Several awarding bodies use the term 'mental health issues' to denote the client’s presenting issues.

According to Dykes' et al.' (2014, p.158), depression, anxiety, grief and all common mental health problems affect all levels of society.

Students (and qualified practitioners) must be able to frame mental health issues within their theoretical model.

Below is an outline of how three popular approaches to therapy view the source of common mental health issues:

**Psychoanalytical theory** views human functioning based upon a mixture of drives and forces within the individual, particularly unconscious processes. The idea draws on the tripartite model of personality, the Id, Ego and Super Ego.

The theory considers how childhood experience shapes our personality and how it may subconsciously cause problems in adults.

A psychoanalytical therapist helps the client understand how past events, rooted in the subconscious, affect 'here and now' processes.
The words psychodynamic and psychoanalytic are often confused.

Freud's theories were psychoanalytic. The term 'psychodynamic' refers to Freud's theories and those of his followers. Psychoanalysis is both a theory and therapy.

**Person-Centred Theory** is rooted in the philosophy of perception, known as Phenomenology, and mainly holds that the values and opinions of others influence how we believe ourselves to be in the world.

A Person-Centred Therapist believes by offering empathy, congruence and unconditional positive regard, clients can develop their views of the world free from the judgments of others. Often referred to as a 'growth model', Person-Centred therapy gives clients a space to consider their values and self-direction.

**CBT or Cognitive Behavioural Therapy** sees clients' emotional difficulties rooted in irrational or faulty thinking, which leads to faulty beliefs that inhibit and limit life choices.

CBT therapists would help their clients test out their beliefs to see if they are true. This process encourages both experimentations and the gradual moving away from old ways of thinking and behaving.

The underpinning philosophy of CBT—the idea that we can check out perceptions of the world against evidence—is scientific.

**References**


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