT</p> <p><b>Feminist Therapy</b></p>	<p>14.</p> <p>NT</p> <p><b>Narrative Therapy</b></p>	<p>15.</p> <p>DBT</p> <p><b>Dialectical Behavioral Therapy</b></p>	<p>16.</p> <p>ACT</p> <p><b>Acceptance Commitment Therapy</b></p>	<p>17.</p> <p>EMDR</p> <p><b>Eye movement desensitization &amp; reprocessing</b></p>	<p>18.</p> <p>EFT</p> <p><b>Emotionally Focused Therapy</b></p>	<p>19.</p> <p>IFS</p> <p><b>Internal Family Systems</b></p>
/ INSOO KIM BERG & STEVE DE SHAZER /	/ MARY WOLLSTONECRAFT /	/ MICHAEL WHITE & DAVID EPSTON. /	/ MARSHA M. LINEHAN /	/ STEVEN C. HAYES /	FRANCINE SHAPIRO	SUE JOHNSON & LESLIE GREENBERG	RICHARD SCHWARTZ
							
1970'S	1960'S	1980'S	1970'S	1980'S	1987	1980'S	1980'S
BEHAVIORAL	MULTICULTURAL AND SOCIAL JUSTICE:	INTEGRATIVE AND CONSTRUCTIVIST					
<p><b>TECHNIQUES:</b> Questions, asking about the problem; normalizing the problem; compliments; miracle question; scaling questions; prediction tasks; fast-forward questions; first session formula task; generic task; altering the performance of the complaint; surprise task; write, read, and burn; structured fight; doing something different; solution-oriented hypnosis</p> <p><b>GOALS:</b> Resolve the complaint; increase exceptions to the complaint</p> <p><b>Key Concepts:</b> / Exceptions / Change Talk Solutions / Strengths &amp; Resources / Steve de Shazer / Insoo Kim Berg / Bill O'Hanlon / Many specific interventions, review all including: &gt; Exceptions &gt; Change talk &gt; Normalizing &gt; Compliments &gt; Miracle question &gt; Scaling questions &gt; Breaking patterns</p> <p>/ The principles that guide strategic solution focused therapy can be summarized as a three-part theory: (1) What's the trouble? (2) If it works, do more of it, and (3) If it doesn't work, stop doing it. Do something different.</p> <p>/ 10 solution focused questions          _ The desired situation question.          _ The what's better question.          _ The past success question.          _ Paraphrasing using the receivers words.          _ The scaling question.          _ The miracle question.          _ The exception seeking question.          _ The usefulness question.</p>	<p><b>TECHNIQUES:</b> Gender-role analysis; self-disclosure; assertiveness training</p> <p><b>GOALS:</b> Empower client to reach life goals; understand, resist, and subvert oppressive influences</p> <p><b>Key Concepts:</b> / Gender / The Personal is Political / Key techniques self-disclosure, psychoeducation, power analyses, reframing, and social action. /</p> <p>/ There are four major approaches that are unique to feminist therapy which include __consciousness-raising, __social and gender role analysis, __resocialization, and __social activism. /</p> <p>/ Feminist therapy is an integrative approach to psychotherapy that focuses on the challenges that women face as a result of bias, stereotyping, oppression, discrimination, and other factors, and how those stressors can negatively affect their mental health.</p> <p>/ Most feminists agree on five basic principles—          __working to increase equality,          __expanding human choice,          __eliminating gender stratification, ending sexual violence, and          __promoting sexual freedom.          Liberal feminism works within a liberal democracy to enact change through legislation.</p>	<p><b>TECHNIQUES:</b> Externalizing; questioning; visualization; accountability practices; reflection practices; written artifacts</p> <p><b>GOALS:</b> Re-author preferred narratives</p> <p><b>Key Concepts:</b> / Stories / Thinness &amp; Thickness / Unique Outcomes / influenced by Michel Foucault, Jerome Bruner, Lev Semyonovich Vygotsky etc. /</p> <p>/ focuses on the client's understanding of his or her own story and how the client's emotions, actions, &amp; problems fit into the context of the story. / contends that we are shaped by our life stories, and that to be human is to construct stories.</p> <p>/ concerned with the construction of deeper meanings in peoples' lives. It involves a process of deconstruction and meaning making.</p> <p>/ core aspects__ The deconstruction of problematic &amp; dominant storylines or narratives. __Breaking the narrative into smaller and more manageable chunks. __Rewriting the script of the problematic &amp; dominant storylines.</p>	<p><b>TECHNIQUES:</b> DBT: core mindfulness skills; teaching distress tolerance and emotional Mindfulness regulation; chain analysis and other behavioral techniques; dialectical, stylistic, and case management strategies</p> <p><b>GOALS:</b> DBT: teach emotional regulation and trust in the self so the client can live a life worth living</p> <p><b>Key Concepts:</b> / Validation / Validation of Emotions / validation / Emotional Regulation / Emotion Dysregulation / Dysfunctional Ways of Regulating Emotions / Primary Target / DBT Diary Cards / DBT Theoretical Framework</p> <p>__The Biosocial Theory.          __Behavioral theory.          __The Philosophy of Dialectics.