




Psychotherapy

Unit 5: Individual and Group Behaviour



Psychotherapy

Psychotherapy involves three things:

1. Verbal interaction between a therapist and client
2. The development of a supportive and trusting relationship
3. An analysis by the therapist of the client's problems

Psychotherapists aim to strengthen the patient's control over his or her life by helping them to change their thoughts, feelings, and behaviours.

Functions of Psychotherapy

Help patient realize they are responsible for their problems and that they are the only ones that can really solve these problems.

Help people examine their way of living, and understand how their present way of life causes problems so they can find new ways of thinking and living.

Kinds of Therapy

- Psychoanalysis
- Humanistic
- Cognitive
- Behavioural

Or an eclectic approach that chooses methods from many different kinds of therapy and using what works best for the individual.

Types of Psychotherapy

PSYCHOANALYSIS

Main Techniques

- free association, dream analysis, and transference

Main Goal

- reduce anxiety and guilt from unconscious urges

Verbal Processes

HUMANISTIC

Main Techniques

- active listening, acceptance, and support

Main Goal

- fulfill one's potential and improve self-concept

Verbal Processes

Types of Psychotherapy

COGNITIVE

Main Techniques

- talking, listening, role-playing, and completion of assignments

Main Goal

- unite behaviours and thought

Revising Thoughts

BEHAVIOUR

Main Techniques

- counterconditioning, systematic desensitization

Main Goal

- change one's unwanted or abnormal behaviours and acquire desirable behaviours

Behavioural Training

Be the Therapist

Try to guess which type of psychotherapist your partner is based on the advice/treatment they provide you with.

Partner A

Explain your hypothetical psychological problem to your “therapist”

Partner B

Use what you know about the different types of psychotherapy to help your “patient” according to your style of psychotherapy
