



List of common therapy models

Cognitive Behaviour Therapy (CBT)

A structured, goal-oriented therapy that helps individuals identify and challenge negative thought patterns and behaviours, aiming to replace them with healthier ones.

Acceptance and Commitment Therapy (ACT)

Focuses on accepting negative emotions and thoughts while committing to actions aligned with personal values, promoting psychological flexibility.

Dialectical Behaviour Therapy (DBT)

A form of CBT that focuses on teaching individuals to manage intense emotions, improve relationships, and reduce self-destructive behaviours. It emphasises mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Motivational Interviewing (MI)

A client-centred approach aimed at enhancing motivation to change by exploring and resolving ambivalence, often used in addiction and behaviour change contexts.

Psychodynamic Therapy

A therapy that explores unconscious processes and past experiences to understand current behavior, focusing on internal conflicts and emotional development.

Interpersonal Therapy (IPT)

A time-limited, structured therapy that focuses on improving interpersonal relationships and communication skills to help individuals cope with emotional distress, particularly related to depression, grief, and life transitions.

Mindfulness Training

Techniques/strategies to reduce stress, improve focus, and increase overall sense of well-being through processing and interpreting events that impact mental health issues.

Counselling Support

A general therapeutic approach offering emotional support and guidance, often focusing on personal issues, life stress, and coping strategies.