</p> <p>/ The six main points of DBT are to develop skills related to (1) accepting circumstances and making changes, (2) analyzing behaviors and learning healthier patterns of responding, (3) changing unhelpful, maladaptive, or negative thoughts, (4) developing collaboration skills, (5) learning new skills, and (6) receiving support.</p> <p>/ The four pillars of DBT are 1. mindfulness, 2. distress tolerance, 3. emotion regulation, and 4. interpersonal effectiveness.</p>	<p><b>TECHNIQUES:</b> ACT: metaphor; mindfulness techniques, willingness dial; Techniques cognitive defusion techniques; values work.</p> <p><b>GOALS:</b> ACT: free the client from problematic language in order to live a life consistent with cherished values;</p> <p><b>Key Concepts:</b> / The 4 A's: Awareness. Acceptance. Action. Adherence.</p> <p>/ Relational Frame Theory [bigger than / prettier than ] / Functional Contextualism / The Purple Unicorn / Values / Cognitive Flexibility / Cognitive Fusion / Psychological Dysfunction / Oppressing Thoughts / Experiential Avoidance / Conceptualized Self / "Chestboard" metaphor "Milk, Milk, Milk" "Values Shopping Mall"</p> <p>/ ACT is based on relational frame theory (RFT), a school of research focusing on human language and cognition. RFT suggests the rational skills used by the human mind to solve problems may be ineffective in helping people overcome psychological pain.</p> <p>/ The six core therapeutic processes in ACT are (1) contacting the present moment, (2) defusion, (3) acceptance, (4) self-as-context, (5) values, &amp; (6) committed action.</p>	<p><b>TECHNIQUES:</b> Bilateral Stimulation (BLS). Typically eye movements (left-right), but may include auditory tones or tactile tapping. Purpose: Activates both brain hemispheres to facilitate memory reprocessing. The 8-Phase Protocol:</p> <p>The 8-Phase Protocol: (1) History Taking: Identify target memories and assess client readiness. (2) Preparation: Establish safety, build trust, teach grounding/coping (e.g., the "Safe Place" exercise). (3) Assessment: Identify: •Target memory: •Negative cognition (e.g., "I'm powerless") • Positive cognition (e.g., "I am in control now") •SUD scale (Subjective Units of Distress, 0–10) •VOC scale (Validity of Cognition, 1–7) (4) Desensitization: Use BLS while focusing on the memory until SUD rating decreases. (5) Installation: Reinforce the positive cognition with BLS until VOC increases.(6) Body Scan: Process any residual physical tension or body-stored trauma. (7) Closure: Return client to equilibrium; use containment techniques if memory is unresolved. (8) Re-evaluation: At next session, check if distress remains; if not, continue with new targets.</p> <p>• Floatback Technique: Identifies earlier memories that may be linked to the current distress. • Cognitive Interweaves (if client becomes stuck) • Therapist uses brief interventions (questions or reflections) to re-engage adaptive information.</p> <p><b>GOALS:</b> • Desensitize distressing memories and reduce emotional intensity. • Reprocess traumatic material so that it is no longer psychologically disruptive. • Install adaptive, empowering beliefs about self and the past.</p> <p>• Integrate unprocessed trauma into autobiographical memory with reduced physiological arousal.          • Enhance functioning in present-day life and promote emotional regulation. • Support nervous system regulation and return to a "window of tolerance."</p> <p><b>Key Concepts:</b> Adaptive Information Processing (AIP) Model: • The brain is naturally oriented toward healing. When trauma is overwhelming, memories get "frozen" in their original form — emotions, thoughts, body sensations. • EMDR activates the brain's innate ability to reprocess this information and restore equilibrium. • Memory Networks: Distressing experiences link to negative beliefs and body memories. EMDR helps relink these to healthier adaptive memory networks. • Dual Awareness: The client holds the memory while also staying present in the room. This facilitates reprocessing in a safe, contained way. • Bottom-Up &amp; Top-Down Integration: • Works with sensory, emotional, and cognitive components of trauma, engaging both body and mind.</p>	<p><b>TECHNIQUES:</b> •Reflection &amp; Validation: Reflect content and emotional experience to deepen connection. •Validate emotional responses as understandable and meaningful. •Evocative Responding: Use open, curious, present-tense questions to draw out vulnerable emotions. •Example: "What happens inside when they say that to you?" •Empathic Conjecture: Gently offer possible interpretations to deepen emotional insight. "I wonder if, underneath the anger, there's a part that feels abandoned." •Tracking &amp; Restructuring Interactions -Identify and label negative interaction cycles (e.g., pursue-withdraw). Help clients interrupt and replace them with new, secure cycles. •Enactments • Guide partners to express vulnerable emotions directly to each other. • Therapist supports and slows the moment for emotional safety and bonding. • Heightening • Amplify key emotional moments through pacing, tone, repetition, and metaphor. • Aims to make emotions more accessible and transformative. • Reprocessing Emotional Injuries •Especially in EFT for couples, the therapist guides partners through revisiting and healing attachment injuries (e.g., betrayals, emotional abandonment).