

Chapter 1 : Doing psychotherapy effectively ( edition) | Open Library

*Doing Psychotherapy Effectively proposes much-needed answers to the puzzling questions of what therapists actually do when they are effective. Mona Sue Weissmark and Daniel A. Giacomo offer a unique mode of evaluation that focuses not on a particular school of therapy but on the relationship between therapist and patient.*

However, even the most severe depression is treatable. Learning about your depression treatment options will help you decide which approach is right for you. From therapy to medication to healthy lifestyle changes, there are many effective treatments that can help you overcome depression, feel happy and hopeful again, and reclaim your life. What are my depression treatment options? What works for one person might not work for another. The best way to treat depression is to become as informed as possible about the treatment options, and then tailor them to meet your needs. Depression treatment tips Learn as much as you can about your depression. If so, that condition will need to be treated first. The severity of your depression is also a factor. It takes time to find the right treatment. It might take some trial and error to find the treatment and support that works best for you. For example, if you decide to pursue therapy it may take a few attempts to find a therapist that you really click with. Be open to change and a little experimentation. Although medication can relieve the symptoms of depression, it is not usually suitable for long-term use. If you do decide to try medication, remember that medication works best when you make healthy lifestyle changes as well. The more you cultivate your social connections, the more protected you are from depression. Often, the simple act of talking to someone face-to-face can be an enormous help. Treatment takes time and commitment. All of these depression treatments take time, and sometimes it might feel overwhelming or frustratingly slow. Recovery usually has its ups and downs. An essential part of depression treatment Lifestyle changes are simple but powerful tools in the treatment of depression. Sometimes they might be all you need. Even if you need other treatment as well, making the right lifestyle changes can help lift depression faster and prevent it from coming back. Lifestyle changes to treat depression Exercise. Regular exercise can be as effective at treating depression as medication. Not only does exercise boost serotonin, endorphins, and other feel-good brain chemicals, it triggers the growth of new brain cells and connections, just like antidepressants do. Even a half-hour daily walk can make a big difference. For maximum results, aim for 30 to 60 minutes of aerobic activity on most days. Strong social networks reduce isolation, a key risk factor for depression. Keep in regular contact with friends and family, or consider joining a class or group. Eating well is important for both your physical and mental health. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. While you may be drawn to sugary foods for the quick boost they provide, complex carbohydrates are a better choice. Sleep has a strong effect on mood. Sleep deprivation exacerbates irritability, moodiness, sadness, and fatigue. Very few people do well on less than seven hours a night. Aim for somewhere between seven to nine hours each night. Make changes in your life to help manage and reduce stress. Too much stress exacerbates depression and puts you at risk for future depression. Take the aspects of your life that stress you out, such as work overload or unsupportive relationships, and find ways to minimize their impact. If your depression is the result of medical causes, therapy and antidepressants will do little to help. Your doctor will check for medical conditions that mimic depression, and also make sure you are not taking medications that can cause depression as a side effect. Many medical conditions and medications can cause symptoms of depression, including sadness, fatigue, and the loss of pleasure. Hypothyroidism, or underactive thyroid, is a particularly common mood buster, especially in women. Older adults, or anyone who takes many different medications each day, are at risk for drug interactions that cause symptoms of depression. The more medications you are taking, the greater the risk for drug interactions. Psychotherapy for depression treatment If there is no underlying medical cause for your symptoms of depression, talk therapy can be an extremely effective treatment. What you learn in therapy gives you skills and insight to feel better and help prevent depression from coming back. There are many types of therapy available. Three of the more common methods used in depression treatment include cognitive behavioral therapy, interpersonal therapy, and psychodynamic therapy. Often, a blended approach is used. Some types of therapy teach you practical

