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Module name: Complementary Therapy

Module code: (BMHP5001)

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Word count: 2500

Introduction

Psychotherapy is a broad term that refers to the process of using psychological strategies to treat psychological and health illnesses and emotional suffering. A skilled psychotherapist assists the client in addressing specific or general issues such as a mental illness or a source of life stress during this procedure. Psychotherapy, often known as talk therapy, is a treatment option for persons suffering from a wide range of mental diseases and emotional problems. Psychotherapy can help a person perform better, promote well-being, and heal by removing or controlling troublesome symptoms. Psychotherapy is when a person hires the services of a therapist, counselor, or psychologist to talk about and seek help for any personality, psychological, or behavioral issues. It is a psychological treatment that is based on talking and is commonly referred to as “talk therapy” or simply “therapy” and is an umbrella term used to encompass a variety of treatments and techniques designed to treat and improve mental health.



Therapy can be used to treat a disorder on its own or in conjunction with medicines. While medication acts as a band-aid, providing immediate relief or a remedy, psychotherapy goes deeper to eliminate the problem or provide a more long-term solution. This is because therapy is intended to help people understand their emotions, actions, histories, and patterns of sickness so they can be addressed and remedied. The therapist assists the patient in regaining control over their emotions and their lives by giving them coping tactics and abilities. A variety of tactics and strategies can be used depending on the therapist's approach. Psychotherapy can help with problems such as coping with daily life, the effects of trauma, medical disease, or loss, such as the death of a loved one, and specific mental disorders such as depression or anxiety. There are various types of psychotherapy, and some of them may be more effective for specific problems or situations. (Plotkin and Damousi, 2012).

Further, psychotherapies involve sessions, the therapy may be conducted in an individual, family, couple, or group setting, and can help both children and adults. Sessions are typically held once a week for about 30 to 50 minutes. Both patient and therapist need to be actively involved in psychotherapy. The trust and relationship between a person and his/her therapist is essential to working together effectively and benefiting from psychotherapy. Psychotherapy can be short-term (a few sessions), dealing with immediate issues, or long-term (months or years), dealing with longstanding and complex issues (Hall, Pilgrim and Turpin, 2015). The goals of treatment and arrangements for how often and how long to meet are planned jointly by the patient and therapist. Confidentiality is a basic requirement of psychotherapy. Also, although patients share personal feelings and thoughts, intimate physical contact with a therapist is never appropriate, acceptable, or useful.

History of Psychotherapy

Psychotherapy is an age-old method of healing, the 'care of the soul' that harks back, at the very least, to ancient Greece. To others, it is a product of a particularly modern moment at the end of the 18th century, linked with social coercion and the rise of the bourgeois family, which later ascended to become a prime technology of autonomy and self-regulation without which liberal democracies might not function. To some, it has provided modes of describing personal experience that have created fundamentally new ways of conceiving of the self, or, indeed, of *being*.



Also, during the Middle Ages, after the fall of the Roman Empire, people attributed mental illness to supernatural causes. They used torture to gain confessions of demonic possessions. During the sixteenth century, the time of Paracelsus, a form of psychotherapy emerged as a treatment of the insane. Walter Cooper Dendy introduced the term "psycho-therapeia" in 1853. Around the

turn of the century, Sigmund Freud developed psychoanalysis and made profound contributions in with his studies of infantile sexuality, use of dreams, description of the unconscious, and his model of the human mind. Freud believed that mental illness was caused by keeping memories or thoughts in the unconscious. He believed treatment succeeded by listening to the patient while providing interpretations to help bring memories to the forefront. Freud believed this would result in a decrease in symptoms.

Around 1950, American psychology began to include more active therapies such as behavioral psychology to treat emotional and behavioral problems. Combining the therapy with an emphasis on thoughts and feelings made cognitive behavioral therapy a major type of treatment for many psychiatric conditions. In the 1940s, Carl Rogers was founded unconditional positive regard, meaning the transmission of warmth, genuineness, and acceptance from the therapist to the individual. In the 1960s, over sixty types of psychotherapy surfaced, ranging from psychodrama to guided imagery (DeLeon, Patrick, Kenkel and Garcia-Shelton, 2011).

Psychotherapy certainly has come to play a role in the lives of many individuals in the contemporary western world since the term's conception in the late 19th century (Shamdasani, 2017). In 2004, survey data published by *Psychology Today* indicated that 30 million American citizens, approximately 14.3% of the population, had accessed therapy within the previous two years. Estimates made at the turn of the 21st century by the American Psychological Association suggested that there were between 200,000 and 250,000 psychotherapists in the USA, along with 100,000 professional counsellors, and 50,000 marriage and family therapists. By contrast, there were only 41,000 psychiatrists in the country. In Britain, the National Health Service has funded and promoted an initiative for Increasing Access to Psychological Therapies since 2008, largely justified by political arguments about improving national economic performance (Marks, 2012). Psychotherapy and those who practise it have a stake in contemporary societies, in both the public and private spheres.

Uses of Psychotherapy

According to the Diagnostic Statistical Manual of Mental Disorders 5 (DSM-05), there are approximately four hundred types of psychological disorders and diseases. Many of these can be successfully treated through psychotherapy. While there is a wide array of types of psychotherapy, the four most popular forms used widely by psychologists around the world are: **Cognitive Therapy, Interpersonal Therapy, Behavioural Therapy, and Psychodynamic**

Therapy. Psychotherapy aims to help a person understand their feelings and equip them to face new challenges, both in the present and the future. To see positive results, a person will usually need to understand the need for change and be willing to follow the treatment plan as the specialist advises. They will also need to find a suitable therapist they can trust (Wiswede, 2014).



