

Flanagan, C.M. (2010). The case for needs in psychotherapy. *Journal of Psychotherapy Integration*, 20, 1-36.

In the history of psychology, proposals have been made regarding the nature of human needs, but this concept has yet to be incorporated into standard programs of intervention. I argue that unmet needs contribute to chronic psychological problems and, consequently, that a needs-based approach can be effective in their treatment. Situating needs in an ethological framework, I qualify six core needs that have emerged in the context of a psychotherapy practice that draws on both cognitive therapy and schema therapy. I outline a needs-based model that introduces a proactive dimension to these two approaches, and promotes flexible utilization of their respective clinical tools. The result is a more integrated and streamlined approach to the treatment of longer-term problems. I conclude by advocating the interdisciplinary study of needs as human adaptations. Clinicians of all orientations can play an important role in the development and application of a broadly based theory of needs.