



Psychotherapy

Presenter Name: Hala Yousef

Reference: first aid for psychiatry

5th edition

Agenda

Topic one: Freud's theories of mind

Topic two: Defense mechanisms

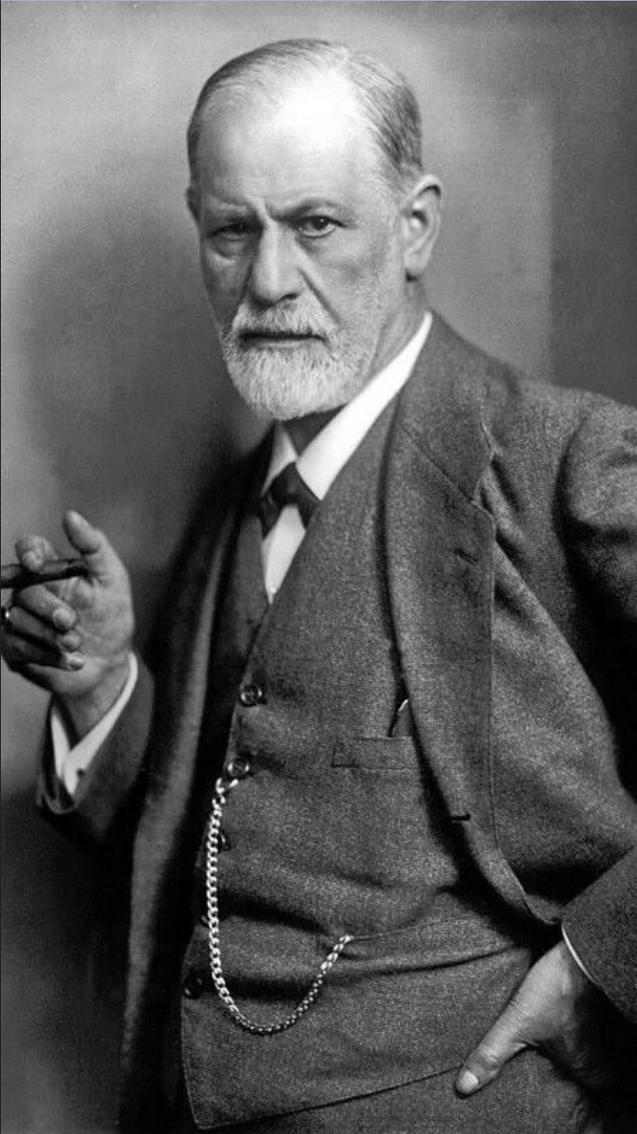
Topic three: Psychoanalysis

Topic four: Behavioral Therapy

Topic five: Self assessment



Psychoanalysis and related therapy



- Psychoanalysis and its related therapies are derived from Sigmund Freud's psychoanalytic theories of the mind. Freud proposed that behaviors, or symptoms, result from unconscious mental processes, including defense mechanisms and conflicts between one's ego, id, superego, and external reality . Since the time of Freud, many other psychoanalytic theories have been developed. Influential theorists have included Melanie Klein, Heinz Kohut, Michael Balint, Margaret Mahler, and others
- .Examples of psychoanalytic therapies include the following:
 - ■ Psychoanalysis.
 - ■ Psychoanalytically oriented psychotherapy.
 - ■ Brief dynamic therapy.
 - ■ Interpersonal therapy

Topographic theory

1. **Unconscious:** Includes repressed thoughts that are out of one's awareness; involves primary process thinking (primitive, pleasure-seeking urges with no regard to logic or time, prominent in children and psychosis). Thoughts and ideas may be repressed into the unconscious because they are embarrassing, shameful, or otherwise too painful.
2. **Preconscious:** Contains memories that are easy to bring into awareness, but not unless consciously retrieved.
3. **Conscious:** Involves current thoughts and secondary process thinking (logical, organized, mature, and can delay gratification).

Structural theory

Id, Ego, & Superego

Id	The instinctual part of the mind that responds immediately to wants and desires. The id is chaotic and animal-like, seeking pleasure and avoiding pain.
Ego	The ego is the decision-making part of the mind. It uses reason and logic, and tries to get the unrealistic id to cooperate in real life.
Superego	The voice that incorporates the values and morals which are learned from one's parents and society. It tries to persuade the id and ego to turn to moral goals rather than seeking pleasure.



Defense mechanisms .



Mature defense



Altruism

Performing acts that benefit others in order to vicariously experience pleasure. (Clinical example: A patient's child recently died from ovarian cancer. As part of the grieving process, the patient donates money to help raise community awareness about the symptoms of ovarian cancer so other patients could potentially benefit from early intervention.)



Humor

Expression (usually) unpleasant or uncomfortable feelings without causing discomfort to self or others



Sublimation

Satisfying socially objectionable impulses in an acceptable manner (thus channeling them rather than preventing them).

(Clinical example: Person with unconscious urges to physically control others becomes a prison guard.)

