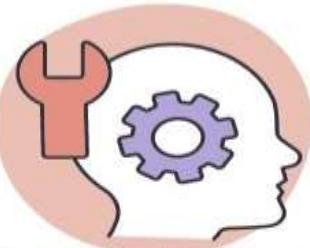


Psychotherapies & Interventions in Psychology



Behavior therapy

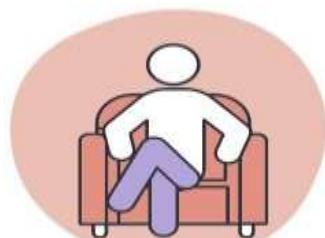


Cognitive behavioral therapy

TYPES OF PSYCHOTHERAPY



Humanistic therapy



Psychodynamic therapy



Dialectical behavior therapy

 SimplyPsychology

Source: <https://www.simplypsychology.org/psychotherapy.html>

DBT combines methods from cognitive therapy (connecting thoughts, behaviors, and feelings), behavioral therapy (learned behaviors and how the environment impacts those behaviors), and aspects of mindfulness practices.



Dialectical Behavior therapy:
<https://resourcegrp.org/dbt/>

Different Types of Psychotherapy

Cognitive Behavioral Therapy (CBT)
Changes ways of thinking and coping

Dialectical Behavioral Therapy (DBT)
Works on coping and reactions to stressful situations

Humanistic
Finds the power an individual has to change their life

Psychodynamic
Focuses on past experiences shaping current behaviors

Holistic
A personalized approach that combines different elements of all other types



Comparing Modern Psychotherapies

Comparing Modern Psychotherapies

Therapy	Presumed Problem	Therapy Aim	Therapy Technique
<i>Psychodynamic</i>	Unconscious conflicts from childhood experiences	Reduce anxiety through self-insight.	Interpret patients' memories and feelings.
<i>Client-centered</i>	Barriers to self-understanding and self-acceptance	Enable growth via unconditional positive regard, genuineness, and empathy.	Listen actively and reflect clients' feelings.
<i>Behavior</i>	Dysfunctional behaviors	Relearn adaptive behaviors; extinguish problem ones.	Use classical conditioning (via exposure or aversion therapy) or operant conditioning (as in token economies).
<i>Cognitive</i>	Negative, self-defeating thinking	Promote healthier thinking and self-talk.	Train people to dispute negative thoughts and attributions.
<i>Cognitive-behavioral</i>	Self-harmful thoughts and behaviors	Promote healthier thinking and adaptive behaviors.	Train people to counter self-harmful thoughts and to act out their new ways of thinking.
<i>Group and family</i>	Stressful relationships	Heal relationships.	Develop an understanding of family and other social systems, explore roles, and improve communication.

WHAT TREATMENTS DO PSYCHIATRISTS USE?

Some psychiatrists also complete additional specialized training after their four years of general psychiatry training. They may become certified by the Accreditation Council on Graduate Medical Education (ACGME) in:



For more information on psychiatry visit psychiatry.org



PSYCHOTHERAPY

- Cognitive behavioral therapy (CBT)
- Interpersonal therapy
- Dialectical behavior therapy
- Individual/couples/family/group therapy
- Supportive psychotherapy

MEDICATIONS

- Antidepressants
- Antipsychotics
- Stimulants
- Mood stabilizers
- Sedatives

BRAIN STIMULATION AND OTHER TREATMENT

- Repetitive transcranial magnetic stimulation (rTMS)
- Electroconvulsive therapy (ECT)
- Deep brain stimulation (DBS)
- Vagus nerve stimulation (VNS)

Interventional psychiatry describes procedures used when medications and psychotherapy are ineffective in restoring a patient to full health. Electroconvulsive therapy (ECT), a medical treatment that involves **applying electrical currents to the brain**, is used most often to treat severe depression that has not responded to other treatments. Deep brain stimulation (DBS), vagus nerve stimulation (VNS), transcranial magnetic stimulation (TMS), and ketamine treatment are a few of the newer therapies being used to treat some mental health disorders. Psychedelic drugs such as psilocybin are being studied for future treatment potential.

