

## ***PSYCHOLOGICAL APPROACHES***

ABA: Applied Behavioral Analysis  
ACT: Acceptance and Commitment Therapy  
CBT: Cognitive-Behavioral Therapy  
DBT: Dialectical Behavior Therapy  
EFT: Emotionally Focused Therapy  
GMCT: Gottman Model Couple Therapy  
IPT: Interpersonal Therapy  
MFT: Marriage and Family Therapy  
MI: Motivational Interviewing  
PE: Psycho-Education  
PP: Positive Psychology  
REBT: Rational Emotive Behavior Therapy  
RT: Reality Therapy  
SFBT: Solution Focused Brief Therapies  
SFT: Systemic Family Therapy  
SST: Social Skills Training  
ST: Schema Therapy