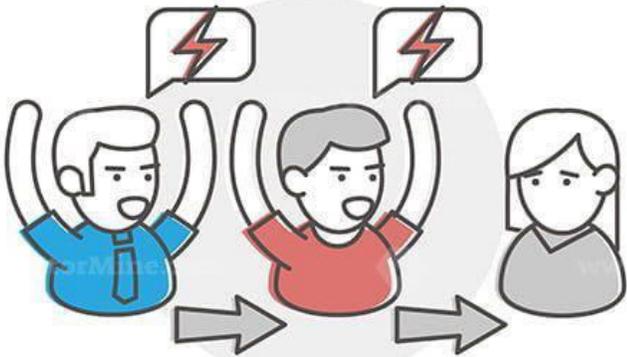


Suppression

Purposely ignoring an unacceptable impulse or emotion in order to diminish discomfort and accomplish a task. (Clinical example: Nurse who feels nauseated by an infected wound puts aside feelings of disgust to clean wound and provide necessary patient care)

Immature defense

COMMON DEFENSE MECHANISMS



Displacement



Repression



Regression

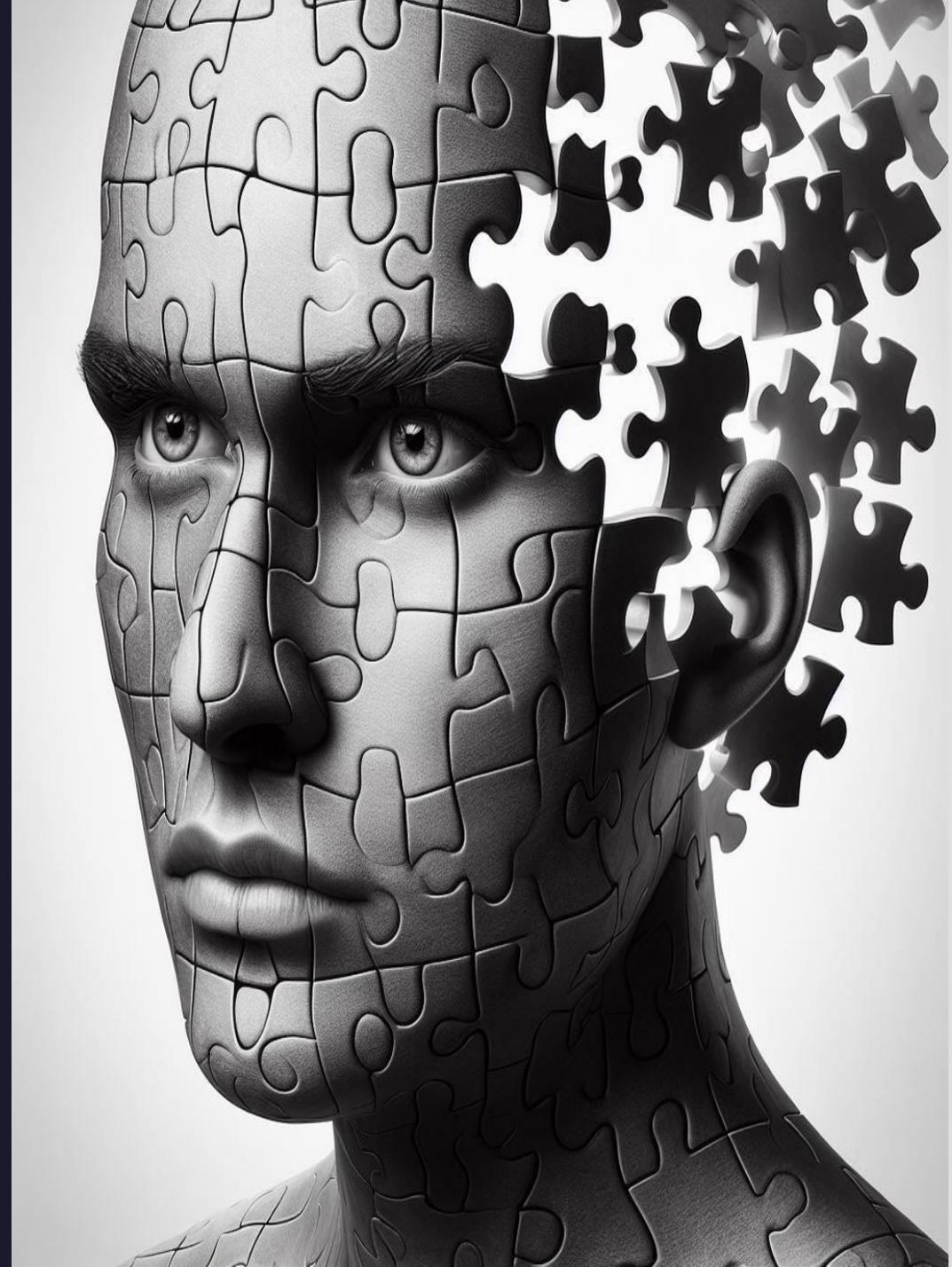
IMMATURE DEFENSES	DESCRIPTION	EXAMPLE
Acting out	Subconsciously coping with stressors or emotional conflict using actions rather than reflections or feelings.	A patient skips therapy appointments after deep discomfort from dealing with his past.
Denial	Avoiding the awareness of some painful reality.	A patient with cancer plans a full-time work schedule despite being warned of significant fatigue during chemotherapy.
Displacement	Redirection of emotions or impulses to a neutral person or object (vs projection).	After being reprimanded by her principal, a frustrated teacher returns home and criticizes her wife's cooking instead of confronting the principal directly.
Dissociation	Temporary, drastic change in personality, memory, consciousness, or motor behavior to avoid emotional stress. Patient has incomplete or no memory of traumatic event.	A survivor of sexual abuse sees the abuser and suddenly becomes numb and detached.