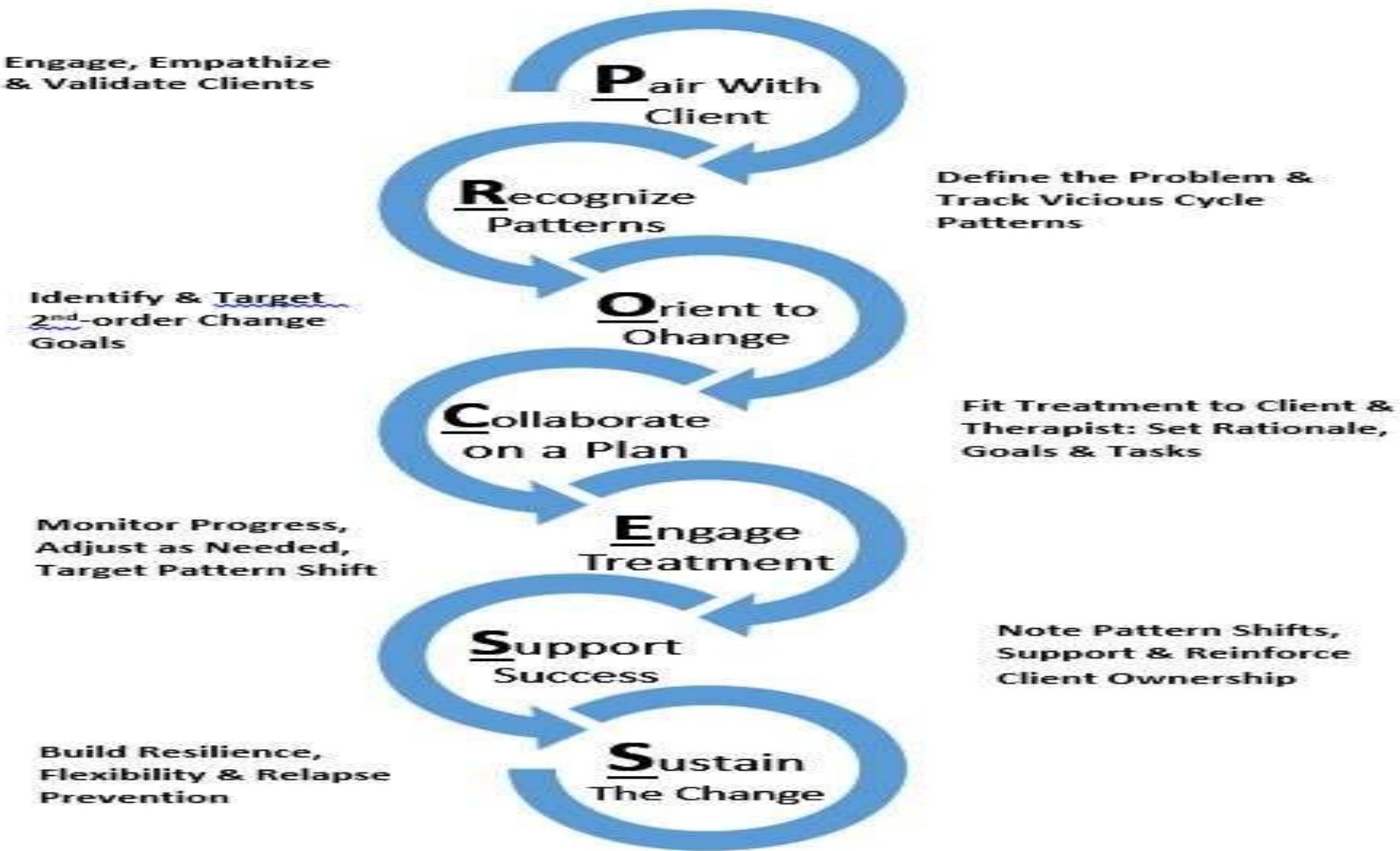
How to Choose

- What type of credentials are important to you.
- What type of therapy do you need.
- What type of person would work best with you.
- What type of therapy do you think will work best for you.

You should Know:

- Are They licensed?
- What is their level of training & specialty?
- What treatment approach do they use?
- How many patients have they treated with your specific issue?
- How much does each session cost?
- Can they provide a prescription if needed?