techniques on how to reframe negative thinking and employ behavioral skills in combating depression. Therapy can also help you work through the root of your depression, helping you understand why you feel a certain way, what your triggers are for depression, and what you can do to stay healthy. Therapy helps you step back and see what might be contributing to your depression and how you can make changes. Understanding the patterns of your relationships , building better relationships, and improving current relationships will help reduce isolation and build social support, important in preventing depression. Setting healthy boundaries in relationships and at work can help relieve stress, and therapy can help you identify and validate the boundaries that are right for you. Individual or group therapy for depression treatment? However, group therapy can be very useful in depression treatment as well. Both group and individual therapy sessions usually last about an hour. What are the benefits of each? In individual therapy, you are building a strong relationship with one person, and may feel more comfortable sharing some sensitive information with one person than with a group. You also get individualized attention. In group therapy, listening to peers going through the same struggles can validate your experiences and help build self-esteem. Often group members are at different points in their depression, so you might get tips from both someone in the trenches and someone who has worked through a challenging problem. As well as offering inspiration and ideas, attending group therapy can also help increase your social activities and network. When the going gets tough in therapy If you discuss your feelings and reactions honestly with your therapist, it will help you move forward rather than retreat back to your old, less effective ways. A strong trusting relationship is the foundation of good therapy. Finding a therapist One of the most important things to consider when choosing a therapist is your connection with this person. The right therapist will be a caring and supportive partner in your depression treatment and recovery. There are many ways to find a therapist: Word of mouth is one of the best ways to find a good therapist. Your friends and family may have some ideas, or your primary care doctor may be able to provide an initial referral. National mental health organizations can also help with referral lists of licensed credentialed providers. If cost is an issue, check out local senior centers, religious organizations, and community mental health clinics. Such places often offer therapy on a sliding scale for payment. Depression is not just about a chemical imbalance in the brain. Antidepressant medications also come with side effects and safety concerns, and withdrawal can be very difficult. Lifestyle changes and therapy not only help speed recovery from depression, but also provide skills to help prevent a recurrence. Should you get antidepressants from your family doctor? Your family doctor might be the first professionals to recognize your depression. Ask for a referral. You might end up working with a therapist and not needing medication at all. If you do need medication, a psychiatrist has advanced training and experience in depression, treatments, and medications. Alternative and complementary treatments for depression Alternative and complementary treatments for depression may include vitamin and herbal supplements, acupuncture, and relaxation techniques, such as mindfulness meditation , yoga, or tai chi. Vitamins and supplements for depression treatment The jury is still out on how well herbal remedies, vitamins, or supplements work in treating depression. While many supplements are widely available over the counter, in many cases their efficacy has not been scientifically proven. If your depression symptoms are in part due to nutritional deficiency, you may benefit from vitamin supplements , but this should be on the advice of your healthcare professional. If you decide to try natural and herbal supplements, remember that they can have side effects and drug or food interactions. Make sure your doctor or therapist knows what you are taking. Other alternative depression treatments Relaxation techniques. As well as helping to relieve symptoms of depression, relaxation techniques may also reduce stress and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or meditation. Acupuncture, the technique of using fine needles on specific points on the body for therapeutic purposes, is increasingly being investigated as a treatment for depression, with some research studies showing promising results. If you decide to try acupuncture, make sure that you find a licensed qualified professional. Recommended reading Understanding Depression: Includes a list of diagnostic criteria. Depression and Bipolar Support Alliance Understanding Depression and Effective Treatment PDF “ This fact sheet discusses depression with a focus on how psychotherapy can help a depressed person recover. American Psychological Association How to Find Help Through Psychotherapy “ Introduction to psychotherapy,

including its effectiveness and how to find a good therapist.

**Chapter 2 : Psychotherapy - Wikipedia**

*DOING PSYCHOTHERAPY EFFECTIVELY* Psychotherapy is a \$ billion business in the United States, but no one can answer the basic question of how therapy works.