IMMATURE DEFENSES	DESCRIPTION	EXAMPLE
Fixation	Partially remaining at a more childish level of development (vs regression).	A college student studying for a stressful exam begins sucking her thumb.
Idealization	Expressing extremely positive thoughts of self and others while ignoring negative thoughts.	A patient boasts about his physician and his accomplishments while ignoring any flaws.
Identification	Largely unconscious assumption of the characteristics, qualities, or traits of another person or group.	A resident starts putting her stethoscope in her pocket like her favorite attending, instead of wearing it around her neck like before.
Intellectualization	Using facts and logic to emotionally distance oneself from a stressful situation.	A patient diagnosed with cancer discusses the pathophysiology of the disease.
Isolation (of affect)	Separating feelings from ideas and events.	Describing murder in graphic detail with no emotional response.
Passive aggression	Demonstrating hostile feelings in a nonconfrontational manner; showing indirect opposition.	A disgruntled employee is repeatedly late to work, but won't admit it is a way to get back at the manager.
Projection	Attributing an unacceptable internal impulse to an external source (vs displacement).	A man who wants to cheat on his wife accuses his wife of being unfaithful.
Rationalization	Asserting plausible explanations for events that actually occurred for other reasons, usually to avoid self-blame.	An employee who was recently fired claims that the job was not important anyway.
Reaction formation	Replacing a warded-off idea or feeling with an emphasis on its opposite (vs sublimation).	A stepfather treats a child he resents with excessive nurturing and overprotection.
Regression	Involuntarily turning back the maturational clock to behaviors previously demonstrated under stress (vs fixation).	A previously toilet-trained child begins bedwetting again following the birth of a sibling.
Repression	Involuntarily withholding an idea or feeling from conscious awareness (vs suppression).	A 20-year-old does not remember going to counseling during his parents' divorce 10 years earlier.
Splitting	Believing that people are either all good or all bad at different times due to intolerance of ambiguity. Common in borderline personality disorder. Borders split countries.	A patient says that all the nurses are cold and insensitive, but the physicians are warm and friendly.

The goal of psychoanalysis is to resolve unconscious conflicts by bringing repressed experiences and feelings into awareness and integrating them into the patient's conscious experience. Psychoanalysis is therefore considered insight oriented. Patients best suited for psychoanalysis have the following characteristics: not psychotic, intelligent, and stable in relationships and daily living. Treatment is usually 3 to 5 days per week for many years. During therapy sessions, the patient usually lies on a couch with the therapist seated out of view.

Psychoanalysis

Psychoanalysis can be useful in the treatment of the following: ■ Clusters B and C personality disorders. ■ Anxiety disorders. ■ Problems coping with life events. ■ Sexual disorders. ■ Persistent depressive disorder



IMPORTANT CONCEPTS AND TECHNIQUES USED IN PSYCHOANALYSIS

- **Free association:** The patient is asked to say whatever comes into his or her mind during therapy sessions. The purpose is to bring forth thoughts and feelings from the unconscious so that the therapist may interpret them.
- **Dream interpretation:** Dreams are seen to represent conflict between urges and fears. Interpretation of dreams by the psychoanalyst is used to help achieve therapeutic goals.
- **Therapeutic alliance:** This is the bond between the therapist and the patient, who work together toward a therapeutic goal.
- **Transference:** Projection of unconscious feelings regarding important figures in the patient's life onto the therapist. Interpretation of transference is used to help the patient gain insight and resolve unconscious conflict.
- **Countertransference:** Projection of unconscious feelings about important figures in the therapist's life onto the patient. The therapist must remain aware of countertransference issues, as they may interfere with his or her objectivity

PSYCHOANALYSIS-RELATED THERAPIES

Examples of psychoanalysis-related therapies include:

1. **Psychoanalytically oriented psychotherapy and brief dynamic psychotherapy:** These employ similar techniques and theories as psychoanalysis, but they are less frequent, less intense, usually briefer (weekly sessions for 6 months to several years), and involve face-to-face sessions between the therapist and patient (no couch).
2. **Interpersonal therapy:** Attachment-focused psychotherapy that centers on the development of skills to help treat certain psychiatric disorders. Treatment is brief (once-weekly sessions for 3 to 4 months). The idea is to improve interpersonal relations. Sessions focus on reassurance, clarification of emotions, improving interpersonal communication, and testing perceptions. It has demonstrated efficacy in the treatment of depression and has been modified for use in adolescents.
3. **Supportive psychotherapy:** Purpose is to help patient feel safe during a difficult time and help to build up the patient's healthy defenses. Treatment is not insight oriented but instead focuses on empathy, understanding, and education. Supportive therapy is commonly used as adjunctive treatment in even the most severe mental disorders.

