



WorkWise
wellness solutions

Therapeutic Approaches

INTRODUCTION

Different Therapeutic Approaches and Services

There are many different types of counselling and therapy – below are some of the most common ones. As Mental Health First Aiders, HR professionals or Managers you aren't expected to know all these different therapeutic approaches. However, having an awareness and understanding can be very helpful especially when supporting colleagues.

When taking in this large list, it becomes clear why it can be challenging finding the right approach. A good starting point is for someone to consider what their goals are, or what they want to get out of therapy. It can be helpful if one has a clear understanding of any specific mental health conditions they are experiencing, such as depression, anxiety, bipolar disorder, or substance use disorder.

Narrowing it down further, another consideration is one's personal preference, in-person or online. Is there a particular approach that would be beneficial? Keep in mind that switching therapists at any time and trying out new approaches is okay. It may take some trial and error, but eventually, one will find what works.

This resource offers a point of reference to different approaches.



THERAPEUTIC APPROACHES

Name	Description	Useful for...
Adlerian Therapy	Experiences in early life, particularly within families is the way we see the world. Counsellor will help you understand why you behave the way you do and find ways to act more appropriately.	Positive encouraging approach useful for anxiety and anti-social behaviour.
Art Therapy	Psychotherapy in the form of painting, drawing, sculpting or photography. It is a creative means of therapy through which you can convey different feelings and emotions. Also increases self-awareness and to relieve stress.	Expressing issues that may be too hard to illustrate with words. Particularly, adults suffering from extreme stress, children with behavioural or problems or learning disabilities and individuals suffering from a brain injury.
Behavioural Therapy	Based on the belief you have unwanted/unhealthy behaviour. The focus is on current problems without analysing the past.	Works well for compulsive and obsessive behaviours, fears, phobia, addictions.
Cognitive Analytical Therapy	Looks at past experiences and relationships to understand way you think, feel and act as you do. Find new healthier ways to cope with problems. Time limited typically around 16 weeks.	Building a relationship with your Cognitive Analytical Therapist helps with finding healthier ways to cope with problems.
Cognitive Behavioural Therapy	Helps you channel the way you think and what you do. Focuses on current problems and practical solutions. Challenges the way you view situations	Helpful for depression, anxiety, stress, phobias, obsessions, eating disorders.
Cognitive Therapy	Based on the notion that past experiences can damage the perception of oneself which can affect emotions and the ability to deal with certain situations. Guides away from negative behaviour.	Helps to change poor mental attitudes of yourself. In particular, it is useful for viewing things more optimistically, especially if you are pessimistic or depressed.
Creative Therapy	Like art therapy, creative therapy helps to express emotions that you might not be able to convey with words. It includes a wide array of therapies such as dance movement, drama and music.	Generally, it is useful for those have problems expressing their feelings verbally.
Dialectical Behaviour Therapy	A type of talking therapy based on CBT, especially adapted for people who experience emotions intensely. It helps in understanding difficult feelings. Dialectical means how trying to understand how two things that seem opposite could both be true.	Useful for self-harming, suicide attempts, depression, drug and alcohol and eating problems.



THERAPEUTIC APPROACHES

Name	Description	Useful for...
Emotional Focused Therapy	From this approach, therapists assist with helping you understand emotions of others as well as yourself. Also, it helps you to interact in a more emotionally associated way.	This approach can be useful for couples, families and individuals to help strengthen or create relationships.
Existential Therapy	This form of therapy helps navigate you through inner conflict that people may experience when faced with life's ultimate concerns.	Useful for anxiety, in particular, for existentialists who have the feeling that life has no meaning. Also helpful for those who are challenged by concerns such as the inevitability of death.
Family Therapy	This approach allows family members to express emotions safely, while helping them to understand each other's perspectives and appreciating each other's views.	Families.
Gestalt Therapy	Looks at the individual as a whole instead of breaking things into parts. Therapists focus on your behaviour and feelings to better grasp how you interact with others in certain situations. This is a humanistic form of therapy.	Anxiety, stress, addiction, tension and depression.
Humanistic Therapy	Focuses on the individual as a whole. Encourages people to think about their feelings and take responsibility for their thoughts and actions. The emphasis is on self-development and achieving your full potential.	Anxiety, stress, addiction, tension and depression.
Integrative Counselling	This type of therapy looks at your physical and mental health. Counsellor's tailor the therapy to the individual. Furthermore, by helping the individual to understand the causes of concerns for behaviour, it can help develop self-awareness and improve satisfaction in life.	Depression, anxiety, and personality disorders.
Interpersonal Therapy	Time-limited approach focused on your relationships with others. The therapist will help to identify problems in relationships so you can develop strategies for improving them.	Focused on relationships and helpful for depression and mood disorders (especially around bereavement and life changes).