The PROCESS Phases of Effective Therapy



Source: <https://www.psychologytoday.com/nz/blog/breaking-the-cycle/202011/the-7-steps-effective-psychotherapy>

Step**1. Establish Trust and Connection****Core Process**

Build rapport

Description

A warm, safe therapeutic alliance helps clients feel accepted and understood. Without trust, deeper work cannot begin.

2. Clarify the Problem

Identify focus areas

Define what the client wants to change and what is causing distress. Naming the issue accurately is foundational.

3. Develop Insight and Awareness

Promote understanding

Help the client see underlying emotions, thoughts, and patterns contributing to their problems.

4. Encourage Emotional Release

Facilitate catharsis

Allow clients to express emotions (grief, anger, fear) in a safe space, releasing built-up tension.

5. Build New Skills and Coping Strategies

Introduce tools

Teach adaptive behaviors—communication, stress management, reframing thoughts—to replace old patterns.

6. Integrate and Apply Learning

Practice in real life

Clients practice new perspectives and behaviors outside therapy to reinforce growth.

7. Maintain Gains and Foster Growth

Consolidate change

Support clients in sustaining progress, preventing relapse, and developing ongoing self-care and purpose.

The 7 Steps of Effective Psychotherapy: (Based on Barton Goldsmith, *Psychology Today*, 2020)

Mental health definitions

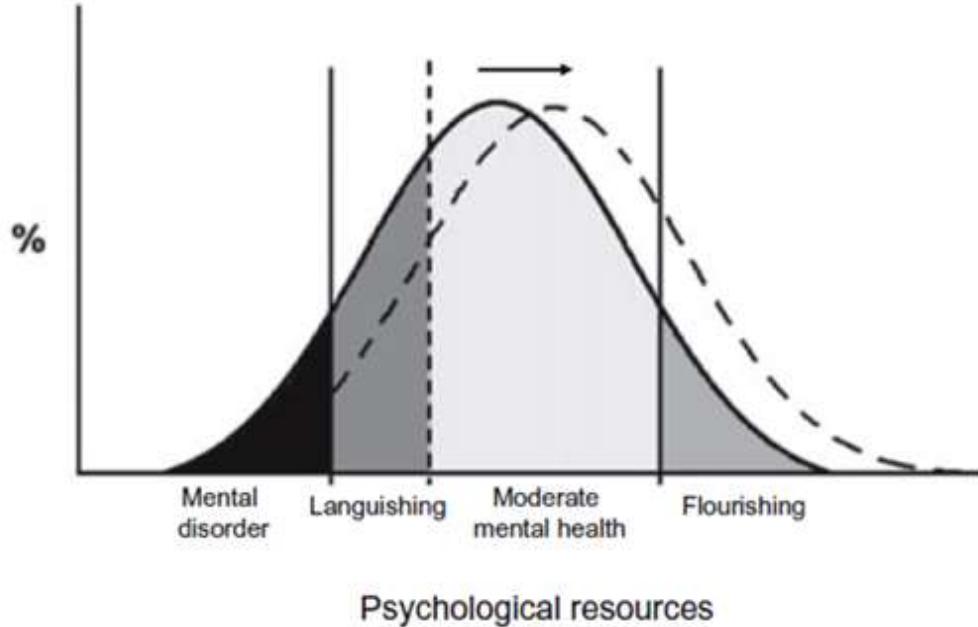
According to the World Health Organization:

- Health is a **state of complete physical, mental and social well-being** and not merely the absence of disease or infirmity.
- Mental health is **not merely the absence of disease**, it is a state of well-being in which **the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.**

The objective is to Preventing the bad & promoting the good (Snyder et al., 2000)

- **Primary prevention** – stop the bad before it happens psychological and physical health.
- **Secondary prevention** : Fix the problems- Secondary prevention interventions aim to reduce the progression of a mental health disorder, through screening, early identification, and brief treatment (Psychotherapies) .
- **Primary enhancement:** make life good- psychological and physical health
- **Secondary enhancement:** make life best possible
- Primary and secondary preventions entail efforts to see that **negative outcomes do not happen**, whereas **primary and secondary enhancements reflect efforts to ensure that positive outcomes will happen**.