How experienced is the therapist? Has he helped people with problems like mine? Is she someone I can relate to? Yet it may not occur to clients to ask another one: What type of therapy does the clinician deliver? People often assume that the brand of therapy offered is irrelevant to the effectiveness of treatment. Is this assumption correct? In contrast, psychologists in practice averaged a rating of 4. As we will discover, both camps can justify their point of view. Although a number of commonly used psychotherapies are broadly comparable in their effects, some options are less well suited to certain conditions, and a few may even be harmful. In addition, the differences among therapies in their effectiveness may depend partly on the kinds of psychological problems that clients are experiencing. Tale of the Dodo Bird At least different types of psychotherapy exist, according to one estimate by University of Scranton psychologist John Norcross. Given that researchers cannot investigate all of them, they have generally concentrated on the most frequently used approaches. These include behavior therapy altering unhealthy behaviors , cognitive-behavior therapy altering maladaptive ways of thinking , psychodynamic therapy resolving unconscious conflicts and adverse childhood experiences , interpersonal therapy remedying unhealthy ways of interacting with others , and person-centered therapy helping clients to find their own solutions to life problems. As early as , Washington University psychologist Saul Rosenzweig concluded after perusing the literature that one therapy works about as well as any other. At the time, many of the principal treatments fell roughly into the psychodynamic and behavioral categories, which are still widely used today. This verdict gained traction in , when University of Pennsylvania psychologist Lester Luborsky and his colleagues published a review of relevant research suggesting that all therapies work equally well. By bona fide, they meant treatments delivered by trained therapists, based on sound psychological principles and described in publications. One explanation for the Dodo Bird effect is that virtually all types of psychotherapy share certain core features. In a classic book the late psychiatrist Jerome Frank of the Johns Hopkins University argued that all effective therapies consist of clearly prescribed roles for healer and client. They present clients with a plausible theoretical rationale and provide them with specific therapeutic rituals, he wrote. They also take place in a setting, usually a comfortable office, associated with the alleviation of distress. Today many authors argue that these and other common elements are even more powerful than the features that distinguish one therapy from another. To take just one example, Wampold concluded in a analysis that the therapeutic alliance—the strength of the bond between a therapist and his or her client—accounts for about 7 percent of therapeutic effectiveness but that the school of the therapy accounts for only about 1 percent. Most of the remaining 92 percent is presumably caused by other factors, such as the personalities of the therapist and client. Is the Dodo Bird Extinct? Although most researchers agree that common factors play key roles in psychotherapy, some doubt that all methods are equally effective. Even Wampold has been careful to note that his conclusion holds for only bona fide treatments; it does not extend to all or so therapies. Moreover, research suggests that even among accepted therapies, the type of treatment does matter under certain circumstances. A review by University of Pennsylvania psychologist Dianne Chambless and Virginia Polytechnic Institute psychologist Thomas Ollendick revealed that behavior therapy and cognitive-behavior therapy are more effective than many, and probably most, other treatments for anxiety disorders and for childhood and adolescent depression and behavioral problems. The Dodo Bird verdict must also be qualified by evidence indicating that several widely used therapies do not work and may actually harm. For example, in a review psychologist Richard McNally of Harvard University and his colleagues evaluated crisis debriefing. In this treatment for warding off post-traumatic stress symptoms, therapists urge those exposed to emotionally fraught events such as shootings or earthquakes to try to reexperience the feelings they had during the event soon after it. In light of such findings, a search for a therapist should at least sometimes involve a consideration of the type of treatment he or she practices. It is true that ingredients, such as empathy, that cut across effective therapies are potent and that various established techniques are roughly equivalent for

a broad range of difficulties. Yet under certain circumstances, the therapeutic method can matter. For example, if a clinician espouses an approach outside the scientific mainstream—one that does not fall under the broad categories we have listed here—you should not assume that this treatment will be as helpful as others. If you suffer from an anxiety disorder or one of the other conditions for which behavior and cognitive-behavior interventions work well, then someone who practices one of those two types is probably a good bet. Of course, scientists have systematically assessed only a minority of the psychotherapies invented so far for their efficacy in treating the numerous psychological difficulties that afflict humankind. Send suggestions for column topics to editors SciAmMind. Models, Methods, and Findings. Dodo Bird, Phoenix, or Urban Legend? The Question of Psychotherapy Equivalence. Lilienfeld is a psychology professor at Emory University, and Arkowitz is a psychology professor at the University of Arizona.

