Psychotherapy

Therapeutic Approaches

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Goals of Psychotherapy   Therapeutic Relationship

Types of Therapies

Ethics in Psychotherapy
1. Informed consent needs to be
2. Confidentiality
3. Alleviating personal distress
4. Integrity of Therapeutic
5. Respect for Human rights & dignity
6. Professional competence & skills

Factors contributing to Healing in Psychotherapy
1. Techniques adopted in the healing
2. The therapeutic alliance
3. Catharsis
4. Patient variables & Therapist variables

Classification of Psychotherapies
1. What is the cause, which has led to the problem?
2. How did the cause come into existence?
3. What is the chief method of treatment?
4. What is the nature of the therapeutic
5. What is the chief benefit to the client?
6. What is the Duration of the treatment ?

Steps in the formulation of a Client's
1. Understanding of the problem
2. Identification of the areas to target
3. Choice of techniques for the treatment

Rehabilitation of the Mentally Ill

Occupational
Social skills training
Cognitive retraining
Vocational training

Psychodynamic Therapy - Sigmund Freud

Analytical Psychotherapy - Carl Jung

Intrapsychic Conflict
Psyche + dynamics

Eliciting the nature of Intrapsychic conflict:
   a. Free Association
   b. Dream Interpretation

Modality of Treatment
   a. Transference -
          Transference Neurosis
             Positive
             Negative
          Resistance
   b. Interpretation
          Confrontation
          Clarification
          (Working through)
   c. Insight

Duration of Treatment
Several years with one hour session for 4-5 days per

Stage one - To make the client familiar with the routine
Stage two - Transference, resistance (Client)
        Confrontation & Clarification (Therapist)
Stage Three - Termination

Behaviour Therapy

Method of Treatment
    Antecedent Factors
    Malfunction Behaviour
    Maintaining factors (Operant response)

    Antecedent Operation (Establishing
    Consequent Operations

Behavioural Techniques
    Negative Reinforcement
    Aversive conditioning
    Positive Reinforcement
       Token Economy
    Differential Reinforcement
    Systematic desensitization
    Principal of reciprocal inhibition
    Modelling

Cognitive Therapy (irrational beliefs)

Rational Emotive Therapy (RET) {Albert Ellis}

Antecedent-belief-consequence (ABC) analysis

Core Schemas (childhood experiences)

    Negative automatic thoughts

    Cognitive distortions

    Dysfunctional cognitive structures

Cognitive Behavior Therapy (CBT)

Biological	Relaxation procedures
Psychological	Behaviour therapy & cognitive
Social Realms	Environmental manipulations

Bio Medical Therapy

Medications by Psychiatrists

Electro-Compulsive Therapy

Alternate Therapy

Yoga - Ashtanga Yoga of Patanjali's Yoga Sutras - asanas or body posture.

Meditation - focusing attention on breath, object, thought or mantra

Vipasana Meditation - Focus on bodily sensations

Sudarshana Kriya Yoga - Rapid breathing techniques
Treatment: PTSD, Improves mood, mental focus, stress tolerance, depression, Insomnia, stress, anxiety, substance abuse.

Kundalini Yoga - Pranayama or breathing with chanting of mantras

Humanistic Existential Therapy

    Personal growth
    Self Actualisation

Free Emotional expression.

Distress arises from feelings of loneliness, alienation & inability find meaning & fulfillment on life.

Healing occurs when the client is able to perceive obstacles to self actualisation in her/his life is able to remove them.

Existential Therapy
Logotherapy - **Victor Frankl** - Meaning making
Neurotic anxieties (Physical + Psychological + spiritual problems) leading to existential

Client Centred Therapy - Carl Rogers
    Concept of Self
Treatment - Empathy, warm & unconditional positive regard.

Gestalt Therapy - Freiderick (Fritz) pearls & Laura Pearls
Gestalt means 'whole'
Treatment - Increasing an individual's self-awareness & self-acceptance. The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness.