

# Therapists view of psychotherapy

Psychology



In the process of analyzing the obscure emotions of the patient, the therapist can link them to the actual relationships that they cause, for example, one's animosity to food or alcohol.

The other technique is introduced by Carl Rogers. He is the founding father of the Person-centered approach, the most widely used technique in modern clinical psychology. This concept explores the healing of the psyche through empathy, active listening, and " mirroring" of the patient. This therapeutic intervention is focused on the immediate conscious experience rather than attempting to solve the unconscious. The transformative impact of Roger's therapy is that there is an unconditional positive attitude to the client " not as a scientist to an object, but as a person to a person (Rogers 22)". The theory of person-centered therapy suggests that the resources for someone to heal himself lie inside them.

In today's global world where our daily activities mix with the technologies, telephone or internet therapy is something acceptable and understandable. The mental health programs where the treatment is conducted via internet or phone provide instant support and availability to patients in emergencies. However, the quick access advantage adds to other disadvantages. These might be that the therapist can not relate instantly to the patient because of the distance barrier, or he has to act upon the first voice and emotional impressions if the client is unknown. Thus the telephone therapy is more suitable for teenagers, who prefer to stay in secrecy and feel more comfortable discussing issues in the unofficial atmosphere.

Videoconferencing on another note can improve the connection between the therapist and the client setting a more relaxed and familiar background. The latest version of the American Psychological Association (2002) does not  
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address telephone psychotherapy. However many supporters consider this an innovative way to provide service as well as to be a medium for the people in need.

I believe that the modern high-technologies predispose us to rely more on Roger's approach with empathic listening and respect for the individual.