*Psychotherapy is a \$ billion business in the United States, but no one can answer the basic question of how therapy works. No watchdog groups rank therapists for potential consumers; no one.*

What do you talk about? Can you really be honest? Before you even walk through the door, you also may have certain preconceived notions, which can stifle your progress: Being a good client means being polite and rarely asking questions. Being a good client means never disagreeing with your therapist. Below, clinicians spill 10 important ways you can make the most of therapy. D, a clinical psychologist in Pasadena, Calif. He suggested researching different types of therapists and approaches, selecting several clinicians who seem to offer what you seek, and talking over the phone with each one, or trying out a single session. Then pick one, and dive in. View therapy as a collaboration. Couples may do homework assignments that include taking turns brainstorming ideas for quality time and creating a plan of action, she said. Schedule sessions at a good time. This means scheduling your appointments when you can give them full attention, Lager said. Give yourself time and space to process and reflect around the therapy hour. Say anything in therapy. However, he encourages clients to say whatever they want, because doing so is what really leads to progress. He gave this example: Mentioning seemingly unrelated points also can be helpful. Talk about therapy in therapy. In other words, the issues you have outside of therapy often show up in session, he said. This is helpful since it gives you an opportunity to practice healthy coping and relational skills in a safe environment with your clinician. Howes gave these examples: Set markers for change. These markers include anything behavioral, emotional or attitudinal, which you can observe, she said. For instance, this may include feeling happier or more energized, letting go of toxic people in your life, planning social dates or communicating to your boss about workplace issues, she said. Have an order of operations. Maybe you have a question about what you talked about last session. Raise these concerns in the beginning of your session, so you have plenty of time to process them, Howes said. Do the work outside your sessions. Set boundaries around therapy. Create boundaries around who you talk to about your therapy, Lager said. This might mean not sharing details of your sessions with people who gossip or give unsolicited advice, she said. Enjoy the journey and soak in every tidbit you can; you never know when it might come in handy. She blogs regularly about body and self-image issues on her own blog, Weightless , and about creativity on her second blog Make a Mess. Retrieved on November 11, , from <https://>

**Chapter 4 : weissmark | DOING PSYCHOTHERAPY EFFECTIVELY**

*Doing Psychotherapy Effectively 1st Edition by Mona Sue Weissmark and Publisher University of Chicago Press. Save up to 80% by choosing the eTextbook option for ISBN: ,*

Sometimes a therapist may recommend group therapy over individual psychotherapy for a variety of reasons. It may be that the group format is better suited for the person or the concern they are dealing with, or that the specific type of treatment has a group therapy component such as dialectical behavior therapy. People in group therapy improve not only from the interventions of the therapist, but also from observing others in the group and receiving feedback from group members. The group format, while not providing the one-on-one attention of individual formats, has several advantages. Similar to family therapy, group therapy is a style that can incorporate any of the psychotherapy schools. The advantages of group therapy include: Increased feedback Group therapy can provide the patient with feedback from other people. Getting different perspectives is often helpful in promoting growth and change. Modeling By seeing how others handle similar problems, the patient can rapidly add new coping methods to his or her behaviors. This is beneficial in that it can give the patient a variety of perspectives on what seem to work and when. Example Mary listens to Joan talk about how telling her husband that he hurt her feelings was more productive than simply getting angry at him and not speaking. As she listens, Mary thinks of how she might try this same strategy with her husband. She can then try out this new behavior by practicing with the men in the group. Less expensive By treating several patients simultaneously, the therapist can reduce the usual fee. In most cases the cost of group therapy is about one-third that of individual therapy. Improve social skills Since so much of our daily interaction is with other people, many people learn to improve their social skills in group therapy even though such an issue may not be the focus of the group. The group leader, a therapist, often helps people to learn to communicate more clearly and effectively with one another in the group context. This inevitably leads to people learning new social skills which they can generalize and use in all of their relationships with others. Unlike individual therapy sessions, group therapy offers participants the opportunity to interact with others with similar issues in a safe, supportive environment. Participants can try out new behaviors, role play, and engage with others in not only receiving valuable feedback and insight from other group members, but also in giving it. Many people who have never tried group therapy before are frightened by the idea. To do so with six other strangers might seem overwhelming. For this reason, for most people group therapy is usually not the first treatment option offered. Most people who try group therapy do become comfortable and familiar with the process over a short period of time within a few weeks. There are clinicians and researchers who also claim that the group psychotherapy process produces stronger and longer-lasting results for many people, as compared to individual psychotherapy. As the group members begin to feel more comfortable, you will be able to speak freely. The psychological safety of the group will allow the expression of those feelings which are often difficult to express outside of group. You will begin to ask for the support you need. You will be encouraged tell people what you expect of them. In a group, you probably will be most helped and satisfied if you talk about your feelings. It is important to keep in mind that you are the one who determines how much you disclose in a group. You will not be forced to tell you deepest and innermost thoughts. Groups with greater than 12 participants should usually be avoided, as it becomes increasingly difficult for people to attain sufficient time to make the group process work as effectively as it does with smaller groups.

