Human Services (Group Therapy). By now you are getting to know the different types of theoretical theories that can be used during the facilitation of a group. One way of looking at these models to help you understand their differences is to take an historical approach in the development of the science of psychology. As research and understanding developed so did our ways of looking at ways to help people with problems. The models begin with a more traditional psychoanalytic approach (longer term, delving into the past) and move towards the humanistic approach (the relationships in therapy), to the expressive arts (gestalt and psychodrama), then to the approaches that are more behavioral (from social learning theory), then to cognitive therapies (changing our thoughts will help us change our situation) and then finally to the short term, problem solving approach (popular with the development of managed care and quick treatment/money saving). The last two approaches may be the most popular now. For this discussion identify which of these models fit your personality the best and give examples as to how and why you believe what you do. How and why did these beliefs/feelings come about? Which theories do you resonate with most; that you would feel most comfortable using as a group leader? This discussion board forum might also be a good place to talk about your likes and dislikes with the different models. Be respectful and kind to each other’s perspectives but also be honest, confident, and straightforward. Use this time to practice courage. (Most of all do NOT take rebuffs or contradictory beliefs personally, because our thoughts are not a reflection of our worth. They are only our differences, and don’t we all thank the Universe for supplying differences as challenging as they might be to our ego? Wouldn’t life be dull if everyone were just the same – and just like us?) You may look at the goals of the group, the application of the models, or the evaluations at the end of each chapter to help you compare and contrast the different types of approaches. For examples to further help you with this: Some of you might feel how important the first five years of life are, and to change we must go back and change the perceptions that we developed at that time, or maybe we see that the relationships we had with the adults in the world or our siblings influence who we are today and delving into those relationships is important to help us understand ourselves and change. Some of you might feel that going into the past is hogwash and change can only happen by changing our thoughts. Some of you might also believe that rewards and positive feedback will help people to change or expressing and acting out feelings can help us resolve our issues.