CAUSES AND CONSEQUENCES OF WELL-BEING



Keyes' Model of Mental Health

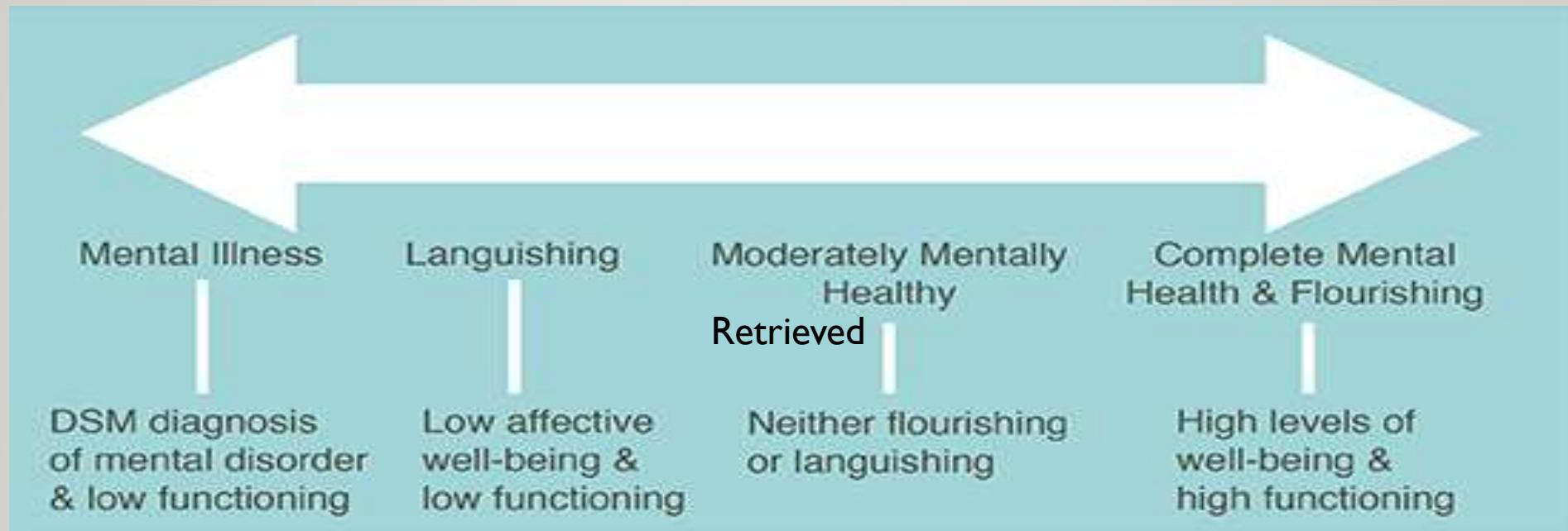
THE MODEL EMPHASIZES THE NEED TO ENHANCE MENTAL HEALTH AND WORK TOWARDS FLOURISHING WITH EVERY PERSON REGARDLESS OF THEIR CIRCUMSTANCES IN LIFE.



- Abnormal Psychology and clinical Psychology → Positive Psychology
- You may want to consult a Mental Health Professional for Flourishing.
- Consulting a Mental Health professional does not mean that you are suffering from Mental disorder.
- Counseling and Psychotherapy can be considered as aids in achieving flourishing state.

Corey L. M. Keyes. (2002). The Mental Health Continuum: From Languishing to Flourishing in Life. *Journal of Health and Social Behavior*, 43(2), 207-222.
Retrieved October 7, 2020, from <http://www.jstor.org/stable/3090197>

MENTAL HEALTH AS A CONTINUUM



Retrieved from: https://everymomentcounts.org/view.php?nav_id=33. The following references were used to in this article.

