

# Importance of psychoanalysis and cognitive behavioral theory

[Psychology](#)



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The readings of this week have passed important knowledge that concerns the field of Family Therapy. One of the important points or realizations is that Psychoanalysis and Cognitive Behavioral Theory constitute important, alternative, supplementary and effective approaches for treating embattled and stuck families. Another point is that the application, use or interpretation of Psychoanalysis Theory and Cognitive Behavioral Theory does not change significantly from their original form when applied in family therapy. In extension, Psychoanalysis remains to focus on individuals and inner desires or feelings that shape behaviors as Cognitive Behavioral Theory remain to concentrate on how human cognitions affect their behaviors. Another key point learnt from the weeks reading is that Psychoanalysis constitutes the theory used by first family therapists. As demonstrated by Nichols (2013), many other theories and approaches to family therapy followed or developed from Psychoanalysis.

From the perspectives of an experienced counselor, the frameworks of Psychoanalysis and Cognitive Behavioral Theory are not much apart. This means that it is easier to merge and manipulate the two techniques subsequently in treating a family. As explained by Nichols (2013), Psychoanalysis theory concerns with self-psychology and object relations theory to detail how people relate to each other, underlying expectations in every relationship and how fulfillment or failure affects emotions and behaviors of individuals. Simply interpreted, Psychoanalysis investigates how human relationships affect their self-understanding and emotions. Cognitive Behavioral Theory on the other hand generally emphasizes the need for attitudinal change to maintain change in behavior (Nichols, 2013). From the

understanding, a counselor can just combine and merge the two techniques in treating a family. This will help to focus on individuals and families at relevant times as suites therapist's strategies and goals.

One of the insights that this week readings have elicited is that Psychoanalytic Theory and Cognitive Behavioral Theory share significant attributes with Experiential and Strategic Theories of family therapy. this is insight is due to the fact that when deeply analyzed, the focus of the theories ends at understanding emotions and inner desires of individuals, and their effects on behaviors (Nichols, 2013). Another insight is that all the theories learnt to this far have to refer to nature, structure and system of relationships to understand dysfunctional elements that maintain family problems. Concisely, at advanced levels of applications, theories of family therapy have insignificant differences in terms of approach to family problems.

Initially, one could think that there is one specific theory appropriate for treating the embattled family.