Behavioral Therapy

Behavioral therapy, pioneered by B. F. Skinner, seeks to treat psychiatric disorders by helping patients change behaviors that contribute to their symptoms. It can be used to extinguish maladaptive behaviors (such as phobic avoidance, compulsions, etc.) by replacing them with healthy alternatives. The time course is usually brief, and it is almost always combined with cognitive therapy as CBT.

KEY FACT

Positive reinforcement: Giving a reward for a desired behavior.

KEY FACT

Negative reinforcement: Encouraging a behavior by removing an aversive stimulus. (*Example:* Putting on the seatbelt in the car in order to stop the beeping.) Punishment, in contrast, is an aversive response to a behavior. Punishment is *not* negative reinforcement.

LEARNING THEORY

Behavioral therapy is based on **learning theory**, which states that behaviors are learned by *conditioning* and can similarly be unlearned by *deconditioning*.

CONDITIONING

- **Classical conditioning:** A stimulus can evoke a conditioned response. (*Example:* Pavlov's dog would salivate when hearing a bell because the dog had learned that bells were always followed by food.)
- **Operant conditioning:** Behaviors can be learned when followed by positive or negative *reinforcement*. (*Example:* Skinner box—a rat presses a lever by accident and receives food; eventually, it learns to press the lever for food [trial-and-error learning].)

BEHAVIORAL THERAPY TECHNIQUES (DECONDITIONING)

-
- **Systematic desensitization:** The patient performs relaxation techniques while being exposed to increasing doses of an anxiety-provoking stimulus. Gradually, he or she learns to use relaxation skills to tolerate and cope with the anxiety provoking stimulus. Commonly used to treat phobic disorders. (*Example:* A patient who has a fear of spiders is first shown a photograph of a spider, followed by exposure to a stuffed toy spider, then a videotape of a spider, and finally a live spider. At each step, the patient learns to relax while exposed to an increasing dose of the phobia.)
 - **Flooding and implosion:** Through habituation, the patient is confronted with a real (flooding) or imagined (implosion) anxiety-provoking stimulus and not allowed to withdraw from it until he or she feels calm and in control. Relaxation exercises are used to help the patient tolerate the stimulus. Less commonly used than systematic desensitization to treat phobic disorders. (*Example:* A patient who has a fear of flying is made to fly in an airplane [flooding] or imagine flying [implosion].)
 - **Aversion therapy:** A negative stimulus (such as an electric shock) is repeatedly paired with a specific behavior to create an unpleasant response. Used to treat addictions or paraphilic disorders. (*Example:* An alcoholic patient is prescribed Antabuse, which makes him ill every time he drinks alcohol.)
 - **Token economy:** Rewards are given after specific behaviors to positively reinforce them. Commonly used to encourage showering, shaving, and other positive behaviors in disorganized patients. Also frequently used in treatment of substance use disorders on rehabilitation units as part of a contingency management program where abstinence is reinforced with material rewards or privileges.
 - **Biofeedback:** Physiological data (such as heart rate and blood pressure measurements) are given to patients as they try to mentally control physiological states. Can be used to treat anxiety disorders, migraines,

hypertension, chronic pain, asthma, and incontinence. (*Example: A patient is given her heart rate and blood pressure measurements during a migraine while being instructed to mentally control visceral changes that affect her pain.*)

