

Box 3.1 Theorists and Their Works

Theory	Original Theorists	Sample Publications
Psychodynamic Theories	Sigmund Freud (1856–1939) Melanie Klein (1882–1960) Karen Horney (1885–1952) Ronald Fairbairn (1889–1964) Harry Stack Sullivan (1892–1949) David Winnicott (1896–1971) Margaret Mahler (1897–1985) Erich Fromm (1900–1980) Erik Erikson (1902–1994) Heinz Kohut (1913–1981)	Freud, S. (1900/1999). <i>Interpretation of dreams</i> . Cambridge, UK: Oxford University Press. Freud, S. (1920). <i>General introduction to psychoanalysis</i> . New York: Horace Wright. Klein, M. (1930). The importance of symbol-formation in the development of the ego. <i>International Journal of Psychoanalysis</i> , 11, 24–39. Klein, M. (1948). <i>Contributions to psychoanalysis 1921–1945</i> . London: Hogarth Press. Klein, M. (1957). <i>Envy and gratitude: A study of unconscious sources</i> . New York: Basic Books. Horney, K. (1942). <i>Self-analysis</i> . New York: W. W. Norton. Horney, K. (1942). <i>The collected works of Karen Horney</i> (Vol. 2). New York: W. W. Norton. Horney, K. (1967). <i>Feminine psychology</i> . New York: W. W. Norton. Fairbairn, R. (1952). <i>Psychoanalytic studies of the personality</i> . London: Tavistock Publications. [This is a collection of papers previously published in different reviews.] Sullivan, H. S. (1925). The oral complex. <i>Psychoanalytic Review</i> , 12, 30–38. Sullivan, H. S. (1926). Egoicous maturation. <i>Psychoanalytic Review</i> , 13, 1–15. Sullivan, H. S. (1926). The importance of a study of symbols in psychiatry. <i>Psyche</i> , 2, 81–93. Winnicott, D. W. (1965). <i>Maturational processes and the facilitating environment: Studies in the theory of emotional development</i> . Madison, CT: International Universities Press. Winnicott, D. W. (1965). <i>The family and individual development</i> . London: Tavistock. Winnicott, D. W. (1971). <i>Playing and reality</i> . New York: Penguin. Mahler, M. S. (1972). On the first three phases of the separation-individuation process. <i>International Journal of Psychoanalysis</i> , 53, 333–338. Fromm, E. (1941). <i>Escape from freedom</i> . New York: Henry Holt and Company. Fromm, E. (1955). <i>The sane society</i> . New York: Henry Holt. Fromm, E. (1970). <i>The crisis of psychoanalysis: Essays on Freud, Marx, and social psychology</i> . New York: Fawcett Publications. Erikson, E. (1946). Ego development and historical change. <i>Psychoanalytic Study of the Child</i> , 2, 359–396. Erikson, E. (1963). <i>Childhood and society</i> . New York: W. W. Norton. Kohut, H. (1959). Introspection, empathy, and psychoanalysis: An examination of the relationship between modes of observation and theory. <i>Journal of American Psychoanalytic Association</i> , 7, 459–483. Kohut, H. (1982). Introspection, empathy, and the semi-circle of mental health. <i>International Journal of Psychoanalysis</i> , 63, 395–407. Ellis, A. (1991). The revised ABC's of rational-emotive therapy (RET). <i>Journal of Rational, Emotive and Cognitive-Behavior Therapy</i> , 9(3), 139–172. Ellis, A. (1994). Post-traumatic stress disorder (PTSD): A rational emotive behavioral theory. <i>Journal of Rational-Emotive and Cognitive-Behavior Therapy</i> , 12(1), 3–25. Beck, A. (1970). Cognitive therapy: Nature and relation to behavior therapy. <i>Behavior Therapy</i> , 1, 184–200. Beck, A. (1979). <i>Cognitive therapies and emotional disorders</i> . New York: Plume. Beck, A. (2000). <i>Prisoners of hate: The cognitive basis of anger, hostility and violence</i> . New York: Harper Books.
Cognitive-Behavioral Theories	Albert Ellis (1913–2007) Aaron Beck (1921–)	Ellis, A. (1991). The revised ABC's of rational-emotive therapy (RET). <i>Journal of Rational, Emotive and Cognitive-Behavior Therapy</i> , 9(3), 139–172. Ellis, A. (1994). Post-traumatic stress disorder (PTSD): A rational emotive behavioral theory. <i>Journal of Rational-Emotive and Cognitive-Behavior Therapy</i> , 12(1), 3–25. Beck, A. (1970). Cognitive therapy: Nature and relation to behavior therapy. <i>Behavior Therapy</i> , 1, 184–200. Beck, A. (1979). <i>Cognitive therapies and emotional disorders</i> . New York: Plume. Beck, A. (2000). <i>Prisoners of hate: The cognitive basis of anger, hostility and violence</i> . New York: Harper Books.

