<table>
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<th>THEORY</th>
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</table>
| **ECOLOGICAL SYSTEMS PERSPECTIVE** | — persons are in continual transaction with their environment  
— individuals are surrounded and supported by nutritive and supportive networks  
— stress, coping, adaptation | — functioning improves when person is connected to supportive networks  
— functioning improves when person has access to resources  
— functioning improves when external systems are engaged with the person | — link  
— broker  
— resources  
— transport  
— advocate |
| **CRISIS THEORY** | — traumatic stress overwhelms capacity to cope  
— trauma disrupts balance of normal psychosocial functioning  
— crisis may stimulate motivation or paralysis | — a crisis lowers defenses and provides opportunity for change | — increase directiveness with degree of paralysis  
— take action  
— rely on past coping |
| **SOLUTION FOCUSED BRIEF THERAPY** | ? | “It is easier to do more of what one can already do than to learn new adaptive behaviors or unlearn maladaptive ones.”  
— positive envisioning | — exceptions  
— miracle question  
— scaling questions |
| **STRUCTURAL FAMILY THERAPY** | — families are systems with individual structures that impact their functioning  
— boundaries, hierarchy, triangles  
— disengagement and enmeshment | — functioning changes when structure changes  
— functioning changes when boundaries are realigned | — boundary making  
— realigning  
— enactments  
— spontaneous interactions |
| **FAMILY SYSTEMS STRATEGIC THERAPY** | — input, throughput, output  
— family functions as a system of communication  
— individual symptoms have a family function | — functioning improves when change in patterns of functioning changes  
— functioning changes when view of interactions do | — reframing  
— paradox  
— prescribing relapse |
| **FAMILY LIFE CYCLE** | the family is an organism that develops through stages that have specific tasks to be completed | ? | ? |
| **PSYCHOSOCIAL (ERIKSON)** | individuals develop through stages with specific tasks to be completed, crises to manage | ? | ? |
| **TRANSPERSONAL** | individuals develop through pre-egoic, mental egoic, and transegoic stages  
— fear is the result of a defensively contracted state and an ego identified self that blocks development | reaching the authentic self results from relaxing the defensively contracted state and transcending the ego | meditation  
— guided imagery |
| **PSYCHODYNAMIC** | development occurs through emotional relationships with primary objects | change comes through a corrective emotional relationship  
change comes through insight into patterns, past | use the transference  
— awareness of counter-transference  
— interpretation |
**COGNITIVE**
- mediational position: thoughts mediate between events and feelings/behaviors
- change in feelings and behavior is a result in change in thinking, or *cognitive restructuring*
- ask for evidence
- consider alternative explanations
- so what?
- downward arrow

**BEHAVIORAL**
- operant behavior is learned
- antecedents and consequences maintain behavior in the present
- respondent behavior may be triggered by a neutral (later conditioned) stimulus through pairing with a natural one
- functioning improves through learning new adaptive behaviors or extinguishing old maladaptive ones
- change the antecedent
- positive reinforcement
- skill building

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