

# 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