Box 3.1 Theorists and Their Works (Continued)

Theory	Original Theorists	Sample Publications
Humanistic Theories	Carl Rogers (1902–1987) Abraham Maslow (1908–1969) Rollo May (1909–1994)	Rogers, C. R. (1940). The process of therapy. <i>Journal of Consulting Psychology</i> , 4(3), 161–164. Rogers, C. R. (1951). <i>Client-centered therapy: Its current practice, implications, and theory</i> . Boston: Houghton Mifflin. Rogers, C. R. (1957). The necessary and sufficient conditions of therapeutic personality change. <i>Journal of Consulting Psychology</i> , 21(2), 95–103. Maslow, A. (1954). <i>Motivation and personality</i> . New York: Harper. Maslow, A. (1962). <i>Toward a psychology of being</i> . New York: Van Nostrand. May, R. (1967). <i>Psychology and the human dilemma</i> . New York: W. W. Norton. May, R. (1983). <i>The discovery of being: Writings in existential psychology</i> . New York: W. W. Norton.
Postmodern Theories	Sere de Shazer (1940–2005) Michael White (1948–2008) David Epston (1944–)	de Shazer, S. (1982). <i>Partners of brief family therapy: An ecosystemic approach</i> . New York: Guilford Press. de Shazer, S. (2005). <i>More than miracles: The state of the art of solution-focused therapy</i> . Binghamton, NY: Haworth Press. White, M., & Epston, D. (1990). <i>Narrative means to therapeutic ends</i> . New York: W. W. Norton. White, M., & Morgan, A. (2006). <i>Narrative therapy with children and their families</i> . Adelaide, South Australia: Dulwich Centre Publications. White, M., & Epston, D. (1992). <i>Experience, contradiction, narrative, and imagination: Selected papers of David Epston & Michael White, 1989–1991</i> . Adelaide, South Australia: Dulwich Centre Publications. Epston, D., & Bowen, B. (2008). <i>Down under and up over: Travels with narrative therapy</i> . London: Karnac Books. Epston, D. (2013). <i>Ethnography, co-research and insider knowledges</i> . <i>International Journal of Narrative Therapy and Community Work</i> , 2014(1), 65–68.

(originated by Sigmund Freud), ego psychology (developed out of the psychosocial development model of Erik Erikson), object relations theory (from the work of Ronald Fairbairn, Melanie Klein, Margaret Mahler, and Donald Winnicott), psychodynamic therapy (neo-Freudian) (from the work of Karen Horney, Harry Stack Sullivan, and Erich Fromm), and self psychology (from Heinz Kohut) (Boyle et al., 2009; Singer, 2009; Walsh, 2013).

Cognitive-Behavioral Theories

Cognitive-behavioral theories represent an integration of cognitive theories and behavioral theories. While behavioral therapy is grounded in learning theory and classical conditioning, the role of cognitive processes and their influence on behaviors cannot be ignored. How one thinks and experiences the world influences behaviors. Cognitive theorist Aaron Beck observed that “an individual’s belief systems, expectancies, and assumptions exert a strong influence on his state of well-being, as well as his directly observed behavior” (Beck, 1970, p. 184). Similarly, Albert Ellis, who developed rational