**Chapter 5 : Depression Treatment: Therapy, Medication, and Lifestyle Changes That Can Treat Depression**

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Treatment can help, and for many anxiety problems, therapy is a good place to start. Certain types of therapy, such as cognitive behavioral therapy CBT and exposure therapy, are particularly beneficial. These therapies can teach you how to control your anxiety levels, stop worrisome thoughts, and conquer your fears. Treating anxiety disorders with therapy

When it comes to treating anxiety disorders, research shows that therapy is usually the most effective option. Therapy can help you uncover the underlying causes of your worries and fears; learn how to relax; look at situations in new, less frightening ways; and develop better coping and problem-solving skills. Therapy gives you the tools to overcome anxiety and teaches you how to use them. Anxiety disorders differ considerably, so therapy should be tailored to your specific symptoms and diagnosis. If you have obsessive-compulsive disorder OCD, for example, your treatment will be different from someone who needs help for anxiety attacks. The length of therapy will also depend on the type and severity of your anxiety disorder. However, many anxiety therapies are relatively short-term. According to the American Psychological Association, many people improve significantly within 8 to 10 therapy sessions.

How to Choose Many different types of therapy are used to treat anxiety, but the leading approaches are cognitive behavioral therapy CBT and exposure therapy. Each anxiety therapy may be used alone, or combined with other types of therapy. Anxiety therapy may be conducted individually, or it may take place in a group of people with similar anxiety problems. Research has shown it to be effective in the treatment of panic disorder, phobias, social anxiety disorder, and generalized anxiety disorder, among many other conditions. CBT addresses negative patterns and distortions in the way we look at the world and ourselves. As the name suggests, this involves two main components: Cognitive therapy examines how negative thoughts, or cognitions, contribute to anxiety. Behavior therapy examines how you behave and react in situations that trigger anxiety. The basic premise of CBT is that our thoughts—“not external events”—affect the way we feel. Consider three different ways of thinking about the invitation, and how those thoughts would affect your emotions. A friend invites you to a big party

Thought 1: The party sounds like a lot of fun. I love going out and meeting new people! Happy, excited

Thought 2: I never know what to say or do at parties. Anxious, sad

As you can see, the same event can lead to completely different emotions in different people. It all depends on our individual expectations, attitudes, and beliefs. For people with anxiety disorders, negative ways of thinking fuel the negative emotions of anxiety and fear. The goal of cognitive behavioral therapy for anxiety is to identify and correct these negative thoughts and beliefs. The idea is that if you change the way you think, you can change the way you feel.

Thought challenging in CBT for anxiety Thought challenging—“also known as cognitive restructuring”—is a process in which you challenge the negative thinking patterns that contribute to your anxiety, replacing them with more positive, realistic thoughts. This involves three steps: Identifying your negative thoughts. With anxiety disorders, situations are perceived as more dangerous than they really are. Although you may easily see that this is an irrational fear, identifying your own irrational, scary thoughts can be very difficult. One strategy is to ask yourself what you were thinking when you started feeling anxious. Your therapist will help you with this step. Challenging your negative thoughts. In the second step, your therapist will teach you how to evaluate your anxiety-provoking thoughts. This involves questioning the evidence for your frightening thoughts, analyzing unhelpful beliefs, and testing out the reality of negative predictions. Replacing negative thoughts with realistic thoughts. To understand how thought challenging works in cognitive behavioral therapy, consider the following example:

Her therapist has asked her to write down her negative thoughts, identify the errors—“or cognitive distortions”—in her thinking, and come up with a more rational interpretation. The results are below.

Challenging Negative Thoughts

Negative thought 1: What if I pass out on the subway? Predicting the worst

More realistic thought: If I pass out, it will be terrible!

