

Client Type	What is this?	Treatments Offered	What is this?	
Organizations	Needs assessment	The skills and needs of a group determine the group's productivity and goals	Systemic interventions	This theory sees a team as greater than the sum of its parts (members). It sees teams as a set of interrelating, interacting hierarchies of sub-systems, some of which may be self-organising, with a tendency to greater order and complexity. Systemic interventions aim to support teams to achieve greater order and organization.
	Team functioning	Team functioning can be adapted to improve productivity and goal focus.	Bionian Group theory	This theory works with processes that arise between group members and the capacity of the group to develop an identity which is acted out by the members of the group.
	Increase human productivity	Understanding the people that make up teams provides the key to maximising the productivity of that team.	CBT	Such interventions work to help teams replace unhelpful thoughts and behaviours with more helpful ones.
	Skill building	Upskilling your team can enhance its functioning and productivity.	Person Centred	This approach sees teams as having control over their own development, with the therapist providing support to the team to direct their own development.
	Team building	Enhancing the quality of relationships and communication within a team helps the team to become more productive.	Narrative & Post Modernist Therapy	The narrative therapist collaborates with the team in constructing strong, positive team narratives, and deconstructing negative ones. In narrative therapy, "The team is not the problem, the problem is the problem."
	Unhealthy work environments	Many unhealthy work environments can be attributed to the decisions and actions of people. Adapting and improving the decisions and actions of people can improve the overall effectiveness of a work environment.	Psychodynamic therapy	Psychodynamic therapy refers back to a team's past life experience to understand why current issues may be problematic. It is based on the philosophy that if a team can discover the life patterns that they function according to, they can influence or change these patterns.