**KEY FACT**

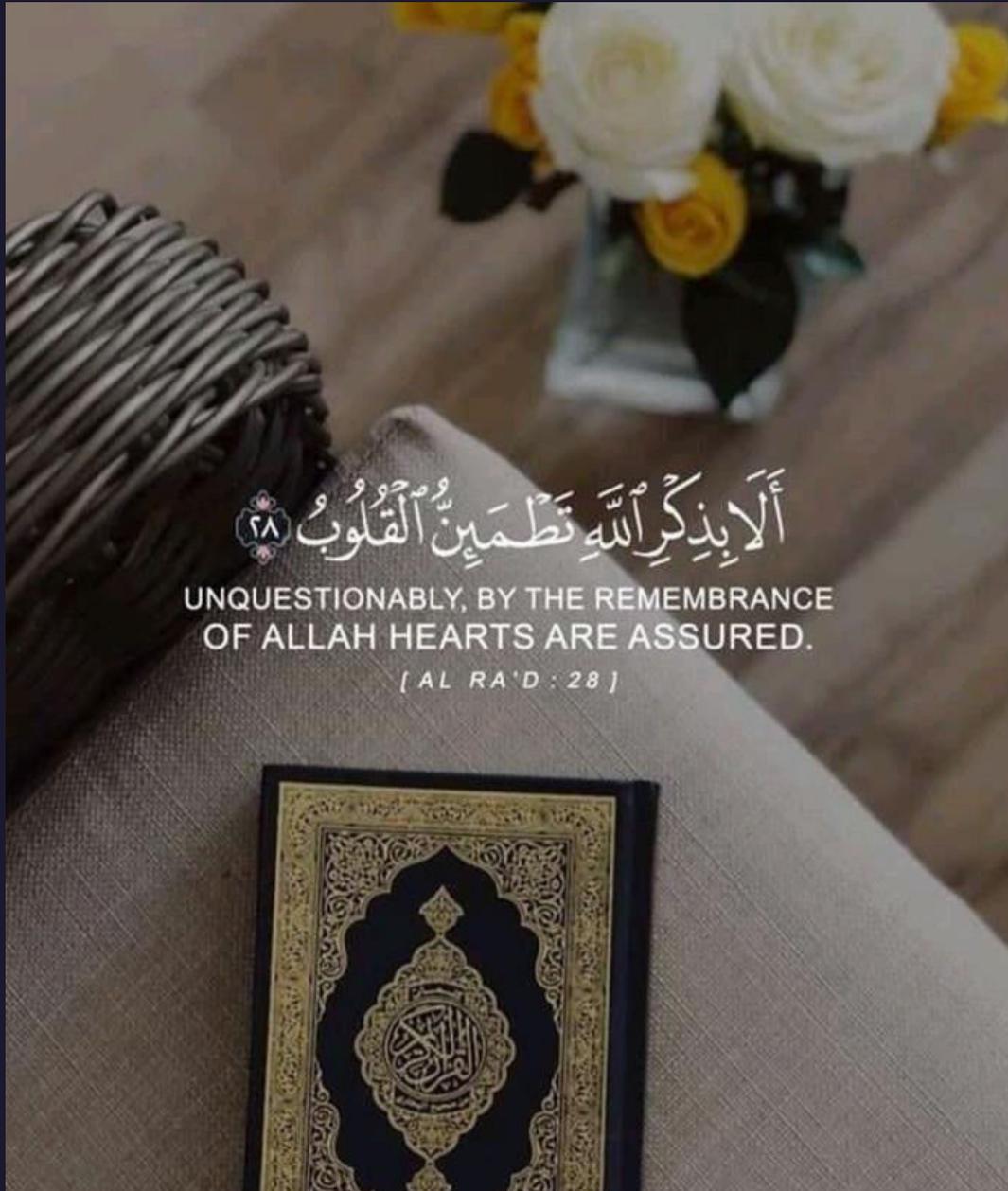
Biofeedback used to treat a wide scope of clinical conditions including agoraphobia, fecal incontinence, hypertension, headache, and hyp

is diagnosed and the patient is scheduled for a hysterectomy. Following successful surgery, the patient compliments her surgeon, exclaiming that she is "a brilliant doctor who saved my life." After an uneventful recovery, the patient is ready to return home. On the day of discharge, a nurse informs her that the surgeon is running late due to an emergency. The patient responds angrily that the surgeon is "terrible and doesn't care about patients." Which of the following is the most likely explanation for this patient's behavior?

- Acting out
- Displacement
- Passive aggression
- Projection
- Reaction formation
- Splitting

121 asking to leave." The patient was admitted 2 hours ago for worsening dyspnea. On entering the room, the resident attempts to engage in a discussion about why the patient is requesting to leave. In response, the patient pulls out his nasal cannula and breathlessly says, "You don't know anything; you're not even a real doctor!" The resident is reminded of her father, who has frequently belittled her accomplishments. She angrily informs the patient, "You can't leave and I'm ordering haloperidol to calm you down." Which of the following best explains the resident's response to the patient?

