



Psychotherapy: " An Overview of The Current Methods "

Edited by Paul F. Kisak

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Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems in desired ways. Psychotherapy aims to increase each individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social functioning. Certain psychotherapies are considered evidence-based for treating some diagnosed mental disorders. There are over a thousand different named psychotherapies, some being minor variations while others are based on very different conceptions of psychology, ethics (how to live) or techniques. Most involve one-to-one sessions between client and therapist but some are conducted with groups, including families. Psychotherapists may be mental health professionals or come from a variety of other backgrounds, and depending on the jurisdiction may be legally regulated, voluntarily regulated or unregulated (and the term itself may be protected or not). Psychotherapists may be mental health professionals, professionals from other backgrounds trained in a specific therapy, or in some cases non-professionals. Psychiatrists are first trained as physicians. As such, they may prescribe prescription medication. Specialist psychiatric training begins after medical school in psychiatric residencies. Clinical psychologists have a specialist doctoral degrees in psychology with clinical and research components. Clinical social workers may have specialized training and practical experience in psychotherapy. Many of the wide variety of training programs and institutional settings are multi-professional. In most countries professionals doing specialized psychotherapeutic work also require a program of continuing education after the basic degree. As sensitive and deeply personal topics are often discussed during psychotherapy, therapists are expected, and usually legally bound, to respect client or patient confidentiality. The critical importance of client confidentiality—and the limited circumstances in which it may need to be broken for the protection of clients or others—is enshrined in the regulatory psychotherapeutic organizations' codes of ethical practice. This book outlines the various options that are available for the patient when seeking counseling or therapy. An informed patient will be educated and informed so as to assist in making progress in their therapeutic process.

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