



LEARNING ABOUT

Therapy Approaches

Therapy Type	What it Focuses On	Best For	How it Works
Cognitive Behavioural Therapy (CBT)	Thoughts, beliefs, patterns	Anxiety, depression, intrusive thoughts	Identifies unhelpful thoughts and replaces them with more supportive ones
Dialectical Behaviour Therapy (DBT)	Emotional regulation and distress tolerance	Intense emotions, impulsivity, self-regulation	Teaches skills for grounding, emotional balance, and communication
Eye Movement Desensitization and Reprocessing (EMDR)	Trauma processing	PTSD, trauma memories, stuck emotional responses	Uses bilateral stimulation to reprocess traumatic memories safely

Somatic Therapy	Body sensations and nervous system	Trauma, overwhelm, shutdown, anxiety	Helps clients notice and regulate body cues and nervous system states
Sensorimotor Psychotherapy	Body and mind integration	Trauma, dissociation, chronic stress	Uses movement, posture, and sensation to process emotional experiences
Internal Family Systems (IFS)	Parts of self	Trauma, inner conflict, shame, self-criticism	Helps clients understand and heal different internal parts (protectors, exiles, etc.)
Attachment Based Therapy	Relationship patterns	Childhood wounds, relationship struggles, parenting	Explores early attachment experiences and how they shape current relationships
Narrative Therapy	Personal story and meaning	Identity, shame, life transitions	Helps clients rewrite unhelpful narratives and reclaim agency

Psychodynamic Therapy	Unconscious patterns	Long term issues, relational patterns	Explores past experiences and how they influence present behaviour
Humanistic/Person-Centered Therapy	Self-growth and authenticity	Self-esteem, identity, personal development	Therapist provides unconditional positive regard and reflective support
Solution Focused Brief Therapy (SFBT)	Goals and future outcomes	Short-term issues, motivation, clarity	Focuses on strengths and small steps towards change
Acceptance and Commitment Therapy (ACT)	Values and acceptance	Anxiety, avoidance, perfectionism	Teaches acceptance of difficult emotions while taking a value-aligned action
Mindfulness Based Therapy	Present moment awareness	Anxiety, rumination, stress	Uses breathwork, grounding, and awareness practices
Existential Therapy	Meaning and life questions	Life transitions, grief, identity	Explores purpose, choice, and personal responsibility

Play Therapy	Expression through play	Children processing emotions or trauma	Uses toys, art, and storytelling to help children express feelings
Art Therapy	Creative expression	Trauma, grief, emotional expression	Uses drawing, painting, and imagery to explore emotions safely
Couples/Relationship Therapy	Communication and patterns	Relationship conflict, attachment issues	Helps partners understand patters and build healthier communication
Family Systems Therapy	Family dynamics	Parenting, conflict, intergenerational patterns	Works with multiple family members to shift relational patterns