

Psychotherapeutic Modalities

Psychotherapy: Psychotherapy is defined as the treatment of emotional disorders by psychological means. Its goals is to help people to cope better with life and achieve more emotionally satisfying lifestyles.

Or

Psychotherapy is a method of treatment based on the development of an intimate relationship between patient & therapist for the purpose of exploring or modifying the patient's behavior.

Types of psychotherapy: - Psychotherapies are classified according to:

- A. Depth of probing in the unconscious mind:
 - 1. Superficial or short term (also known as supportive psychotherapy)
 - 2. Deep or long term (also known as analytic psychotherapy)
 - 3. Educative (also known as counselling)
- B. Number of patient treated in any therapeutic session:
 - 1. Individual psychotherapy
 - 2. Group psychotherapy
 - 3. Family psychotherapy
- C. According to the purpose used in psychotherapy:
 - 1. Supportive psychotherapy: It provides support, guidance, advice and reassurance.
 - 2. Re-educative psychotherapy: It attempts to teach the individual new patterns of behavior and social functioning.
 - 3. Reconstructive psychotherapy: It aims to dismantle and rebuild a new personality.

Indication of psychotherapy:-

1. Hysteria
2. Anxiety
3. Phobic disorder
4. Obsessive compulsive disorder.
5. Sexual disorder & other forms of minor mental disorder.
6. Depression
7. Even it is helpful in headache, migraine, HTN, ischemic heart disease, & other chronic physical illness.

Contraindication of psychotherapy:-

1. Psychotic patients with severe behavior disturbance like excitement.
2. Organic psychosis (in acute phase)
3. Patients who are unmotivated and unwilling stop accept it.
4. Group psychotherapy in hysteria, hypochondriasis etc.
5. Patients who are unlikely to respond, e.g. Personality disorder (especially antisocial type), malingering etc.

Goals of psychotherapy:

1. Changing maladaptive behavior.
2. Modifying environment causing maladaptive behavior.
3. Improving interpersonal relationship skill.
4. Helping the patient to overcome a feeling of handicap.
5. Helping him to make an accurate assessment of himself & develop self-identify.

Nurses qualities of psychotherapy:-

1. Should understand the patient's family and cultural back ground.
2. Should be a good listener.
3. Should be patient, sympathetic, understanding, and tactful.
4. Should have an interest and concern for the patients problems.
5. Should not be upset with patient's selfish and irresponsible behavior.
6. Should not be too emotionally involved with the patient and his problems.

Individual Psychotherapy

Individual psychotherapy: Individual psychotherapy involves regularly scheduled sessions between the patient and a mental health professional such as a psychiatrist, psychologist, psychiatric social worker or psychiatric nurse.

Goals of individual psychotherapy:

The goal of this treatment is to help patients understand why they are acting and thinking in ways that are troubling or dangerous to themselves or others so they have more control over their behaviors and can correct them.

Indications of individual psychotherapy:

1. Emotional, behavioral and social problems in people with schizophrenia.
2. Bipolar disorder.
3. Attention-deficit/hyperactivity disorder.
4. Depression.
5. Eating disorder and
6. Anxiety disorder.

Contraindication of individual psychotherapy:

1. Obsessional or hypochondriacally disorder.
2. Severe mood disorder.
3. Schizophrenia in which exploration past emotional problems.
4. Some personality disorder.

Family Therapy

Family therapy: Several or sometimes all members of a family member take part in this treatment. Usually both parents are involved, often together with the child whose problems have led the family to seek help. They may be joined by other children, grandparents, or others members of the extended family.

Goals of family therapy:

1. Helping the family members clarify and express their feelings towards one another.
2. Developing greater mutual understanding.
3. Work out more effective ways of relating to one another and solving their common problems.
4. Improve communication.
5. Reduce conflict.
6. Reduce distress in the member who is the patient.

Indications of family therapy:

1. Marital problems.
2. Child mental health problems like school phobia, mental retardation.
3. Adjustment disorder.
4. Alcoholism and drug dependence.
5. Attempted suicide.
6. Any psychiatric problem where the pathology in with other family members.

Group Therapy

Group therapy: Group therapy is a method in which several people meet as a group with a therapist for the treatment of emotional and behavioral problems.

Indication of group therapy:

1. It appears to be useful for patients whose problems are mainly relationships.
2. It is often suitable for parents with moderate degrees of social anxiety.

Contraindication of group therapy:

1. Similar to the individual psychotherapy plus
2. Severe social anxiety.

Problem may arise during group therapy:

1. Formation of subgroups.
2. Members who talk too much.
3. Members who talk too little.
4. Conflict between members.
5. Avoidance of the focus.