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|  | **Researcher(s)** | **Key Terms** | **Main Assumptions** | **Application to health and social care practice** |
| **Behaviourist** |  |  |  |  |
| **Social Learning Theory** |  |  |  |  |
| **Psychodynamic** |  |  |  |  |
| **Humanistic** |  |  |  |  |
| **Cognitive**  |  |  |  |  |
| **Biological** |  |  |  |  |