

Essay on psychoanalytic theories adlerian therapy and cognitive behavior therapy

[Experience](#), [Belief](#)



Adlerian Therapy and Cognitive Behavior Therapy

Since its development, psychoanalytic theory has undergone advancement. This is a theory of individuality that was coined together by Sigmund Freud. The theory is involved with behavior and psychological functioning of an individual but it can be applied to the society in general as well. This essay will be focusing on Adlerian Therapy and Cognitive Behavior Therapy as examples of psychoanalytic theory. These two can be easily compared and contrasted as they seem to work on the same background. Cognitive therapy was developed by Beck Aaron in the mid-20th century in America. This therapy is concerned with how moods are created by thoughts. As per this theory, every individual has intrinsic inclinations to definite negative thoughts that induce discontent and interruption, (Richard, 2003). The theory assumes that thoughts lead to moods and negative sensations result from false self-beliefs. Therefore, this therapy aims at aiding patients to recognize and re-examine negative thoughts and substitute them with the positive ones. On the other hand, Adlerian Therapy is a development model that was coined together by Alfred Adler. According to this therapy, Adler asserts that human nature should be looked at positively and that individuals are not victims of fate but are in charge of it, (Sharf, 2011). The objectivity of this therapy is to test the ideas of clients as well as to promote socially useful goals in order to make them feel equal.

The two approaches have a lot in common or rather they have some similarities. These similarities arise from the joint structure of scrutinizing life rules that are acquired by each individual. It should be noted that both of them are dynamic therapies. Basically, three sections of cognitive behavior

therapy are employed in the construction of Adlerian therapy. These three are: therapeutic focus, therapeutic change, and therapeutic relationship.

Lifestyle beliefs of individuals form the major therapeutic focus of Adlerian treatment, (Sharf, 2011). Lifestyle beliefs encompass the cognitive association of a person and are in most cases analyzed in terms of self, ethical beliefs, and the world. Besides, the mutual relationship in Adlerian therapy was as a result of discovering that the teacher-student relationship was not working. While in the case of cognitive therapy mainly focuses on the "how" questions, Adlerian therapy focuses on the "what" and "who" questions. However, these questions lead to similar results.

However, the two therapies differ in a great deal. To begin with, the goals of cognitive behavior therapy are to assist the client to use incongruous evidence that they collect and evaluate to face faulty. The other goal is assist the client to found their inflexible attitude to curtail them and also to create awareness of automatic thinking as well as to modify them. On the other hand, one of the goals of Adlerian Therapy is to confront the essential assertions and life goals of the client. It also intends motivate people to build up goals that are socially useful and also to assist the client to have a sense of belonging. The other difference arises from the therapeutic relationship, (Richard, 2003). In cognitive therapy, there is a teacher-student relationship between the client and the therapist. The therapist offers directions that the client will use to change his/her cognition. On the other in the Adlerian Therapy, there is a mutual relationship between the client and the therapist. They both set goals that the client should achieve and then the therapist motivates the client towards realizing those goals.

These approaches are useful in treatment of cases of substance abuse, for instance drugs. Counseling forms the basic treatment in this case. Programs that are essential in reestablishing healthy behaviors as well as surviving mechanisms are offered to the victims to help them recover. The major objective in this case is to train an individual to be aware of the situations that he/she is like to abuse drugs, avoid such situations and deal with other behaviors and evils which may make her/him to return to drug abuse. As a counselor, these approaches will be very helpful for me to help clients having behavior related problems. Am in a position to assist different clients depending on the problem they are undergoing as am aware of which program will work for which case.

References

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