

Psychotherapy

Definition, Types, Psychoanalysis and modern psychodynamic approach, Behavior modification techniques, Cognitive and eidetic therapy

Psychotherapy

- ❑ In general Psychotherapy means the treatment of mental disorder by psychological rather than medical means.

What is psychotherapy?

- Psychotherapy refers to a range of treatments that can help with mental health problems, emotional challenges, and some psychiatric disorders.
- Psychotherapy is a collaborative treatment based on the relationship between an individual and a psychologist. Grounded in dialogue, it provides a supportive environment that allows you to talk openly with someone who's objective, neutral and nonjudgmental. You and your psychologist will work together to identify and change the thought and behavior patterns that are keeping you from feeling your best.
- In psychotherapy, psychologists apply scientifically validated procedures to help people develop healthier, more effective habits. There are several approaches to psychotherapy — including cognitive-behavioral, interpersonal and other kinds of talk therapy — that help individuals work through their problems.

Psychotherapy

- Psychotherapy -- also called talk therapy, therapy, or counseling -- is a process focused on helping you heal and learn more constructive ways to deal with the problems or issues within your life.
- It can also be a supportive process when going through a difficult period or under increased stress, such as starting a new career or going through a divorce.

Uses of Psychotherapy

- Generally psychotherapy is recommended whenever a person is grappling with a life, relationship or work issue or a specific mental health concern, and these issues are causing the individual a great deal of pain or upset for longer than a few days. There are exceptions to this general rule, but for the most part, there is no harm in going into therapy even if you're not entirely certain you would benefit from it.
- Psychotherapy can provide help with a range of problems, from depression and low self-esteem to addiction and family disputes. Combined with medication, it can play a role in treating bipolar disorder and schizophrenia.

Psychotherapy

□ Psychotherapy is often used either alone or in combination with medications to treat mental illnesses. Called "therapy" for short, the word psychotherapy actually involves a variety of treatment techniques. During psychotherapy, a person with a mental illness talks to a licensed and trained mental health care professional who helps him or her identify and work through the factors that may be triggering the illness.

Psychologists , psychotherapists & psychiatrist

- A psychologist or psychotherapist tends to view individual distress as the result of human relationship problems, rather than a personal disorder.
- Psychotherapy focuses on the wider context of relations within a family or at work.
- A psychiatrist is a medical doctor, and is more likely to prescribe drugs to relieve symptoms, but many psychiatrists also use psychotherapy techniques. Similarly, psychiatric nurse practitioners also prescribe medications to relieve symptoms, but also use psychotherapy techniques in combination with medication.

Need of psychotherapy

- Because of the many misconceptions about psychotherapy, you may be reluctant to try it out. Even if you know the realities instead of the myths, you may feel nervous about trying it yourself.
- Overcoming that nervousness is worth it. That's because any time your quality of life isn't what you want it to be, psychotherapy can help.
- Some people seek psychotherapy because they have felt depressed, anxious or angry for a long time.
- Others may want help for a chronic illness that is interfering with their emotional or physical well-being.

Signs that need therapy

It include:

- A person feels an overwhelming, prolonged sense of helplessness and sadness.
- A person's problems don't seem to get better despite your efforts and help from family and friends.
- A person finds it difficult to concentrate on work assignments or to carry out other everyday activities.
- A person worries excessively, expect the worst or are constantly on edge.
- A person's actions, such as drinking too much alcohol, using drugs or being aggressive, are harming you or others.

Types of Therapy

Therapy can be given in a variety of formats, including:

- **Individual:** This therapy involves only the patient and the therapist.
- **Group:** Two or more patients may participate in therapy at the same time. Patients are able to share experiences and learn that others feel the same way and have had the same experiences.
- **Marital/couples:** This type of therapy helps spouses and partners understand why their loved one has a mental disorder, what changes in communication and behaviors can help, and what they can do to cope. This type of therapy can also be used to help a couple that is struggling with aspects of their relationship.
- **Family:** Because family is a key part of the team that helps people with mental illness get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.