Blowing things out of proportion

More realistic thought: Jumping to conclusions

More realistic thought:

Replacing negative thoughts with more realistic ones is easier said than done. Often, negative thoughts are part of a lifelong pattern of thinking. It takes practice to break the habit. CBT may also include: One of the ways that people do this is by steering clear of the situations that make them anxious. If you have a fear of heights, you might drive three hours out of your way to avoid crossing a tall bridge. Aside from the inconvenience factor, the problem with avoiding your fears is that you never have the chance to overcome them. In fact, avoiding your fears often makes them stronger. Exposure therapy, as the name suggests, exposes you to the situations or objects you fear. The exposure is done in one of two ways: Your therapist may ask you to imagine the scary situation, or you may confront it in real life. Exposure therapy may be used alone, or it may be conducted as part of cognitive behavioral therapy. This step-by-step approach is called systematic desensitization. Systematic desensitization allows you to gradually challenge your fears, build confidence, and master skills for controlling panic. Facing a fear of flying Step 1: Look at photos of planes. Watch a video of a plane in flight. Watch real planes take off. Book a plane ticket. Pack for your flight. Drive to the airport. Check in for your flight. Get on the plane. Systematic desensitization involves three parts: First, your therapist will teach you a relaxation technique, such as progressive muscle relaxation or deep breathing. Creating a step-by-step list. For example, if your final goal is to overcome your fear of flying, you might start by looking at photos of planes and end with taking an actual flight. Each step should be as specific as possible, with a clear, measurable objective. Working through the steps. The goal is to stay in each scary situation until your fears subside. Every time the anxiety gets too intense, you will switch to the relaxation technique you learned. Complementary therapies for anxiety disorders As you explore your anxiety disorder in therapy, you may also want to experiment with complementary therapies designed to bring your overall stress levels down and help you achieve emotional balance. Exercise is a natural stress buster and anxiety reliever. Research shows that as little as 30 minutes of exercise three to five times a week can provide significant anxiety relief. To achieve the maximum benefit, aim for at least an hour of aerobic exercise on most days. Accessing the Relaxation Response Relaxation techniques such as mindfulness meditation and progressive muscle relaxation, when practiced regularly, can reduce anxiety and increase feelings of emotional well-being. Hypnosis is sometimes used in combination with CBT for anxiety. Making anxiety therapy work for you There is no quick fix for anxiety. Overcoming an anxiety disorder takes time and commitment. You can also support your own anxiety therapy by making positive choices. Everything from your activity level to your social life affects anxiety. Set the stage for success by making a conscious decision to promote relaxation, vitality, and a positive mental outlook in your everyday life. Cultivate your connections with other people. Loneliness and isolation set the stage for anxiety. Decrease your vulnerability by reaching out to others. Make it a point to see friends; join a self-help or support group; share your worries and concerns with a trusted loved one. Adopt healthy lifestyle habits. Physical activity relieves tension and anxiety, so make time for regular exercise.