Psychotherapy can help when depression, low self-esteem, addiction, bereavement, or other factors leave a person feeling overwhelmed. It can also help treat bipolar disorder, schizophrenia, and certain other mental health conditions. Some forms last for only a few sessions, while others may continue for months or years, depending on the person's needs. Individual sessions usually last for around 45–90 minutes and follow a structured process. Sessions may be one-to-one, in pairs, or in groups. Techniques can include talking and other forms of communication, such as drama, story-telling, or music.

A psychotherapist may be:

- a psychologist
- a marriage and family therapist
- a licensed clinical social worker
- a licensed clinical professional counselor
- a mental health counselor

- a psychiatric nurse practitioner
- a psychoanalyst
- a psychiatrist

Efficacy of Psychotherapy

One in five adults in the United Kingdom has a mental health condition. Research has shown that these mental health conditions can be treated effectively. As scientists have disproven the stigmas surrounding mental health, more people have acknowledged the value of modern therapy. Insurance companies are now required to cover and treat mental health conditions. Psychotherapy has helped millions of citizens in the UK. Talk therapy has helped individuals overcome pain from their pasts and develop coping strategies for the future.



Moreover, psychotherapy has shown efficacy over time, some of which include:

Depression; this is one of the most common mental health conditions in the world. It is more than sadness over a setback or a period of mourning after losing a loved one. It is chronic misery that hinders one's quality of life. Psychotherapy treatment for depression relies on trust and emotional support. An effective therapist provides people a comfortable, private setting to heal. Together, they examine the causes and potential solutions to their concerns. Therapists help depressed individuals build new ways of thinking and reacting. Therapy can allow people to return to the loved ones and activities that they care about most.

Anxiety; it is the most common mental health condition seen in the United States. It impacts roughly 18% of the population. Nearly half of individuals diagnosed with depression also

experience some form of anxiety. Psychotherapy can help people with anxiety regain their compass in life. A person can provide context for their emotions by identifying the underlying causes. Rather than being paralyzed by fear, they can understand their emotions, accept them, and make real progress toward their goals.

Obsessions/Compulsions; Obsessions are persistent, unwanted thoughts. Usually obsessions are fixated on a particular topic or goal. Compulsions are repeated, irrational behaviors that individuals feel they must do. People often perform compulsions to relieve the stress caused by their obsessions. A mental health professional helps people with these conditions objectively examine their behaviors. They reveal an individual's negative thought patterns and offer productive alternatives to the compulsions. With help, individuals can break the cycle of their distress.

Relationships; Psychotherapy can also help individuals improve their relationships. Mental health professionals focus on helping people open lines of communication with each other. People use this treatment to gain perspective on relationship problems that arise. They can also use therapy preventatively when they know trouble is on the horizon. Among the types of therapy for relationships commonly sought:

- Family Therapy can involve both couples and children. Its general aim is to improve nurturing relationships.
- Marriage Counseling is focuses on spousal relationship between two partners. Its goal is to resolve conflict and strengthen a couple's bond (Haggerty, 2015).

Contraindications

Psychotherapy, like any other effective treatment in medicine, may lead to negative effects either in the patient or those around him. The source of these unsolicited effects may arise from:

- i. the patient's or the therapist's personality,
- ii. the patient-therapist interaction,
- iii. faulty therapy technique
- iv. the patient's unresolvable social situation.

- v. excessive self –absorption at the expense of important external demands. (Work, family etc.)
- vi. an extremely passive therapist can prevent activation of key therapeutic ingredients, e.g. hope
- vii. a therapist that prioritises his or her own needs (exploitative, narcissistic, voyeuristic) over the patient's needs can do harm.

CONTRAINDICATION

- Antisocial patients
- Actively suicidal or severely depressed patients
- Patients who are delusional & who may incorporate the group into their delusional system.

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Ethical considerations

People live by a certain set of values that guide their behavior and mark the difference between right and wrong. These values almost certainly influence how an individual approaches psychotherapy. When practicing psychotherapy, working without a defined psychotherapeutic code of ethics is a bit like sailing a ship without using a compass. Each organization takes a slightly different approach to their code of ethics. As an example, the British Association of Counselling and Psychotherapy (2018) has a framework that emphasizes aspiring to a variety of different values and personal moral qualities.

Those values include protecting clients, improving the wellbeing and relationships of others, appreciating the diversity of perspectives, and honoring personal integrity. Personal moral qualities including courage, empathy, humility, and respect. Also, therapists need to only provide services for which they are qualified. Client needs come before counselor needs and counselor must act in client's best interest. Counselors must inform clients regarding nature of counseling and answer questions so that clients can make an informed decision. Clients must be able to feel safe within the therapeutic relationship for counseling to be most effective. Sexual relationships with clients are strongly prohibited and in some states constitute a criminal offense (APA, 2016).



Recommendations

The following recommendations were highlighted for consideration in order to achieve the best of psychotherapeutic treatment:

- ✓ It is important for practitioners to start engaging in special training and establishing special competence needed when conducting psychotherapy, such as technological competences.
- ✓ Being aware of communication challenges of the respective medium used, such as missing of non-verbal cues is very important.
- ✓ Preparing for emergencies, for example, by establishing emergency plans, and being prepared to contact a local professional being able to intervene if necessary
- ✓ Giving the patient the opportunity to reassure the true identity of the therapist and his/her certifications
- ✓ Setting up an exhaustive informed consent form and thoroughly discuss all the risks and benefits with the patient in order to enable her/him to make a truly informed decision about engaging in psychotherapy
- ✓ Being aware of boundary issues with regard to the establishment and maintenance of a professional therapeutic relationship online

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