CCDAN Topic List: Intervention – Psychological therapies

PSYCHOLOGICAL THERAPIES

- **BEHAVIOR THERAPY / BEHAVIOR MODIFICATION**
  - ACTIVITY SCHEDULING
  - ASSERTIVENESS TRAINING [CINAHL]
  - AVERSION THERAPY [APA]
    - COVERT SENSITIZATION [APA]
  - BEHAVIOR CONTRACTING [CINAHL]
  - BEHAVIOR MODIFICATION
  - BIOFEEDBACK, PSYCHOLOGY [MeSH]
    - FEEDBACK, SENSORY [MeSH]
  - CONTINGENCY MANAGEMENT [CINAHL]
  - CONVERSION THERAPY [APA]
  - DISTRACTION THERAPY
  - EXPOSURE THERAPY (APA)
    - Abreaction Therapy
    - Sensitivity Training
    - Systematic Desensitization Therapy (APA)
      - Eye Movement Desensitization Reprocessing [MeSH]
    - Implosive Therapy [APA, MeSH]
  - PLEASANT EVENTS
  - PSYCHOEDUCATION
  - PROBLEM-FOCUSED
  - RECIPROCAL INHIBITION THERAPY (APA)
  - RELAXATION TECHNIQUES [CINAHL]
    - Autogenic Training
    - Distraction [CINAHL]
    - Guided Imagery [CINAHL]
  - RESPONSE COST (APA)
  - SLEEP PHASE CHRONOTHERAPY [MeSH]
  - SOCIAL SKILLS TRAINING
    - Social Effectiveness

- **COGNITIVE BEHAVIORAL THERAPY [APA]**
  - PROBLEM SOLVING
  - RATIONAL EMOTIVE THERAPY
  - REALITY THERAPY
  - RESTRUCTURING
  - ROLE PLAY
• **SCHEMAS**
  - SELF-CONTROL
  - STRESS MANAGEMENT

• **THIRD WAVE COGNITIVE BEHAVIORAL THERAPIES**
  - ACCEPTANCE AND COMMITMENT THERAPY (ACT)
  - BEHAVIORAL ACTIVATION
  - COGNITIVE BEHAVIORAL ANALYSIS SYSTEM OF PSYCHOTHERAPY (CBASP)
  - COMPASSION-FOCUSED
  - DIALECTICAL BEHAVIOR THERAPY (APA)
  - DIFFUSION
  - FUNCTIONAL ANALYTIC PSYCHOTHERAPY (FAP)
  - METACOGNITIVE THERAPY
  - MIND TRAINING
  - MINDFULNESS

• **PSYCHODYNAMIC THERAPIES**
  - BRIEF PSYCHOTHERAPY
  - COUNTERTRANSFERENCE
  - FREUDIAN
  - GROUP THERAPY
    - Balint Group Therapy
  - INSIGHT ORIENTED THERAPY
  - JUNGIAN
  - KLEINIAN
  - OBJECT RELATIONS
  - PERSON CENTRED THERAPY, CLIENT-CENTRED THERAPY
  - PSYCHOANALYTIC THERAPY
    - Alderian Therapy
    - Dream Analysis
    - Free Association
    - Self Analysis
  - SHORT-TERM PSYCHOTHERAPY
  - TRANSFERENCE

• **HUMANISTIC THERAPIES**
  - EXISTENTIAL THERAPY
  - EXPERIENTIAL THERAPY
    - PROCESS-EXPERIENTIAL
    - GESTALT THERAPY
  - EXPRESSIVE THERAPY
- GRIEFWORK
- ROGERIAN
- NON-DIRECTIVE THERAPY
- SUPPORTIVE THERAPY
- TRANSACTIONAL ANALYSIS

**INTEGRATIVE THERAPIES**
- COGNITIVE ANALYTICAL THERAPY
- COUNSELLING
- ECLECTIC THERAPY
- INTERPERSONAL THERAPY
  - Psychodynamic Interpersonal Therapy
- MULTIMODAL
- TRANSTHEORETICAL

**SYSTEMIC THERAPIES**
- CONJOINT THERAPY
  - COUPLES, MARITAL OR RELATIONSHIP THERAPY
    - EMOTION FOCUSED THERAPY
  - FAMILY THERAPY
- INTEGRATIVE BEHAVIORAL COUPLE THERAPY (IBCT)
- NARRATIVE THERAPY
- PERSONAL CONSTRUCT
- SOCIOENVIRONMENTAL THERAPY
  - Milieu Therapy
  - Therapeutic Community
- SOLUTION FOCUSED BRIEF THERAPY

**OTHER PSYCHOLOGICALLY-ORIENTED INTERVENTIONS**
- ACTING OUT
- AGE REGRESSION THERAPY
- ART THERAPY
- BIBLIOTHERAPY
- CATHARSIS
- COLOUR THERAPY
- CRISIS INTERVENTION
- DANCE THERAPY
- DRAMA THERAPY
- EMOTIONAL FREEDOM TECHNIQUES
- HYPNOTHERAPY
  - Autosuggestion
  - Neuro-Linguistic Programming (NLP)
  - Persuasion
- MEDITATION [CINAHL]
- MORITA THERAPY
- MUSIC THERAPY
- PLAY THERAPY
- PRIMAL THERAPY
- PSYCHODRAMA
- REMINISCENCE THERAPY
- SEX THERAPY