**Chapter 6 : Are All Psychotherapies Created Equal? - Scientific American**

*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.*

The Oxford English Dictionary defines it now as "The treatment of disorders of the mind or personality by psychological methods Freudian methods, namely psychoanalysis , in contrast with other methods to treat psychiatric disorders such as behavior modification. Delivery[ edit ] Psychotherapy may be delivered in person one on one, or with couples, or in groups , over the phone, via telephone counseling , or via the internet. That means that many users do not "stick to" the program as prescribed. They may uninstall the app or skip days, for instance. Psychiatrists are trained first as physicians, and –as such– they may prescribe prescription medication ; and specialist psychiatric training begins after medical school in psychiatric residencies: Clinical psychologists have specialist doctoral degrees in psychology with some clinical and research components. Other clinical practitioners, social workers , mental health counselors, pastoral counselors, and nurses with a specialization in mental health, also often conduct psychotherapy. Many of the wide variety of psychotherapy training programs and institutional settings are multi-professional. Such professionals doing specialized psychotherapeutic work also require a program of continuing professional education after the basic professional training. There is a listing of the extensive professional competencies of a European psychotherapist, developed by the European Association of Psychotherapy EAP. Europe[ edit ] As of , there are still a lot of variations between different European countries about the regulation and delivery of psychotherapy. Several countries have no regulation of the practice, or no protection of the title. Some have a system of voluntary registration, with independent professional organisations. The titles that are protected also varies. Given that the European Union has a primary policy about the free movement of labour within Europe, European legislation can overrule national regulations that are, in essence, forms of restrictive practices. In Germany, the practice of psychotherapy for adults is restricted to qualified psychologists and physicians including psychiatrists who have completed several years of specialist practical training and certification in psychotherapy. As psychoanalysis, psychodynamic therapy, and cognitive behavioral therapy meet the requirements of German health insurance companies, mental health professionals regularly opt for one of these three specializations in their postgraduate training. For psychologists, this includes three years of full-time practical training 4. Counseling and psychotherapy are not protected titles in the United Kingdom. Counsellors and psychotherapists who have trained and qualify to a certain standard usually a level 4 Diploma can apply to be members of the professional bodies who are listed on the PSA Accredited Registers. United States[ edit ] In some states, counselors or therapists must be licensed to use certain words and titles on self-identification or advertising. In some other states, the restrictions on practice are more closely associated with the charging of fees. Licensing and regulation are performed by the various states. Presentation of practice as licensed, but without such a license, is generally illegal. History of psychotherapy and Timeline of psychotherapy Psychotherapy can be said to have been practiced through the ages, as medics, philosophers, spiritual practitioners and people in general used psychological methods to heal others. Called Mesmerism or animal magnetism, it would have a strong influence on the rise of dynamic psychology and psychiatry as well as theories about hypnosis. However following the work of his mentor Josef Breuer –in particular a case where symptoms appeared partially resolved by what the patient, Bertha Pappenheim , dubbed a " talking cure "– Freud began focusing on conditions that appeared to have psychological causes originating in childhood experiences and the unconscious mind. He went on to develop techniques such as free association , dream interpretation , transference and analysis of the id, ego and superego. His popular reputation as father of psychotherapy was established by his use of the distinct term " psychoanalysis ", tied to an overarching system of theories and methods, and by the effective work of his followers in rewriting history. Sessions tended to number into the hundreds over several years. Behaviorism developed in the s, and behavior modification as a therapy became popularized in the s and s. Skinner in the United States. Behavioral therapy approaches relied

on principles of operant conditioning , classical conditioning and social learning theory to bring about therapeutic change in observable symptoms. The approach became commonly used for phobias , as well as other disorders. Some therapeutic approaches developed out of the European school of existential philosophy. Laing , Emmy van Deurzen attempted to create therapies sensitive to common "life crises" springing from the essential bleakness of human self-awareness, previously accessible only through the complex writings of existential philosophers e. The uniqueness of the patient-therapist relationship thus also forms a vehicle for therapeutic inquiry. A related body of thought in psychotherapy started in the s with Carl Rogers. Based also on the works of Abraham Maslow and his hierarchy of human needs , Rogers brought person-centered psychotherapy into mainstream focus. The primary requirement was that the client be in receipt of three core "conditions" from his counselor or therapist: This type of interaction was thought to enable clients to fully experience and express themselves, and thus develop according to their innate potential. Others developed the approach, like Fritz and Laura Perls in the creation of Gestalt therapy , as well as Marshall Rosenberg, founder of Nonviolent Communication , and Eric Berne , founder of transactional analysis. Later these fields of psychotherapy would become what is known as humanistic psychotherapy today. Self-help groups and books became widespread. Independently a few years later, psychiatrist Aaron T. Beck developed a form of psychotherapy known as cognitive therapy. These approaches gained widespread acceptance as a primary treatment for numerous disorders. However the "third wave" concept has been criticized as not essentially different from other therapies and having roots in earlier ones as well. Postmodern psychotherapies such as narrative therapy and coherence therapy do not impose definitions of mental health and illness, but rather see the goal of therapy as something constructed by the client and therapist in a social context. Systemic therapy also developed, which focuses on family and group dynamics and transpersonal psychology , which focuses on the spiritual facet of human experience. Other orientations developed in the last three decades include feminist therapy , brief therapy , somatic psychology , expressive therapy , applied positive psychology and the human givens approach. A survey of over 2, US therapists in revealed the most utilized models of therapy and the ten most influential therapists of the previous quarter-century.

