Spinrad/Psychology Types of Therapy

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| Type of therapy | Goal | Best for what ailments | How it works | Valid |
| Psychodynamic | Insight | Less defined therapeutic issues | Uncover unconscious motivations | Personality change |
| CBT | Symptom reduction | Mood disorders, phobias | Reframe and change cognitions | Most valid for mood disorders and phobias |
| Existential/Humanistic | Authenticity | Self-actualization | Seeing how others see you | Communication, being all you can be |
| Family | Healthy family dynamics and boundaries | Marriage and child issues | Systems theory | Healthy family functioning |
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