

Free the theories of psychotherapy essay sample

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Psychotherapy is also known as a talk therapy that treat patients with mental disorders and to help the patients understand their condition. The theories of the psychotherapy are guides to teach the psychologists the strategies and provides effective tools for the patients to manage any symptoms and function better in life. The three important types of psychotherapy are Cognitive Therapy, Behavioral Therapy, and Psychodynamic Therapy.

The theory of cognitive therapy emphasizes much of how a person feel is determined by what he thinks. Therapists consider that the dysfunctional thinking can lead to dysfunctional feelings and actions. For example, depression can result to faulty thinking and with inaccurate beliefs. Through a proper treatment, the patient can change the way he feels and what he does.

The theory of behavioral therapy focuses on assessing a person's understanding on how he can change his behavior that leads certain changes of his feelings. Therapies assist the role of the patient to learn and develop both the normal behavior and abnormal behavior. For example, a patient can face his phobia through repeated exposure that caused his anxiety with the help of the therapist. It increases the personal engagement of the patient through reinforcement activities socially and positively.

The theory of psychodynamic therapy centers its approach on the unconscious process as manifested in the present behavior of the person. Therapists assist the patient to change his problematic feelings and thinking through the discovery of self-awareness and understanding that is influenced by the different phases of behaviors. For example, a patient can learn many

things to explore and to interact with others. It implies that a patient can examine the unanswered conflicts and the symptoms happened from the past dysfunctional relationship.

Reference

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