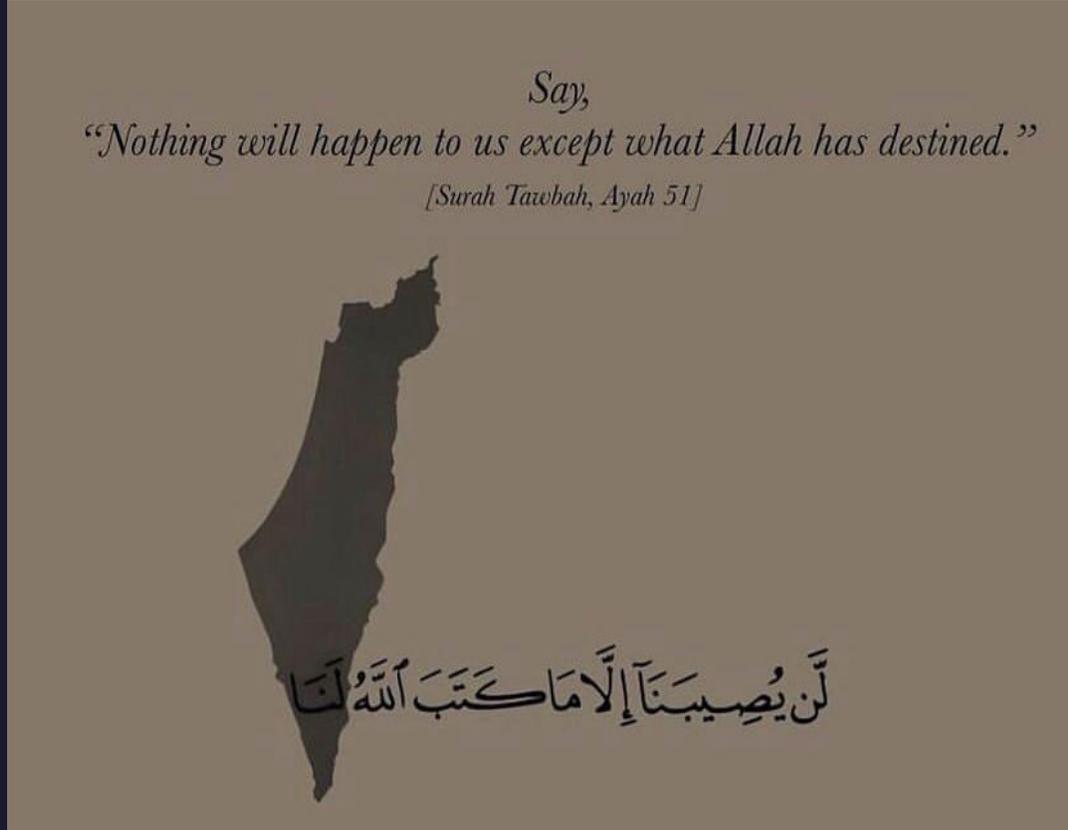
- Countertransference
- Passive aggression
- Projection
- Reaction formation
- Regression
- Transference



أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

UNQUESTIONABLY, BY THE REMEMBRANCE
OF ALLAH HEARTS ARE ASSURED.

[AL RA'D : 28]



Say,
"Nothing will happen to us except what Allah has destined."

[Surah Tawbah, Ayah 51]

لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا

Thank You

COGNITIVE BEHAVIORAL

THERAPY

BY : ANSAM KAMAL

cognitive

Based on the cognitive theory of depression

- According to this theory, depression results from core cognitive dysfunctions that relate to the person's view of self, the world and the future (cognitive triad)

Selective abstraction

- Focusing on one minor aspect rather than the bigger picture, e.g. 'I have failed that exam because I got one question wrong.'

All or nothing thinking

- Thinking of things in all or nothing terms, e.g. 'If he doesn't see me today it means he hates me.'

Magnification/minimization

- Over- or under-estimating the importance of an event, e.g. 'He didn't talk to me at that meeting, so he must dislike me.'

Catastrophic thinking

- Anticipating the worst possible outcome of an event, e.g. 'I've got a headache. I think I have an underlying brain tumour.'

Overgeneralization

- If one thing is not going well, everything is going wrong, e.g. 'My friend didn't come to see me so she hates me.'

Arbitrary inference

- Coming to a conclusion in the absence of any evidence to support it, e.g. 'No one likes me.'

Examples of cognitive therapy

Date	Event	Automatic Thoughts	Emotion	Behavior
2/8	Got grade D in a subject.	I'm a bad student	Sadness	Absence
8/8	My mother shouted at me.	She hates me	Anger	Disobedience
12/8	My father didn't allow me to go with my friends.	He always controls me	Hatred	Rebellion

Date	Event	Alternative Thoughts	Emotion	Behavior
2/8	Got grade D in a subject.	The exam was very hard	Neutral	Extra effort
8/8	My mother shouted at me.	She was sick	Sympathy	Overobedience
12/8	My father didn't allow me to go with my friends.	He wanted to protect me	Neutral	Cooperation

Behavior



- Focuses on what the patient does rather than what they think “change the behavior and the feelings will follow”.
- Problems will be decreased or extinguished through client’s learning more adaptive behaviors or unlearning maladaptive ones.
 - The aim for the client (patient) is to increase desirable behaviors and decrease undesirable ones.
 - Behavioral assessment seeks to observe & measure maladaptive behaviors focusing
- It is best not to use behavior therapy alone. It’s preferred to start therapy 1 month after starting medication, because serotonin levels are related to compliance.

Behavioural therapies

Relaxation training

This is particularly useful for those with **stress-related** and **anxiety disorders**. Here, the patient is asked to use techniques causing muscle relaxation during times of stress or anxiety. The patient also learns to put themselves in situations that they find relaxing, such as walking in the fields.

Systemic desensitization

This is often used for **phobic anxiety disorders**. In this therapy, an individual is **gradually exposed** to a hierarchy of anxiety-producing situations (*Fig. 12.1.4*).

Flooding

Unlike systemic desensitization, flooding therapy involves the patient rapidly being exposed to the phobic object without any attempt to reduce anxiety beforehand. They are required to continue exposure until the associated anxiety diminishes. It is not a technique commonly used.

Exposure and response prevention (ERP)

This therapy can be used for a variety of **anxiety** disorders but is particularly useful for **OCD** and **phobias**. Patients are repeatedly exposed to the situation which causes them anxiety (e.g. exposure to dirt) and are prevented from performing the compulsive actions which lessens that anxiety (e.g. washing their hands). After initial anxiety on exposure, the levels of anxiety gradually habituate and decline.

