

Theory	CHARACTER PERSONALITY MATRIX				
	STRUCTURE	PROCESS	GROWTH AND DEVELOPMENT	PSYCHOPATHOLOGY	CHANGE
<u>PSYCHODYNAMIC</u> 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
<u>PHENOMENOLOGICAL</u> 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
<u>TRAIT</u> 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
<u>LEARNING</u> 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
<u>PERSONAL CONSTRUCTS</u> 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
<u>SOCIAL-COGNITIVE</u> 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