

About Psychotherapy

Psychotherapy provides an effective treatment for people with psychological and psychosomatic disorders. Persons who experience feelings of emptiness or meaninglessness in their lives or who are seeking a greater sense of fulfillment may be helped by psychotherapy.

People may seek help for specific reasons such as early childhood trauma, eating disorders, obsessional behavior or phobic anxieties. At other times help is sought because of more general underlying feelings of depression or anxieties, difficulties in concentrating, dissatisfaction in work or inability to form satisfactory relationships. However, the value of psychotherapy is not limited to those with mental health problems.

The relationship between psychotherapist and client is a crucial element in the process of psychotherapy. The psychotherapist offers a confidential and private setting in which difficult experiences may be explored and worked through.

Psychotherapy can benefit adults, adolescents, children, couples and families.

What is Psychotherapy?

Psychotherapy is an independent scientific discipline, practiced at an advanced, qualified and scientific level. It covers a RANGE OF APPROACHES AND METHODS based on a well-established body of THEORY, METHODOLOGY AND RESEARCH.⁽¹⁾

The term Psychotherapy covers a range of approaches and methods. They all involve a psychological (as distinct from medical or pharmacological) treatment for a range of psychological, emotional and relationship difficulties and disorders.

Each approach is based on a well-established body of theory, methodology and research, and is grounded in a philosophy of person and the human condition.

Psychotherapy may be SHORT-TERM or LONG-TERM. Some approaches focus on treating and resolving symptoms and addressing overt behaviour and cognition. Other approaches aim for change in personality and emotional development by taking into consideration aspects of the inner world of which the person may be unaware and helping them understand and change deep and often unconscious emotional and relationship problems. Different approaches may be indicated or appropriate according to the presenting problem or client preference.

Psychotherapy provides an EFFECTIVE TREATMENT for people with serious PSYCHOLOGICAL DISORDERS. People may seek help for specific reasons such as early childhood trauma, eating disorders, psychosomatic conditions, suicidal ideation, post-traumatic stress disorder, obsessional behaviour, or phobic anxieties. At other times help is sought because of more general underlying feelings of depression or anxiety, difficulties in concentrating, dissatisfaction in work or inability to form satisfactory relationships. However, the value of psychotherapy is not limited to those with mental health problems.

Many people who experience feelings of emptiness or meaninglessness in their lives or who are seeking a greater sense of fulfilment may be helped by psychotherapy. Psychotherapy can benefit adults, adolescents, children and families.

The RELATIONSHIP WITH THE PSYCHOTHERAPIST is a crucial element in the therapy. The psychotherapist offers a confidential and private setting in which difficult experiences may be explored and worked through. Current theoretical and empirical research confirms the importance of the therapeutic relationship as a critical factor influencing successful psychotherapy outcome.

Psychotherapy has also benefited from newer developments in ATTACHMENT THEORY and the findings from both AFFECTIVE AND COGNITIVE NEURO- SCIENCE. Psychotherapists have been actively engaged with colleagues from neuroscience in these new emerging fields. Psychotherapy is essentially a talking therapy, however psychotherapists may use a range of methods including art, music, drama and movement.

PSYCHOTHERAPY SESSIONS CAN BE

- one-to-one
- include a partner or family member
- in a group
- some therapists specialise in providing psychotherapy for adolescents and children.

EAP Psychotherapists conduct PROFESSIONAL WORK IN A VARIETY OF SETTINGS including the National Health Services, Psychiatric and General Hospitals, Child and Adolescent centres, Private Practice and voluntary groups.