Spinrad/Psychology Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Type of Therapy | Past/present/future | Philosophy | Therapeutic Focus | Desired Outcomes | Client type | Validity—does it work? |
| Psychoanalytic |   |  |  |  |  |  |
| Cognitive/Behavioral |  |  |  |  |  |  |
| Existential/Humanistic |  |  |  |  |  |  |
| Family |  |  |  |  |  |  |