Individuality & Customization
Bias & Critical Thinking
Flexible Thinking
What Do I Use?
1. Rational-Emotive Behavior Therapy
2. Narrative Therapy
3. Solution-Focused Therapy
4. Existential Therapy
5. Psychosocial Education
Common Hang-Ups
Emotions as Cause versus Emotions as Effect
Not Offering Templates for Understanding
Limited Cultural Understanding
“Best Practice”
Questions?