THERAPEUTIC APPROACHES

Name	Description	Useful for...
Interpersonal Access to Psychological Therapies (IAPT)	A programme that started in the UK in 2008 transforming the treatment of adult anxiety and depression. It includes evidence based psychological therapies by fully trained and accredited practitioners, Routine outcome monitoring to track individual progress, practitioners have regular outcome focused supervision.	Depression and anxiety.
Jungian Therapy	This approach focuses on your personal unconscious and can involve dream analysis, word associations or creative activities. It assists with developing behaviours to manage your troubles better.	Wide range of emotional and behavioural issues.
Neuro Linguistic Programming	Based on the concept that everything you experience from birth programmes the way you see the world. It combines hypnotherapy with cognitive behavioural and humanistic therapies. Focuses on how you have learnt to think as well as looking at your successes to develop further successful behaviour.	Phobias, anxiety, poor self-esteem, stress, and PTSD.
Person Centred Therapy	Based on the perspective that everyone has the capability for personal growth, given the right conditions. The therapist is positive and offers empathy in order to help the individual with their negative emotions.	Wide range of issues -relationship problems, phobias, panic attacks, substance abuse, personality disorders, low self-esteem linked to depression, stress management, eating disorders, and trauma recovery, among others.
Phenomenological Therapy	The therapist looks at the individual's perception of a situation rather than its reality. Through doing this, they can discover why the individual perceives it that way. Subsequently, the therapist can provide helpful ways through which you can improve your thinking/behaviour.	Depression, anxiety, eating disorders, body-image issues, relationship issues, substance abuse and post-traumatic stress.
Play Therapy	This approach is usually for children dealing with emotional problems or for those that have trouble expressing their emotions. Significantly, it can be used to diagnose the root of difficult behaviour, which allows children to work through their anxieties.	Children.

THERAPEUTIC APPROACHES

Name	Description	Useful for...
Primal Therapy	Based on the theory that some traumatic experience which occurred during infancy has caused phobias or other issues in the present. The counsellor undertakes emotional cleansing by taking the individual back to the primal scene where the distress was first experienced.	Those that have phobias and other issues relating to traumatic experiences during infancy.
Psycho-analysis	Based on the work of Sigmund Freud who believed problems are rooted in the subconscious mind. The analyst will encourage you to talk about experiences to identify repressed feelings that are affecting you now. Includes techniques like transference, where feelings you experienced in previous relationships are projected on to the therapist.	Can be a lengthy process often used by clients suffering high levels of distress.
Psychodynamic Psychotherapy	Derived from psychoanalysis focuses on immediate problems to try and provide a quicker solution. Stresses the importance of the unconscious and past experience shaping the present behaviour. Talk about your childhood and other significant people. Also includes transference.	Depression and anxiety.
Transactional Analysis	A comprehensive approach including humanistic, cognitive behavioural and psychodynamic therapy. It categorises the human state into parent, adult, child which helps you understand how you interact with others.	Helping an individual understand why they say the things they do and why they may have repeating patterns of relationships.
Transpersonal Therapy	A broad term which encompasses any form of therapy which places emphasis on spirituality or heightened consciousness.	Anxiety, depression, addictions, phobias, and other mood and behavioural problems.
Talking Therapies	Different therapies including use of a self-help workbook and the support of a therapist, online course, one to one and in a group. Examples include counselling and CBT.	Anxiety, panic attacks, obsessive thoughts and behaviour.

“

Sharing effective Wellbeing initiatives is at the heart of what we do.

The most compelling motivation for us is making a difference and seeing results is the results.

”

Leigh McKay, WorkWise Wellness





Mob: 07880 326 303

Email: leigh@workwisewellness.co.uk

Web: www.workwisewellness.co.uk