



Psychotherapy: an Overview of the Current Methods (Paperback)

By Edited by Paul F Kisak

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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...



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