

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?