Behavioural activation

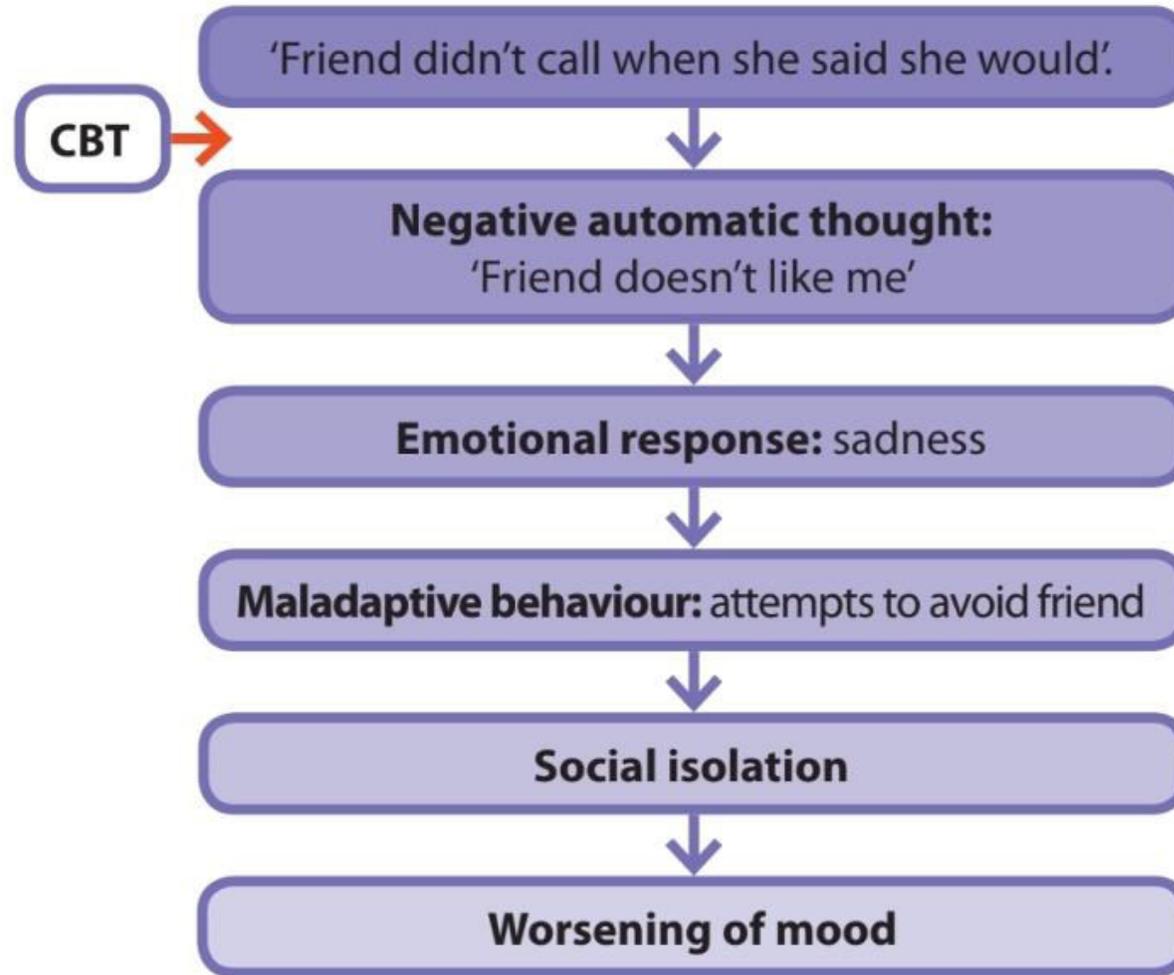
This therapy is used for **depressive illness**. The rationale behind it is that patients avoid doing certain things as they feel they will not enjoy them or fear failure in completing them. Behavioural activation involves making realistic and achievable plans to carry out activities and then gradually increasing the amount of activity.

WHAT IS CBT !

that emphasizes the important role of **thinking in how people feel**
and **what they do**

Concept	<ul style="list-style-type: none">● Combination of cognitive and behavioral techniques.● Most common type of psychotherapy.
Indication	<ul style="list-style-type: none">● Many psychiatric disorders like depressive disorders (mild-moderate, but not severe).● Adjustment disorders.● Anxiety disorders/phobic disorders, & Stress-related disorders.

- **cannot cure the physical symptoms** of these health conditions, but it can help people cope better with their symptoms.



NOTE: CBT is an active treatment requiring patient understanding and collaboration. Patients should be motivated to participate and be able to recognize, articulate and link their thoughts and emotions.

HOW IT'S WORK

- You're shown how to change these negative patterns to improve the way you feel .
- Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.
- It looks for practical ways to improve your state of mind on a daily basis

• based on the concept that your **thoughts, feelings, physical sensations** and **actions** are **interconnected**, and that **negative thoughts** and **feelings** can trap you in a vicious cycle.

