

# Therapy

[Psychology](#)



Therapy This paper will try and look at the primary characteristics and related features of depression, anxiety and other psychological disorders. However, these disorders have got treatment options that the paper will focus on by answering the following questions: what are the causes of these disorders? What are some of the treatments for these disorders?

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Introduction

According to Michael & Allan, (2009), psychological disorders form some kind of psychological symptoms that indicates that one is suffering from some distressing problems. The affected persons have some anti social behaviors that affect their social life. They develop traits that are excessive or outrageous in nature. They are almost the reflection of the structure of our minds which are triggered by the environment we live in.

In the case of my friend X, I would go by Michael & Allan, (2009) option of interpersonal psychotherapies endorsed Harry Stack Sullivan. These kinds of psychotherapy focus on interpersonal relationship that involves communication with other people as form of interaction (Michael & Allan, 2009). The concern of the interpersonal therapists is on how persons with depression can deal with their current relationships. It is how people deal with life circumstances that affect their relationships with other people. Therefore, some of the interpersonal differences can cause depression and the best treatment to such problems is through learning new adaptive behaviors that can be achieved through improved interpersonal and communication skills (Michael & Allan, 2009). One of the steps in treating depression is by identifying potential problems that the patient is experiencing.

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Cognitive psychotherapy is another method of treating depression and other psychological disorders. This form of treatment proposes that people with pessimistic thoughts and negative view of things is what result to depression (Michael & Allan, 2009). Therefore, cognitive therapists work together with the patients to identify the cause of their problems. The therapists try to make the patients realize that they can never change the realities in life. Instead, they help them develop a mechanism of learning how to accept the realities without causing any stressing effects on them.

Behavior therapies are equally important to those depressed patients with problems relating to behavioral disorder (Ainsworth, 2000). The first step in treating depression is by the behavioral therapists identifying any possible observable behaviors of the patients. In this case, the patient can be helped through a process of enlightenment on the consequences of their actions including the rewards attached to them and the punishments involved to any felony (Ainsworth, 2000). Some behaviors can be acquired through repeated learning that can be offered by the therapists. Some of the behavioral therapies are offered at rehabilitation centers.

Biological treatment is also applied to treat depression. Electroshock therapy is one of the therapies that are known to treat depression since 1930's (Ainsworth, 2000). In this kind of treatment, the patient is normally intended to drastically alter his depression outcome. The rest of the medication takes three weeks of sustainable dose to stabilize the blood levels. When the blood levels decrease, the depression symptoms decrease.

In light with treatment of my friend X anxiety disorder, I would first use the relaxation technique that gives the patient the feeling of well being. It involves daily use of imagery and meditative breathing (Michael & Allan, <https://assignbuster.com/therapy/>

2009). Once these techniques have been identified, people learn to monitor their tensions to enable them relax whenever anxiousness comes their way. The second technique involves retaining of thinking processed in order to address unrealistic worries and thinking (Michael & Allan, 2009).

Identification of key worries is done to help develop realistic and balanced response to them. This helps in responding and acting against worries whenever they occur. Through repetitive practice, the patient is able to learn to view their worries as short irritations rather than realistic problems. The third technique involves looking at orderly biases according to how people look at the world (Michael & Allan, 2009). According to this technique, it is of paramount importance to identify and sieve daily experiences that enable people know what is good and what isn't in life.

#### Conclusion

Psychological disorders are kind of illnesses like any other. However, they fall at a very different category since they are not contagious. Most of them are treatable and manageable if proper precautions are taken. Today, the cases of depression and other psychological disorders are very common. If one is affected by these disorders, it is always advisable to seek some help from qualified psychologists.

#### Reference:

Ainsworth, P. (2000). Understanding depression. N. Y.: Univ. Press of Mississippi

Michael, F & Allan, T. (2009). Clinical Guide to the Diagnosis and Treatment of Mental Disorders. London: John Wiley and Sons.

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