

NAADAC Module Two Study Guide Updated Version

Adlerian Psychology (Therapy)

What is the basis?

It is holistic in nature and we are all striving towards superiority and perfection, must learn how to deal with feelings of inferiority.

Adlerian Psychology (Therapy)

What is the method of counseling?

A method of counseling, which is also called individual Psychology, where all behavior is believed to be purposive and goal directed

Adlerian Psychology (Therapy)

What is Fictional Finalism?

A component of Adlerian therapy is an imagined central goal that gives a client purpose and guides his or her behavior.

Adlerian Psychology (Therapy)

Phenomenology.

To use Adlerian therapy effectively, an addiction counselor or other helping professional must attempt to view the world from the perspective of the client through a process called **phenomenology**.

In other words, the client can only be understood in terms of his or her family, social and cultural contexts, perceptions and private logic.

Adlerian Psychology (Therapy)

Private Logic

Private logic is reality as we perceive it; it is subjective, and the behavior that results from it can change if the client's perceptions change.

Addiction counselors and other helping professionals must recognize the client's perspective and work to create change within it.

Adlerian Psychology (Therapy)

Lifestyle

A component of Adlerian therapy that refers to the client's chosen method of moving through life.

Adlerian Psychology (Therapy)

Social Interest

A component of Adlerian therapy that is an awareness of being a part Of the human community and how one interacts with the social world.

Behavior Therapy

What is the basis?

A method of therapy that focuses on modifying the client's learned behaviors that are negatively affecting their lives.

Behavior Therapy

What is classical conditioning?

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Geri Miller



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