

# Psychology theories

[Psychology](#)



In this assignment I have been asked to discuss the two types of therapy's, comparing and emphasising there similarities and differences. The choice of therapy will always depend on the clients needs, so looking at the similarities and differences will help me to distinguish between the two.

### Family Therapy

Family therapy uses a range of counselling and other techniques including: communication theory, psycho education, psychotherapy, systemic coaching, systems theory, reality therapy, media psychology.

Emotional disturbance whether it be server or profound will come from the family. The family as a whole may consist of three people or 14 people it really does depend. So as the name suggests family therapy looks at treating/ helping the whole family. Obviously it isn't just going to be one single person who is causing the cures behind the problems presented within the family. It is going to be a combination of most or all the family members.

Problems that spread over a length of time may require therapy. This therapy will begin by one person out of the family being referred for therapy, but it can lead to other members of the family being brought into the equation and requiring a referral for therapy too.

Therapy helps families to regain that healthy characterised figure. After researching into the characters of a healthy family I can now describe it as: -

- \* Members interact with wit and humour

- \* Are flexible

- \* Have clear communication
  
- \* Control of which is negotiable
  
- \* Respect is shown between family members.

The points above are what the therapists work towards.

The patient(s) must show that they are willing and will co-operate with the therapist. The therapist should receive information on the family member that has been referred. The therapist will help the family to overcome conflicting problems. There should be no blame or isolation of a family member that sought help and advice.

The family should be more understanding and function better as a unit if they continue with their therapy over a period of time.

Therapist has the responsibility to help pin point the problems and decide on a method of resolution which the family members must agree to. The therapist needs to win the trust of the family and gain support as they need it. Therapy is done over a long period of time they will observe the families behaviour and observe them living together. The therapist will look at the relationship between the family members.

All the information they gather from the observations will aid them on how to support and advice the family. It will help the therapist decide on a solution. The therapist may carry out the therapy at home so that they are in familiar surrounding and can relate situations and conflicts more easily.

The therapist can use two types of therapy when working with families. These are psychoanalytic insight seeking therapy or action based and behaviour therapy.

The therapist has to find a happy medium for all family members. They will challenge hierarchy and rules within the family.

The therapeutic process actively intervening using behavioural methods, role play, video/ tape feedback and family sculpting etc.

From therapy other family difficulties may arise within the family unit.

These problems may be dealt with whilst at family therapy but on the other hand it may need some one to one therapy for a particular family member.

### Psychoanalysis

This sort of therapy deals with the unconscious psychic life of a patient. It's a long term form of therapy and treatment. On average families and couples are seen 5-8 times at 2-4 weekly intervals over a period of 3-9 months. The therapist and team will always be open to discussion about whether the work they and the family are doing is proving helpful or not, and if not how it could be changed or whether another kind of therapy might be more useful. It is quite an intensive method of psychotherapeutic treatment. It can be very in depth therapy that takes place on a daily basis. This would have highly effective results. This form of treatment is very expensive hence full commitment needs to be given by the patient. All Psychoanalysis is done privately; it is not available in the UK on the NHS because it would be too expensive. Also, medical insurance does not tend to cover people for

treatment by this method, so generally most people have to pay for it out of their own pockets. Although analysts sometimes offer reduced rates depending on your ability to pay and often trainee analysts will see you at cheaper rates. Psychoanalysis deals with individuals on a one to one basis.

Concentration is what is needed by the patient and the therapist. This sort of in depth therapy deals with the patients inner most experiences, exploring all there problems so there does need to be that bond/ trust between the patient and the therapist.

The therapist has to firstly build up a relationship and trust with the patient. When this trust has been gained the patient will open up and share there thoughts and feeling. The therapist really needs to think before responding to the patient as they need to take a sensitive approach. You have to remember that everyone is different and will react differently to different solutions.

I did some research and was reading about Winnicott. He said " psychotherapy is not making clever or apt interpretation; by and large it is a long term giving the patient back what the patient brings". So it is not to do with assuming or interpreting there experiences it is about taking on board what the patient is telling to the finest detail and giving it them back with a solution or advice to there problem.

The patient has to help identify the source of the problem which lies within. Gaining a further understanding of themselves and their relationship will aid them to find a solution. It is the patient's responsibility to be willing to implement the change with the support of the therapist.

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## The therapeutic process

After careful research I found out that Freud described psychoanalysis therapy as "releasing strangulated effects". He was also talking about making our unconscious, conscious. He encouraged patients to say whatever was in their mind, no matter what. It's the therapist's job to keep sessions a conflict-free experience with discussions on certain areas brought up.

To go through this form of therapy i. e. the patient has to trust the therapist and vice versa, this will develop a strong relationship and help to find a solution to the problem the patient is experiencing.

## Comparison between the two therapies

### Similarities

All sorts of therapy involve mutual exploration of the problem that the patient is encountering and with the help of the therapist find a solution to this problem.

The role of all therapists and the things that they need to take into account are as follows:

### Building a working relationship with patients

- \* Build a relationship with the patient; so a getting to know u session would be a good introduction and would start the ball rolling.

- \* Gain their trust; this will happen over time

- \* Show honesty

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- \* Don't be judgmental

- \* Show the patient you are willing and able to help them, give them confidence in you.

Transference

- \* Subconscious to conscious

- \* Past to present

Counter Transference

- \* The therapists own reactions will affect the patients thoughts and feelings to there experiences

Formed Relationship allows therapists to: -

- \* Suggest solutions to problems

- \* Approach situations with a mature manner

- \* Approach with confidence, realistic ideas.

Whatever the sort of therapy, the therapist needs to build a relationship with the patient so building up things like trust and honesty is really important.

When this has been established then work can begin.

There are three aspects to all therapy; honest and trusting empathetic relationship leads to communication and expression of thoughts and feelings which then leads to increased understanding and change.

Again whatever the therapy the patient needs to: -

- \* Have awareness of their problems
- \* Want to change and find a solution
- \* Be honest and open
- \* Want to gain an open relationship

It's the patient's responsibility to implement the advice given by the therapist. They don't just need to attend the therapy sessions they have to take responsibility for continuing the therapy out side of the sessions.

Both therapies involve a mutual understanding and an exploration of the patient's problems. Both therapies need to gain "transference" from the patient so that they benefit from the therapy.

### Differences

Family therapy is a therapy whereas the therapists take on a more active role within the therapy. They get involved in day to day life of the families. They make observations actually in the family home, observing their relationships etc. Psychoanalysis on the other hand, it's about trying to make the room where the therapy takes place a safe place for a single patient. It's all about creating an atmosphere that the patient will feel relaxed, comfortable and able to go into a hypnosis state.

Psychoanalysis is more in depth compared to family therapy. It explores all problems at all levels of personal development.



It's done on a one to one basis whereas family therapy normally involves the whole family or part of a family that are affected.

Family therapy sessions may be couples of times a month whereas psychoanalysis therapy is more intense and frequent.

Also psychoanalysis is far more expensive than family therapy.

To Conclude

Both therapies work hand in hand, it isn't abnormal for patients to need both forms of therapy e. g. the patient may undergo psychoanalysis therapy after seeing a family therapist.

I personally see no problem with the therapies working hand in hand. After all they are quite similar but they just take a different approach in there sessions. I feel that it would only ever be successful if the patient wants/ needs to achieve. I am surprised that there are so many similarities and differences between the two. I was expecting more similarities than differences but after the research I have carried out I have found out that there are more differences than similarities in this case. Both the therapies assist patients with solutions to there problem which is what it is all about. Difference being, cost, intensity, location, and individuals or family.