Psychotherapy

• Definition
• Purpose and goals
• History and schools of psychotherapy
• Frame/context/timing
• Types of psychotherapy
• Group and family psychotherapy
Purpose and Goals

- Decrease or eliminate symptoms
- Improve social/occupational functioning
- Improve interpersonal relationships
- Complementary with medication/other forms of treatment
History of Psychotherapy

- Definitions
- Professional disciplines and psychotherapy training
- History of specific theoretical schools
Structure of Therapy

- Short and long term goals
- Length of therapy and frequency of sessions
- Role of therapist
- Separation and termination
Types of psychotherapy

• Behavioral
  – Reinforcement, systematic desensitization
• Cognitive
  – Re-framing
• Psychodynamic/Psychoanalytic
  – Transference, conscious/unconscious, developmental history
• Individual/group/family