

**Directive Therapy** involves the therapist taking an active role in guiding the client through the therapeutic process, offering advice, suggestions, and structured techniques to address specific issues. The therapist often leads the conversation and may prescribe exercises or strategies to help the client reach their goals.

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### **Examples:**

- Cognitive Behavioral Therapy (CBT)
  - Focuses on identifying and restructuring maladaptive thought patterns and behaviors.
- Dialectical Behavior Therapy (DBT)
  - Combines CBT with mindfulness, focusing on emotional regulation and interpersonal effectiveness.
- Solution-Focused Brief Therapy (SFBT)
  - Aims to identify and amplify client strengths and focus on solutions rather than problems.
- Exposure Therapy
  - Used for anxiety disorders, particularly phobias or PTSD, by systematically exposing clients to fear-inducing stimuli in a controlled way.
- Psychoeducation
  - Educates clients about their mental health conditions, providing tools and strategies to manage symptoms.

**Non-Directive Therapy** allows the client to take the lead in the conversation, with the therapist providing a supportive and non-judgmental space for exploration. The therapist refrains from giving direct advice or interpretations, focusing instead on active listening and reflecting the client's thoughts and feelings.

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### **Examples:**

- Person-Centered Therapy
  - Therapist offers empathy, unconditional positive regard, and authenticity, enabling clients to lead the process.
- Existential Therapy
  - Focuses on exploring issues of meaning, freedom, and responsibility without prescribing specific solutions.
- Humanistic Therapy
  - Encourages self-discovery and personal growth through an open, non-directive process.
- Art Therapy (non-directive approach)
  - Clients freely express themselves through art, with minimal guidance, allowing insight through creativity.
- Play Therapy (child-focused)
  - For children, allowing them to explore emotions and experiences through play at their own pace.
- Psychoanalytic Therapy (classic Freudian approach)
  - Therapist acts as a neutral observer, encouraging free association to uncover unconscious thoughts and feelings.