**CNL-500 Topic 2: Classical Theory Comparison Worksheet**

**Directions:** Compare the three theories by answering the questions listed below for each theory as indicated. For the first two questions in the table, each theory should include a 75-100-word explanation. Include a minimum of two scholarly resources for each theory (total of six resources) in addition to the course textbook and include in-text citations when appropriate. Include a full APA formatted reference for the sources used below.

| **Questions** | **Neoanalytic (self-psychology, ego-psychology, object-relations, or relational psychoanalysis)**  **Select One** | **Jungian** | **Individual Psychology** |
| --- | --- | --- | --- |
| **Explain the goals for therapy from each theoretical orientation. (75-100 words each)** |  |  |  |
| **Identify at least two techniques for each theory and the benefit to the client. (75-100 words each)** | Technique 1:  Technique 2:  Benefit to the Client: | Technique 1:  Technique 2:  Benefit to the Client: | Technique 1:  Technique 2:  Benefit to the Client: |
| **List the stages of counseling and how long it would take to complete the process.** |  |  |  |
| **List the counselor’s and client’s roles.** | Counselor’s Roles:  Client’s Roles: | Counselor’s Roles:  Client’s Roles: | Counselor’s Roles:  Client’s Roles: |
| **List the three qualities of a healthy person for each theory.** | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |

References