

Different Approaches to Solving Life's Problems

General Approach	Founder or Approach	Man's condition	Man's problem	Solution
Requires expert knowledge for psycho analysis of the past and prescribed psycho therapy for the future	Freud (1856-1939)	We are an animal controlled by instinct. The past determines who we are today. All guilt is regarded as false and should be shifted away to someone or something else. Freud's model of man included three aspects: A center of lusts & pleasures; A center of judicial and moral bias gained from others; An ego which works to censor the center of lusts and pleasures	Our center of lusts and pleasures conflicts with the center of judicial and moral bias which has been developed by our socialization with others. The problem is what others have done to overly bias our conscience.	We can't be held accountable for our condition. Therefore one must dig deep into a person's past to understand who has restricted the center of lusts and pleasures. Work to free this center by weakening or reversing the center of judicial and moral bias. Each person should determine for themselves what is right or wrong.
Requires expert knowledge to define and implement the environmental changes needed to produce results	Skinner (1904-1990)	We are an animal that is neither good nor bad and can be conditioned to behave properly through a system of positive and negative rewards. All guilt should be eliminated by changing the standard and feelings are a critical part of our makeup that should be listened to and followed.	Problems in our lives are due to the failure of the environment in which have been brought up or exposed to. In other words man is the product of his environment.	We cannot be held accountable for our condition. One must restructure or completely change our environment to improve poor behaviors. Manipulation of the individual to produce an acceptable behavior is deemed appropriate.
Uses knowledge everyone possesses to discover and fulfill their potential	Rogers (1902-1987)	All men are basically good and therefore have the knowledge within them to solve problems. Guilt is not important but feelings are.	Problems result when individuals do not live up to their potential. Within every individual lies the power source to define and do what is right.	The counselor is to act as a catalyst and help the counselee discover the solution that lies within them. No authoritative standard outside of the individual should be imposed, nor should any authoritative word be given by the counselor to define the course of action.
Uses knowledge everyone possesses to atone for bad behavior	Mowrer Integrity Groups	There is no need of atonement for sin through Christ. Only individual sins that are specifically dealt with are forgiven. There is no existence of a sin nature, just individual sins.	Our bad behavior toward others is the cause of our guilt	Guilt is removed by confessing ones sins to the offended party and making restitution. Openness and honesty with others are used to bring about confession and restitution.
Uses knowledge from the Word of God to define areas of sin and chart a course of biblical action needed for obedience	Biblical	Man is a distinct creation from the animals and is made in the image of God. As a result of the fall of Adam & Eve we are sinful beings. Guilt is the result of sin and can only be removed through repentance and faith in Christ.	Our sins are the result of our sin nature inherited from Adam and our own volitional choice. We must take responsibility for our actions and condition.	Use the word of God to teach biblical principles of justification and progressive sanctification. Define biblical action that when coupled with the Holy Spirit and God's grace will produce lasting change.