**Chapter 7 : Doing Psychotherapy Effectively, Weissmark, Giacomo**

*Cognitive behavioral therapy, or CBT, is a common type of talk therapy that for some people can work as well or better than medication to treat depression. It can be effective if your depression.*

Principles of Drug Addiction Treatment: This may explain why drug abusers are at risk for relapse even after long periods of abstinence and despite the potentially devastating consequences. No single treatment is appropriate for everyone. Treatment varies depending on the type of drug and the characteristics of the patients. Treatment needs to be readily available. Because drug-addicted individuals may be uncertain about entering treatment, taking advantage of available services the moment people are ready for treatment is critical. Potential patients can be lost if treatment is not immediately available or readily accessible. As with other chronic diseases, the earlier treatment is offered in the disease process, the greater the likelihood of positive outcomes. Effective treatment attends to multiple needs of the individual, not just his or her drug abuse. Remaining in treatment for an adequate period of time is critical. Research indicates that most addicted individuals need at least 3 months in treatment to significantly reduce or stop their drug use and that the best outcomes occur with longer durations of treatment. Recovery from drug addiction is a long-term process and frequently requires multiple episodes of treatment. As with other chronic illnesses, relapses to drug abuse can occur and should signal a need for treatment to be reinstated or adjusted. Because individuals often leave treatment prematurely, programs should include strategies to engage and keep patients in treatment. Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug abuse treatment. Also, participation in group therapy and other peer support programs during and following treatment can help maintain abstinence. Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies. For example, methadone, buprenorphine, and naltrexone including a new long-acting formulation are effective in helping individuals addicted to heroin or other opioids stabilize their lives and reduce their illicit drug use. Acamprosate, disulfiram, and naltrexone are medications approved for treating alcohol dependence. For persons addicted to nicotine, a nicotine replacement product available as patches, gum, lozenges, or nasal spray or an oral medication such as bupropion or varenicline can be an effective component of treatment when part of a comprehensive behavioral treatment program. A patient may require varying combinations of services and treatment components during the course of treatment and recovery. Many drug-addicted individuals also have other mental disorders. Because drug abuse and addiction—both of which are mental disorders—often co-occur with other mental illnesses, patients presenting with one condition should be assessed for the other s. And when these problems co-occur, treatment should address both or all , including the use of medications as appropriate. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug abuse. Although medically assisted detoxification can safely manage the acute physical symptoms of withdrawal and can, for some, pave the way for effective long-term addiction treatment, detoxification alone is rarely sufficient to help addicted individuals achieve long-term abstinence. Thus, patients should be encouraged to continue drug treatment following detoxification. Motivational enhancement and incentive strategies, begun at initial patient intake, can improve treatment engagement. Treatment does not need to be voluntary to be effective. Drug use during treatment must be monitored continuously, as lapses during treatment do occur. Knowing their drug use is being monitored can be a powerful incentive for patients and can help them withstand urges to use drugs. Typically, drug abuse treatment addresses some of the drug-related behaviors that put people at risk of infectious diseases. Targeted counseling focused on reducing infectious disease risk can help patients further reduce or avoid substance-related and other high-risk behaviors. Counseling can also help those who are already infected to manage their illness. Moreover, engaging in substance abuse treatment can facilitate adherence to other medical treatments. Substance abuse treatment facilities should provide onsite, rapid HIV testing rather than referrals to offsite testing—research shows that doing so increases the likelihood that patients will be tested and receive their test results. Treatment providers should also inform patients that highly active antiretroviral

therapy HAART has proven effective in combating HIV, including among drug-abusing populations, and help link them to HIV treatment if they test positive. This page was last updated January Contents.

## Chapter 8 : Therapists Spill: 10 Tips for Making the Most of Therapy

*Measurement-informed therapy = more effective therapy But outcome surveys can do more than just evaluate effectiveness. Ideally, they're used to improve effectiveness.*

## Chapter 9 : About Group Therapy

*Doing psychotherapy effectively by Mona Sue Weissmark, , University of Chicago Press edition, in English.*