

Week 28 5.2 Principles of Psychotherapy With Individuals

1. 6 characteristics that define psychotherapy:

- primarily interpersonal
- based on psychological principles
- involves a trained mental health professional
- client/patient has a problem to address
- therapist intends for treatment to have beneficial effect on client's disorder/problem/complaint
- treatment is adapted or individualized for client

2. True/False: Psychotherapy is just for people w severe problems:

- False:

ppl seek psychotherapy for many reasons

- e.g. divorce, loss, personal growth/goal fulfillment, managing work, parenting

3. What is the difference b/w talking to family/friends and psychotherapy?:

psychotherapy = specialized practice that is proven to work

- psychotherapists have specialized training + experience
- therapists use theory + evidence to tailor responses to the individual's complex needs, goals and personality features
- controlled research demonstrates efficacy of psychotherapy

4. Timeline for effects of psychotherapy:

- substantial reduction in distress often occurs within first SIX-10 WEEKS of psychotherapy

- complex problems require more time and effort
- long-term therapy maybe chose for further self-development

5. Multi-modal therapy:

- different therapy formats combined in one program

- e.g. day treatment programs or inpatient units
- requires collaborative team w careful supervision to ensure treatment is consistent across different components

6. What are the core elements of all psychotherapy? (i.e. consistent across all psychotherapies):

- emotionally-charged, confiding relationship w therapist
- a healing context, in which a professional is entrusted to help
- a rationale/theory that provides an explanation for the patient's symptoms + recommends a procedure for resolving them

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