Theory	CHARACTER PERSONALITY MATRIX				
	STRUCTURE	PROCESS	GROWTH AND DEVELOPMENT	PSYCHOPATHOLOGY	CHANGE
PSYCHODYNAMIC Freud, etc.	Id, ego, superego; unconscious, preconscious, conscious	Sexual and aggressive instincts	Erogenous zones; oral, anal, phallic, genital stages of development; Oedipus complex	Infantile sexuality; fixation and regression; conflict; defense mechanisms	Transference; conflict resolution
PHENOMENOLOGICAL Rogers, etc.	Self; Ideal self	Self-actualization; congruence of self and experience	Congruence and self-actualization versus incongruence and defensiveness	Defensive maintenance of self; incongruence	Therapeutic atmosphere: congruence, unconditional positive regard, empathetic understanding
TRAIT Allport, Eysenck, Cattell, etc.	Traits	Dynamic traits; motives associated with traits	Contributions of heredity and environment to traits	Extreme scores on trait dimensions	No formal model
LEARNING Watson, Pavlov, Skinner, etc.	Responses, stimuli	Reinforcement and successive approximations	Schedules of Classical conditioning; instrumental conditioning; operant conditioning	Maladaptive learned response patterns	Extinction; discrimination; learning; counter conditioning; positive reinforcement; systematic desensitization; behavior modification
PERSONAL CONSTRUCTS Kelly	Constructs	Anticipation of future events; prediction is key to understanding behavior	Increased complexity and definition to construct system	Disorder functioning of construct system	Psychological reconstruction of life; invitational mood; fixed-role therapy
SOCIAL-COGNITIVE Bandura	Beliefs; standards; goals; competencies	Observational learning; vicarious conditioning; processes of self-evaluation and self-regulation	Social learning through observation and direct experience (role playing); development of self-efficacy judgments and standards for self-regulation	Learned response patterns; excessive self-standards; problems in self-efficacy	Modeling; guided participation; increased self-efficacy; cognitive therapy; developing more realistic standards for judging