

Therapeutic treatment from a psychotherapist

[Psychology](#)



THERAPEUTIC TREATMENT FROM A PSYCHOTHERAPIST There are various approaches to psychotherapy and the technique used depends on the doctors or therapist's training and character. While other doctors use one method with all their clients; others are flexible and base on client's needs, personality and symptoms.

Therapeutic approach for psychoanalyst

Psychoanalytic therapy explores how the unconscious of an individual's mind influences thoughts and behaviors towards members of opposite sex (Jongsma, Peterson & Bruce, 2006). The goal is giving understanding and steadfastness to the client seeking treatment. The psychologist will sit down with the client on the couch out of sight. It requires the client saying all that is in mind freely concerning the phobia. The treatment continues for weeks as it assumes that the problem is rooted in unconscious thought.

Psychoanalytic therapy will demand client's time, emotions and more often than not finances (Geller & Greenberg, 2012). It will look at client's experiences from early childhood to comprehend if these occurrences have affected the person's life, or hypothetically contributed to current hatred. It will presuppose that a secreted disturbance could have caused the exhibited symptoms.

Therapeutic approach for client-centered therapist

This type of treatment will involve the client talking to a therapist, and he or she tries to understand his feeling and this helps the client feel safer and find what possible ways to minimize the phobia. This type of therapist will emphasize client's ability to make rational choices and improve to their full potential. The therapist helps the client focus on their present subjective thoughts rather than on some unconscious reason or somebody else's

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analysis of the situation. Client-centered therapy works according to three fundamental ideologies that the therapist is congruent with the client, gives unconditional positive affection and shows empathetic feelings towards the client of the phobia.

Therapeutic approach for behavior therapist

This type of therapy is rooted in the idea that we learn a lot from our environment. The aim would be to help the client reduce the maladaptive behaviors and help him adopt and reinforce desirable behavior towards members of opposite sex (Geller & Greenberg, 2012). Behavioral therapists use both learning strategies that gave rise to the undesirable behaviors and current behaviors. The phobia itself is the problem, and the goal is to teach clients new ways to minimize or eliminate the issue (Jongsma, Peterson & Bruce, 2006). Behavior by itself is a problem and is to be dealt away with by the client. Old learning of phobia to members of the opposite sex is a problem, and so the idea is that new knowledge can correct it.

Therapeutic approach gestalt therapist

This type of therapist will focus on their current understanding of the client with the phobia as they are in their environment. The therapist will be concerned with the obvious facts such as body language as the client talks about his phobia and use various tools in accordance with his knowledge to bring feelings into surface and explain the aversion. He or she may use exercise to provoke emotion or use the exercise to ask the client to imagine future threatening encounter in an attempt to help explain the dread.

Therapeutic approach for cognitive therapist

It stresses on the fact that the client will have to make changes in their lives concerning the phobia towards members of the opposite sex without looking

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at why he does have such a phobia. It will stress on what the client feel about members of the opposite sex rather than what they do. I will include some form of meditative awareness and helps the client see the link between how he thinks about members of the opposite sex, what they tell themselves and actions that follow. The therapy may involve relaxation exercise to help the client explore thoughts about the phobia towards members of the opposite sex then help him change to more useful ideas.

References

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Geller, S. M., & Greenberg, L. S. (2012). *Therapeutic presence: A mindful approach to effective therapy*. Washington, DC: American Psychological Association.

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Jongsma, A. E., Peterson, L. M., & Bruce, T. J. (2006). *The complete adult psychotherapy treatment planner*. Hoboken, N. J: Wiley.

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