

## APPENDIX 7:

# TABLES OF DIFFERENT THEORIES OF CONTROL

## Appendix 7: Tables of Different Theories of Control

As noted in Training Module Two, therapists can have a broad range of perspectives yet all see some aspect of control as important in their theoretical orientation. In *Control Therapy*, Table 1.1 (pp 8-9) we provide an historical overview of the construct of personal control, (will, self-control) from the Greeks to William James. Here we provide two additional tables from the book, one an overview of contemporary control-related constructs; and the second a Table listing uni, and omnideterministic views of human nature and how they view the source of control. (References are all detailed in *Control Therapy*).

TABLE 1.4  
**AN OVERVIEW OF CONTEMPORARY CONTROL-RELATED CONSTRUCTS**

### **Analytical**

Freud (1923): Id governed by uncontrolled forces Hendrick (1943): Will to mastery  
Adler (1964): Will to superiority  
Rank (1950): Psychology of will and will therapy Farber (1966): Will training; theories of will White (1959): Concept of competence  
de Charms (1968): Pawn and originator Menninger (1963): Dyscontrol and mental health  
Mahler (1968) and Klein (1932): Control through differentiating from environment; Object relations

### **Cognitive/Behavioral**

Bandura (1977): Self-efficacy  
Rotter (1966): Internal external locus of control Seligman (1975): Learned helplessness  
Mischel (1972): Control as delay of gratification Pavlov (1960/1927): Freedom reflex ICobasa(1979):Hardines  
Kaufer (1979): Personal control  
Mahoney, Thoresen (1974), Cautela (1969): Self-control  
Beck (1976), Meichenbaum (1977), Lazarus (1981), Ellis (1962): Cognitive approaches Schwartz (1983): Disregulation

### **Humanistic/Existential**

Schutz (1958): Control in interpersonal behavior May (1961): Control as power, choice  
Rogers (1951): Self-determination  
Frankl (1980): Will to meaning  
Becker (1973): Death as loss of control

### **Transpersonal** (Astin & Shapiro, 1997)

Zen (Smith, 1983):Self-power and other power  
Chuang-Tsu (Lao-tzu, 1936): Letting go of attachments and desire  
Judeo-Christian (Syme, 1986), (Bouwsma, 1976): Controlling passions  
Islam (Lapidus, 1976): Self-rule and surrender to Allah  
Yoga (Yogananda, 1946): Control of the mind and body

### **Social Psychology and Other** Lefcourt (1973): illusion of control

Langer (1975): Mindfulness, illusion of control

Averill (1973): Behavioral, cognitive, decisional control Rodin (1986): Control-enhancing options from environment

Antonovsky (1979): Coherence

Taylor (1983,1989): Cognitive adaptation, positive illusion Burger (1979): Need for control

Lazarus (1981): Coping

McClelland (1961, 1975): Need for achievement; power motivation Glass (1977): Too high desire for control

Brehm (1966, 1981): Reactance

Kamiya et al. (1971), Miller (1969), DiCara (1970), Schwartz 0979, 1983):

Psychological self-regulation

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UNI-, RECIPROCAL, AND OMNI-BIOPSYCHOSOCIAL MODELS OF CONTROL :TABLE 1.3

**Radical Behaviorism**

Behavior as function of environment; control determined by environment (Skinner, 1953, 1971; Goldiamond, 1965) ~thin limits of nervous system.

**Existential Will**

Behavior as a function of the person; person chooses and is responsible for developing control (May & Yalom, 1989; Bugental, 1976) within existential limits and givens.

**Biological Determinism**

Control upward: Biology determines actions, thought, behavior (Sperry, 1988; Wender et al., 1982; Wilson, 1975; Dawkins, 1985; Crick, 1993; Churchland,1995).

**Reciprocal Determinism**

Control as a function of mutual interaction between individual and environment (Bandura, 1978; Delgado, 1969); consciousness can influence biology (Pribram, 1988; Sperry 1985,1988); control as emerging properties of brain function (Sperry, 1985, 1988).

**Omni-determinism**

Control as a function of multiple variables; analogous to a systems/ cybernetic model (Minuchin, 1974; Schwartz, 1983)

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