

Exercise 1.1: Therapeutic attitudes

For each of the following therapies, write down a number from 1 to 7 in the box after it indicating how much you like or dislike it. Try to respond with your immediate gut feeling and try to be as honest as you can – don't think too much about it. If you haven't heard of the orientation, just leave the box blank. Scoring is as follows:

1 = Strongly dislike, 2 = Moderately dislike, 3 = Slightly dislike, 4 = Neither like or dislike, 5 = Slightly like, 6 = Moderately like, 7 = Strongly like

Psychodynamic therapy	<input type="checkbox"/>
Person-centred therapy	<input type="checkbox"/>
Cognitive-behavioural therapy	<input type="checkbox"/>
Gestalt therapy	<input type="checkbox"/>
Integrative therapy	<input type="checkbox"/>
Hypnotherapy	<input type="checkbox"/>
Arts therapy	<input type="checkbox"/>
Classical/Freudian psychoanalysis	<input type="checkbox"/>
Pharmacological/drug therapies	<input type="checkbox"/>

Please write down any other therapies that you have a gut feeling of like towards:

Please write down any other therapies that you have a gut feeling of dislike towards:

If there are any therapies that you have given a score of 3 or less to, or stated that you dislike, spend some time (maybe 10 minutes) thinking why you have come to feel that way towards them. Is it something to do, for instance, with your personal experiences of that therapy, the practitioners of that therapy you have met, or what you have come to associate that therapy with?

Now take some time (maybe 10 minutes) thinking about why you like the therapies that you do.

Finally, ask yourself the following questions (maybe 10 minutes):

- Can you think of ways in which the therapies that you *dislike* may be *helpful* to some people?
- Can you think of ways in which the therapies that you *like* may be *unhelpful* to some people?