

Psychotherapy

Psychotherapy, or “talk therapy” is the treatment of mental and emotional disorders using psychological techniques. But the treatment should be performed by mental health professionals such as psychiatrists, clinical psychologists, psychotherapists, professional counselors, and social workers.

Psychotherapy is effective in treating mood disorders, anxiety disorders, personality disorders, eating disorders, and substance abuse. There are different psychotherapeutic methods. These include Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Dialectal Behavioural Therapy (DBT), Psychoanalysis and Behavioural Therapy.

CBT can reduce depression by helping patients to correct their negative thoughts and behaviour in order to think and act positively. IPT focuses on personal loss such as the death of a family member or close friend, role transitions, disputes, and interpersonal problems. DBT is a specialised treatment for people suffering from “Borderline Personality Disorder”. Psychotherapy can be used to treat individuals, couples (Couples Therapy), an entire family (Family Therapy), or groups of people (Group Therapy). Depending on their condition and response, some patients are cured after only a few sessions of therapy, others may need years of therapy.

Trust and honest communication between therapist and patient are essential for the latter to recover. People who have great difficulty communicating with others or understanding things are unlikely to benefit from psychotherapy.

Some patients respond to antidepressants, mood stabilizers and other antipsychotic drugs that reduce the despondency triggered by mental problems. These patients are usually referred to psychiatrists – the earlier the better. People should know that psychological disorders can be treated. Psychotherapy is one way of doing that.