Common Types of Psychotherapy

- Behavior Therapy
- Cognitive Therapy
- Dialectical Behavior Therapy
- Interpersonal Therapy
- Psychodynamic Therapy
- Family Therapy
- Group Therapy

Approaches to Therapy

- While therapy can be done in different formats -- like family, group and individual -- there are also several different approaches that mental health professionals can take to provide therapy. After talking with the patient about their disorder, the therapist will decide which approach to use based on the suspected underlying factors contributing to the condition.

Different Approaches to Psychotherapy

Psychodynamic Therapy

- Psychodynamic therapy is based on the assumption that a person is having emotional problems because of unresolved, generally unconscious conflicts, often stemming from childhood. The goal of this type of therapy is for the patient to understand and cope better with these feelings by talking about the experiences. Psychodynamic therapy is administered over a period of at least several months, although it can last longer, even years.

Psychodynamic Therapy

- Psychodynamic therapy, or insight-oriented therapy, focuses on the deep-seated causes of behavior. For instance, patterns of behavior stemming from a person's upbringing or earlier life experiences, which continue to impact present-day behaviors.
- The aim is to increase self-awareness and understanding of how the past affects present behavior.
- The client will consider unresolved issues and symptoms that stem from past dysfunctional relationships. Unresolved problems can underlie behaviors such as drug or alcohol abuse.
- This can help people to understand the source of their emotional distress, usually by exploring motives, needs and defenses that they are not aware of.
- It can help people whose symptoms have not been resolved by other forms of psychotherapy.

Interpersonal Therapy

- Interpersonal therapy focuses on the behaviors and interactions a patient has with family and friends. The primary goal of this therapy is to improve communication skills and increase self-esteem during a short period of time. It usually lasts three to four months and works well for depression caused by mourning, relationship conflicts, major life events, and social isolation.
- Psychodynamic and interpersonal therapies help patients resolve mental illness caused by:
 - Loss (grief)
 - Relationship conflicts
 - Role transitions (such as becoming a mother, or a caregiver)

Cognitive-Behavioral Therapy

- Cognitive-behavioral therapy helps people with mental illness to identify and change inaccurate perceptions that they may have of themselves and the world around them. The therapist helps the patient establish new ways of thinking by directing attention to both the "wrong" and "right" assumptions they make about themselves and others.
- Cognitive-behavioral therapy is recommended for patients:
 - Who think and behave in ways that trigger and perpetuate mental
 - illness
 - Who suffer from depression and/or anxiety disorders as the only treatment or, depending on the severity, in addition to treatment with antidepressant medication
 - Who refuse or are unable to take antidepressant medication
 - Of all ages who have mental illness that causes suffering, disability, or
 - interpersonal problems.

Cognitive-Behavioral Therapy

Cognitive therapy

- ❑ Cognitive therapy starts with the idea that what we think shapes how we feel.
- ❑ Depression, for example, may stem from having thoughts or beliefs that are not based on evidence, such as "I am useless," or "Everything goes wrong because of me."
- ❑ Changing these beliefs can change a person's view of events, and their emotional state.
- ❑ Cognitive therapy looks at current thinking and communication patterns, rather than the past.
- ❑ The therapist works with the client to confront and challenge inappropriate thoughts by encouraging different ways of viewing a situation.
- ❑ Cognitive therapy can help in treating post-traumatic stress disorder (PTSD).

Cognitive-Behavioral Therapy

Behavioral therapy

- Behavioral therapy can help clients to understand how changes in behavior can lead to changes in how they feel. It focuses on increasing the person's engagement in positive or socially reinforcing activities.
- The approach assesses what the client is doing, and then tries to increase the chance of having positive experiences.
- The goal is for desirable behavior responses to replace undesirable ones.
- Behavioral therapy can help people whose emotional distress stems from behaviors that they engage in.

