

Basic schools of psychotherapy

Psychodynamic therapy

- months to years
- understand and cope better with feelings by talking about experiences
- assumption: emotional problems are caused by unresolved, generally unconscious conflicts often stemming from childhood

Humanistic psychology

- goes back to rogers (20th century, psychologist)
- represents together with Abraham Maslow the humanistic psychology
- Client oriented therapy: importance of personal choice

Logotherapy

- the search for purpose and meaning
- goes back to viktor frankl

CBT

- Making links between behavior, cognition and affect