Psychoanalysis and Behavior Therapy: Toward An Integration

Psychoanalysis

The basic tenets of psychoanalysis include: A person’s development is determined by often forgotten events in early childhood. Human behavior and cognition are largely determined by instinctual drives that are rooted in the unconscious.

Unlike some other types of therapy that are rooted in insight (such as psychoanalytic therapy and humanistic therapies), behavior therapy is highly focused. The behavior itself is the problem and the goal is to teach people new behaviors to minimize or eliminate the issue.

Behavioral Therapy

Behavioral therapies (also called behavior modification) are based on the theories of classical and operant conditioning. A behavior is learned by observation and the consequences of behavior are the reason why the behavior is learned.

Pharmacological Therapy

Pharmacological therapy is the use of chemicals to treat a mental disorder. Psychoactive drugs are used to change the person’s mental state and influence their behavior.

Cognitive-Behavioral Therapy

Cognitive-Behavioral Therapy (CBT) is a categorization of psychotherapy, and several approaches to CBT fall within this organization, including Rational Emotive Behavior Therapy, Cognitive Therapy, Rational Behavior Therapy, Rational Living Therapy, Schema Focused Therapy, and Dialectical Behavior Therapy.

Psychoanalysis

Psychoanalysis is a therapeutic process that focuses on an individual’s unconscious and deep-rooted thoughts. It takes the view that our current behavior, thoughts and feelings are directly influenced by our childhood and past experiences. Over time these can become repressed and may manifest themselves as depression or other negative symptoms.

Psychologists commonly practice either cognitive behavioral therapy or dialectical behavioral therapy, CBT and DBT respectively. CBT is often practiced with those who suffer from anxiety disorder and teaches techniques which alleviate everyday performance anxiety while challenging the patient to engage in acts of advancing courageousness.

Psychoanalysis

Psychoanalytic therapy is a form of in-depth talk therapy that aims to bring unconscious or deeply buried thoughts and feelings to the conscious mind so that repression...