

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
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