What is Psychotherapy?

Psychotherapy is a highly effective form of mental health treatment that is often referred to as talk therapy. It can be useful for treating a wide variety of mental and emotional health struggles. The treatment can be used to alleviate symptoms of mental health ailments. It can also be used to help clients identify the root cause of their issues and learn skills to cope with and potentially solve them.

Psychotherapy comes in many different shapes and forms, with some working better for different situations than others. Sometimes, the treatment works well alone, while other times, it may need to be paired with medication, depending on the mental health condition a person is experiencing.

What is Psychotherapy?

Psychotherapy is a general term used to describe a therapeutic approach that involves talking with a mental health professional, like a psychiatrist or psychologist, to treat mental and emotional health concerns.

In psychotherapy, a client will open up to their therapist about their thoughts and feelings concerning significant situations in their life. The client and therapist will then work together to better understand patterns and behaviors that lead to the client’s specific issues. Once these behaviors and patterns are uncovered, the client will learn skills and coping mechanisms for solving them.

The therapeutic approach can be used to treat many different mental and emotional health concerns, such as:

* Depressive and other mood disorders
* Anxiety disorders
* Eating disorders
* Addiction
* Schizophrenia and other cases of detachment from reality
* Personality disorders

While psychotherapy is incredibly useful in treating mental illness, a person does not have to be experiencing one in order to benefit from it. Psychotherapy can also be effective for:

* Dealing with stress, anxiety, and stressful life events
* Resolving conflicts in your relationships
* Coping with sudden or significant life changes
* Grief
* Fixing toxic behaviors and thoughts
* Recovering from traumatic life events

Some people may find healing from psychotherapy alone, while others may need to pair the treatment with medication. Every case will be different, depending on the person’s struggles and goals.

The more open with your therapist you are able to be, the more effective your treatment will become. That makes finding a therapist you trust and feel comfortable with crucial. Some people find the right therapist on their first try, while others have to shop around a bit. There is absolutely nothing wrong with switching therapists when the one you are with is not the right fit for your goals and situation.

Types of Psychotherapy

Different psychotherapy techniques are used in different situations. A few include:

* **Cognitive behavioral therapy (CBT)**- a type of [psychotherapy](https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral) that works to catch unhealthy thinking patterns and toxic behaviors and change them through healthy coping skills
* **Dialectical Behavioral Therapy (DBT)**- a form of CBT that focuses on coping with stress, emotional management, and improving relationships
* **Interpersonal psychotherapy**- a form of psychotherapy that focuses on improving your relationships with others

We Are Here for You

Experiencing mental health issues can be difficult for anyone. If you have found that your mental health is struggling, we are here for you. [Contact](http://michiganpsychologicalcare.com/contact.php) us today, and our compassionate and caring counselors will work to get you the help you need to begin living a happier, healthier life.

**References**

<https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

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