</p> <p><b>GOALS:</b> •Create secure attachment bonds in couples and family relationships. •Access and express primary emotions (e.g., fear, sadness, longing) instead of secondary reactions (e.g., anger, shutdown). • Restructure negative interaction cycles and promote emotional responsiveness. • Foster accessibility, responsiveness, and engagement (ARE model) in relationships. • Support emotional regulation and co-regulation between partners or within the self (in individual EFT). • Deepen emotional experiences to drive systemic, lasting change.</p> <p><b>Key Concepts:</b> Attachment Theory: Humans are wired for connection. Emotional distress often stems from unmet attachment needs (e.g., safety, closeness, significance). • EFT views conflict as protest against disconnection—not pathology. • Primary vs. Secondary Emotions: Primary emotions are deep and vulnerable (e.g., fear of rejection, grief, shame). • Secondary emotions are defensive or reactive (e.g., anger, sarcasm, withdrawal). • EFT helps clients identify and express primary emotions to deepen intimacy. • Negative Interaction Cycle: Couples get stuck in repeating patterns (e.g., pursue-withdraw, attack-defend). • The cycle—not the partner—is the enemy. • The "Self" in Relationship: In individual EFT, therapy explores how past attachment experiences shape current emotional responses and self-concept. •Three Stages of EFT for Couples: De-escalation: Identify the cycle and soften reactivity. Restructuring Interactions: Create new bonding moments and emotional accessibility. Consolidation: Reinforce new patterns and address unresolved wounds.</p>	<p><b>TECHNIQUES:</b> / Parts Mapping (Externalization): Visual or verbal exploration of parts (e.g., drawing, journaling, constellation). • Helps identify protectors, exiles, managers, firefighters. / Unblending: Create space between the Self and the part to witness it with compassion. Therapist might say: "Can you ask that part to give you a little space so you can get to know it better?" / Getting to Know the Part Ask open questions to connect: "How long have you been in this role?" "What does this part want you to know?" / Witnessing &amp; Validation: The Self listens to the part's story without judgment. The part feels seen and heard, this is essential for transformation. Retrieval of Exiles: Once protectors trust the process, the therapist guides the Self to witness and help "retrieve" wounded parts stuck in past traumas. / Unburdening: • The part releases false beliefs (e.g., "I'm not lovable") or burdens (e.g., shame, fear, rage). • Symbolic rituals may be used: releasing the burden to water, wind, light. / Integration &amp; Reharmonization: • The part takes on a new, healthier role in the internal system with the support of the Self.</p> <p><b>GOALS:</b> / Restore internal harmony by helping all parts feel seen, respected, and unburdened. / Cultivate Self-leadership—centeredness, compassion, and clarity in daily life. / Heal trauma without re-traumatization by working gently and consensually with protective parts. / Transform extreme roles of protective parts into supportive inner allies. / Reclaim exiled parts holding deep pain, fear, or shame with loving care. / Build a trusting internal system rooted in connection, not control.</p> <p><b>Key Concepts:</b> / The Self: Innate, undamaged core within each person. Characterized by the 8 Cs: Curiosity, Calm, Clarity, Compassion, Confidence, Courage, Creativity, and Connectedness. / Parts: Natural subpersonalities within the psyche. All parts are welcome and valuable. / Managers: Try to keep life under control (e.g., perfectionism, caretaking). / Firefighters: Act quickly to numb or distract when exiles are triggered (e.g., substance use, dissociation, rage). / Exiles: Hold wounds, trauma, and unmet needs. Often pushed away but deeply impact the system. / Blending: When a part overtakes the Self. The goal is to unblend so the Self can witness and lead. / Multiplicity is Normal: Having "many parts" is not pathology—it is a natural part of being human. Problems arise when parts are forced into extreme roles due to trauma or attachment injuries. / No Bad Parts: All parts have positive intent, even if their behaviors are harmful. Healing comes from understanding and transforming, not exiling or silencing. / Example Language in IFS: "Can you sense where that part lives in your body?" "Ask the part what it's afraid would happen if it didn't do this job." "Let it know you're here, and you want to get to know it, not judge or fix it." "Does that part trust you yet to lead?"</p>