- 1) Keyes, C. L. M. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of Consulting and Clinical Psychology*, 73, 539–548.
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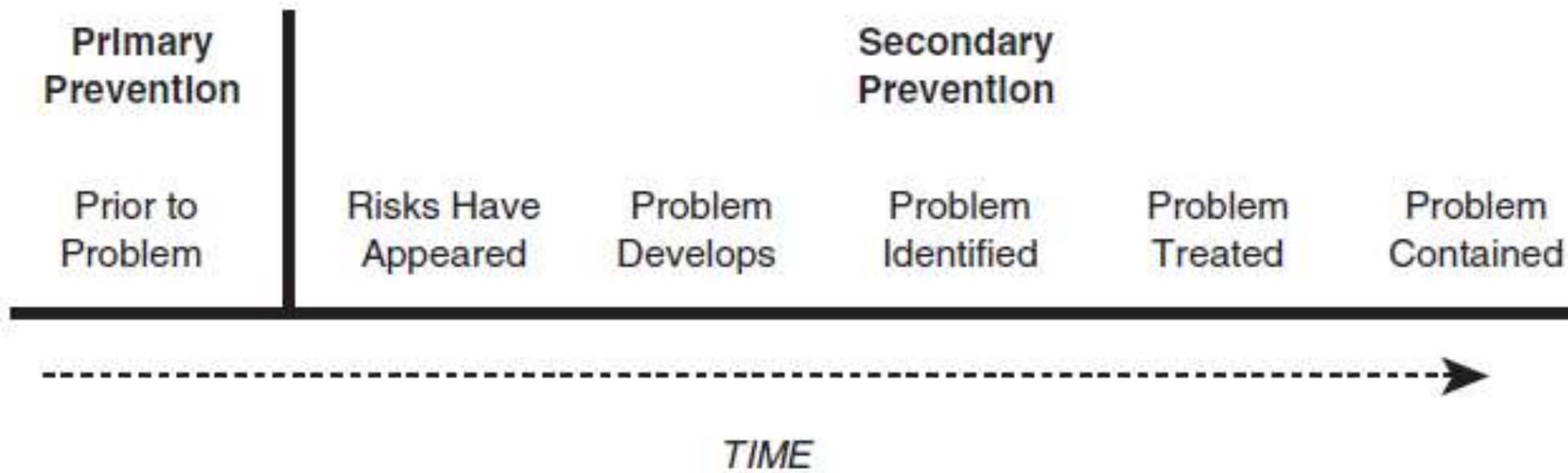
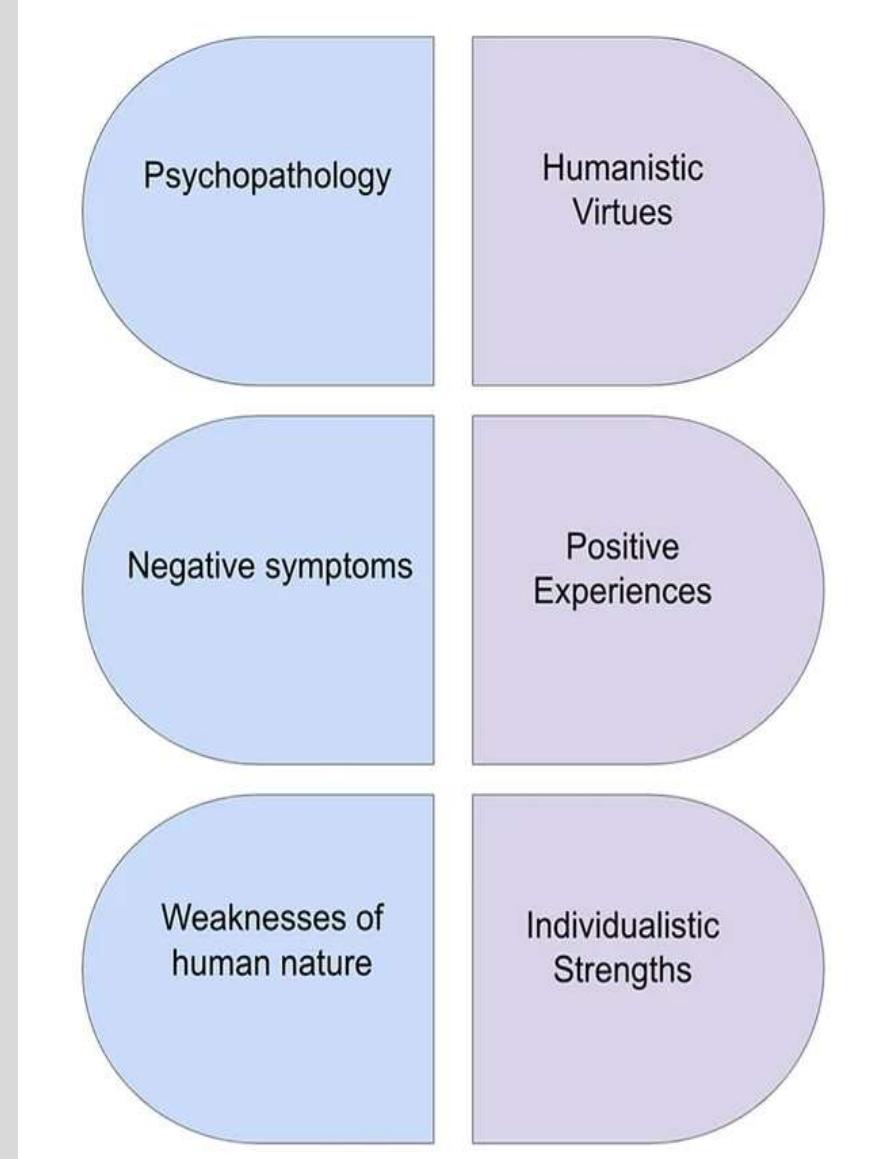
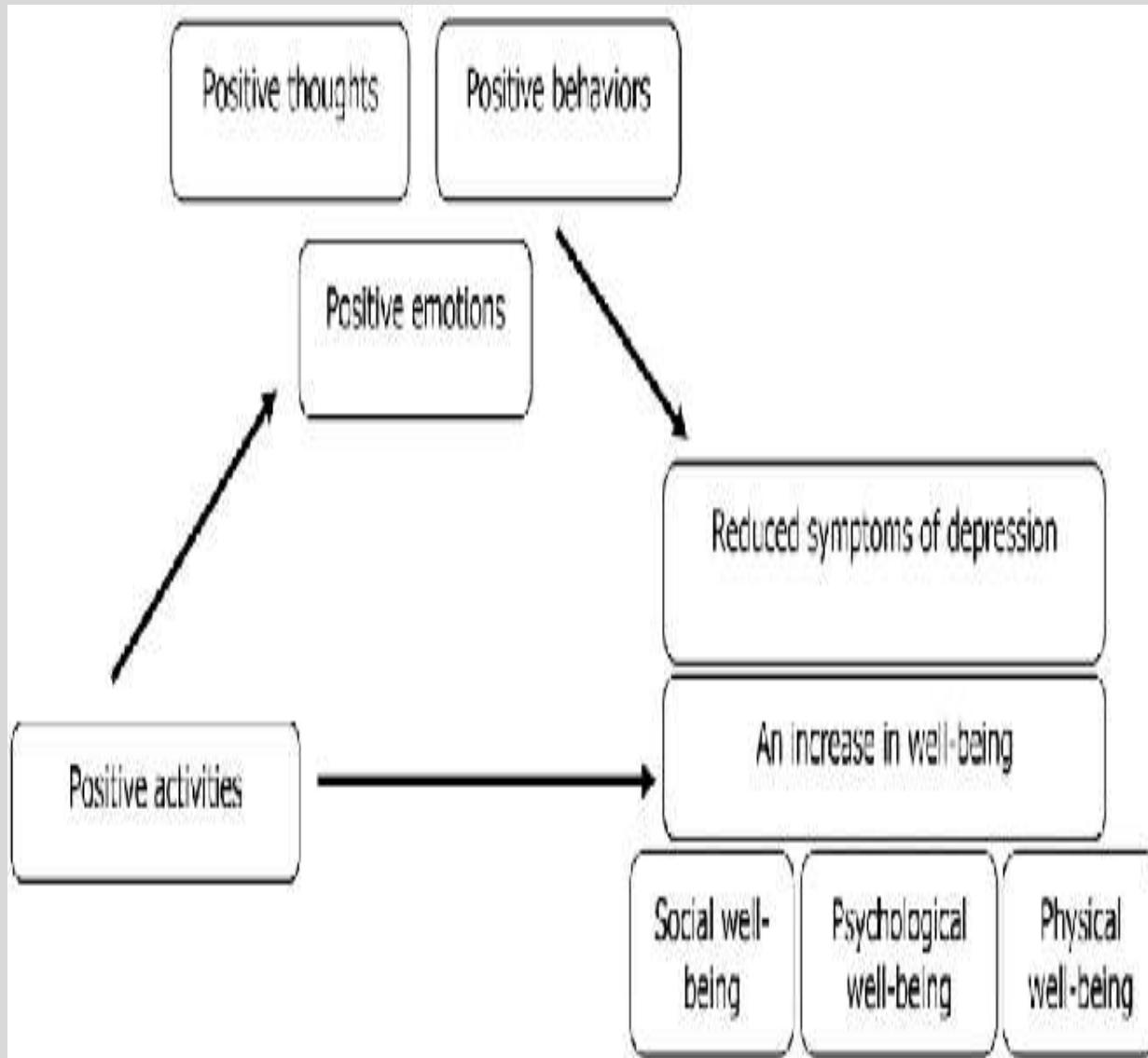