Cognitive behavioral therapy (CBT) pairs cognitive with behavioral therapy, to address both thoughts and behaviors.

Dialectical Behavioral Therapy

- Dialectical behavioral therapy (DBT) is a type of cognitive behavioral therapy used for high-risk, tough-to-treat patients. The term "dialectical" comes from the idea that bringing together two opposites in therapy -- acceptance and change -- brings better results than either one alone.
- DBT helps a person change unhealthy behaviors such as
- lying and self-injury through keeping daily diaries, individual and group therapy and phone coaching.
- DBT was initially designed to treat people
- with suicidal behavior and borderline personality disorder. But it has been adapted for other mental health problems that threaten a person's safety, relationships, work, and emotional well-being.

Family therapy

- A family therapist looks at symptoms in the family context. Some conditions require the treatment of the family unit. An example is when a client has depression because of marital problems.
- Cognitive therapy, behavioral therapy, and especially interpersonal therapy may help.
- Identifying family patterns that contribute to behavior disorder or mental illness can help family members to break negative habits and patterns.
- Often, family therapy focuses on improving communication within the family. Participants learn new ways of listening and how to ask and respond to questions openly rather than defensively.
- Family therapy generally involves discussion and problem-solving sessions with the client and the family, as a group, in couples, or one-to-one.

Group therapy

- A group therapy session usually involves between 6 and 12 clients and one therapist. The participants have similar problems, and they benefit from the therapist, and by observing how others handle their issues and respond to feedback.
- Getting feedback from other people with related problems can give a new perspective and help to facilitate improvement and change.
- Group therapy can help those who may feel a sense of isolation because of their issue.
- Although participating in a group may seem intimidating, it helps people to realize that they are not alone, and that others share the same problem. The sense of support is generally powerful and many participants in group therapy find the experience rewarding.

Psychotherapy Techniques

- **Listening**
- **Confrontation**
- **Clarification**

Psychotherapy Techniques

Listening

- Out of all the psychotherapy techniques, listening is perhaps the most essential. It is absolutely imperative that you understand what the client is saying, and if you don't listen well you won't be able to do that. Now, people think they are great listeners until they actually try to do therapy. Then, they realize that they really haven't been listening at all. Rather, they have been "waiting to speak" as most people do.
- Listening properly takes a great deal of effort and concentration. You must clear your mind of all thoughts and distractions and focus only on what the person is saying. Oh, and not just *what* they are saying but *how* they are saying it. Although it sounds simple, this is actually quite difficult.
- A helpful technique is to paraphrase what the client is saying. This will help you slow down and focus. But don't overdo this- you'll sound like a parrot and the client will wonder why they are paying you good money just to repeat whatever they say.

Psychotherapy Techniques

Confrontation

□ Another essential counseling technique is confrontation.

And it's another thing that is simple in concept but difficult to do, particularly for novice therapists. But it is actually a lot less scary than it sounds. When you confront a client you don't do it because you are angry at them, or because you are trying to force them to see your viewpoint. You do it because you are genuinely confused. You see, they have either said or have done something that conflicts directly with something they said or did earlier. What you are doing is expressing confusion about their inconsistencies, in the spirit of understanding them better so that you can help them. Framed that way, confrontation is a lot easier for therapists to swallow.

Psychotherapy Techniques

Clarification

- Another great technique is clarification. Think about one of the most common reasons clients come to therapy: poor communication skills. And that includes their communication with you. So, you'll have to ask questions in order to make sense out of their stories. But the most beautiful thing about this technique is while you are doing this, the client is also doing some work. See, they have to clarify it for themselves before they can clarify it for you. And...sometimes that is enough to actually address the issue itself! There have been occasions where my client didn't need to return for future sessions, because he or she solved the problem for themselves during the intake session by answering my questions.
- Now, you have to be careful with this technique as to not make the client feel that they are being interrogated. I am a naturally curious person, and so this technique works well for me. Expressed in the spirit of wanting to understand the client better, it's hard to go wrong.