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|  | **General philosophy** | **Important people** | **View of cause of disorders** | **Treatment technique** | **View on personality** | **View on motivation** |
| **Psychodynamic** | 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 |
| **Behaviorism** | 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. |
| **Humanism** | 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 |
| **Cognitive** | How people perceive, remember, think, 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 |
| **Evolutionary** | 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 |
| **Biomedical** | 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 |