Figure 15.1 Primary and Secondary Preventions

Reference: Snyder, 2006; pg. 348

Psychological Interventions:

- Life coaching
- Coaching psychology
- Positive psychology
- Positive psychology coaching
- Positive psychology interventions
- Psycho-educational programs
- Psychological first aid



Source: https://www.reddit.com/r/AcademicPsychology/comments/slen17/metaanalysis_of_positive_psychology_interventions/?rdt=43438

10 Most Important Psychology Lessons for a Better Life

No.	Psychological Lesson	Core Idea / Life Application
1. Thoughts Are Not Facts	Learn to observe your thoughts, not obey them. This helps reduce anxiety, overthinking, and impulsive reactions.	Cognitive-behavioral therapy (CBT) — Beck, 1976; Hayes et al., 2021 (<i>Acceptance and Commitment Therapy</i>).
2. Emotions Are Messengers, Not Enemies	Every emotion—anger, fear, sadness—has a function. Understanding, not suppressing, them promotes resilience.	Emotion regulation theory — Gross, 2015; Kashdan & Biswas-Diener, 2020 (<i>The Power of Negative Emotion</i>).
3. Connection Heals	Human relationships protect against stress , depression, and even physical illness.	Harvard Study of Adult Development — Waldinger et al., 2023 (<i>Harvard Gazette</i>).
4. Purpose Creates Strength	A sense of meaning helps people endure hardship and live longer, happier lives.	Frankl, 1946; Steger, 2020 (<i>Meaning in Life Journal</i>).
5. What You Focus on Grows	Attention shapes perception; gratitude and optimism literally rewire the brain for well-being.	Neuroplasticity and positive psychology — Fredrickson, 2021; Davidson, 2020 (<i>PNAS</i>).
6. Change Your Habits, Change Your Mind	Consistent small actions reshape personality, motivation, and identity.	Duhigg, 2012; Wood & Rünger, 2016 (<i>Annual Review of Psychology</i>).
7. Self-Compassion Beats Self-Criticism	Kindness toward oneself promotes motivation, learning, and emotional regulation.	Neff, K. D. (2021). <i>Fierce Self-Compassion</i> . HarperOne.
8. Mind and Body Are One	Sleep, movement, breath, and nutrition profoundly affect mood and cognition.	Psychoneuroimmunology research — Black, 2020; Kelly et al., 2022 (<i>Frontiers in Psychology</i>).
9. Failure Is Feedback, Not a Verdict	Mistakes are part of the learning curve; growth mindset leads to persistence.	Dweck, C. S. (2017). <i>Mindset: The New Psychology of Success</i> . Updated research: Burnette et al., 2023 (<i>Journal of Experimental Psychology</i>).
10. Gratitude and Kindness Multiply Well-Being	Acts of kindness and gratitude boost dopamine and serotonin, strengthening happiness loops.	Emmons & McCullough, 2021; Layous et al., 2022 (<i>Emotion</i>).

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom”, Viktor E. Frankl

THANKS & BEST WISHES