What is the Characteristics of CBT !

- **Thoughts** cause **Feelings** and **Behaviors**.
- **Brief and Time-Limited.**
- Average number of sessions = 16 Sessions (psychoanalysis = several years)
- CBT is a **collaborative effort** between the therapist and the client.
- Teaches the benefit of remaining calm or at least neutral when faced with difficult situations.

(If you are upset by your problems, you now have 2 problems:

- 1) the problem,
- 2) your upsetness

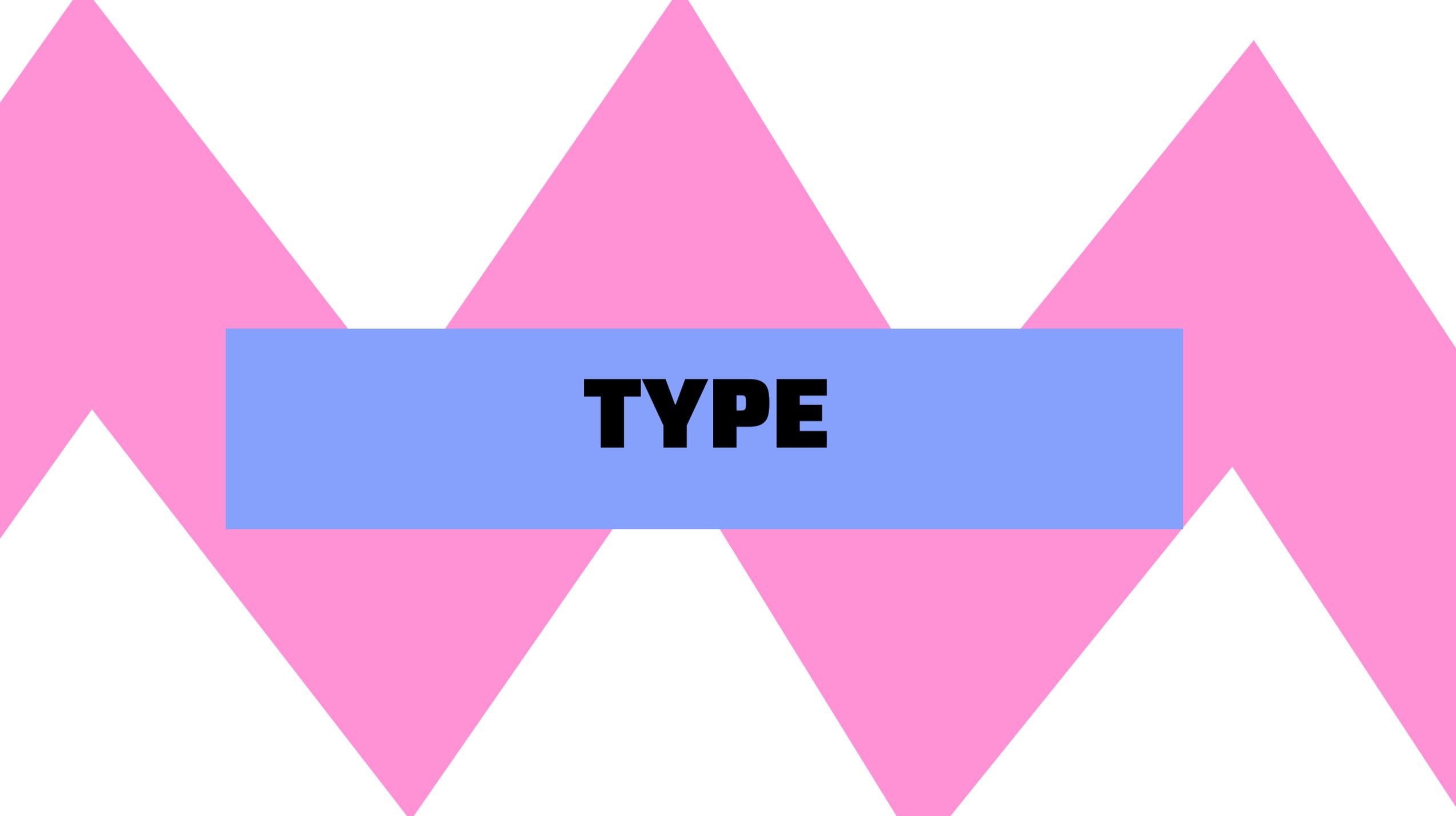
- Based on "rational thought." - **Fact not assumptions.**
- CBT is **structured** and **directive**. Based on notion that maladaptive behaviors are the result of skill deficits.
- Based on assumption that most emotional and behavioral reactions are learned.

Therefore, the goal of therapy is to help clients unlearn their unwanted reactions and to learn a new way of reacting.

- **Homework** is a central feature of CBT

SO ...

- For many therapists, CBT is considered among the **most effective** and **rapid** in terms of results obtained.
- Other forms of therapy, like psychoanalysis, can take years because it's most often used to treat longstanding difficulties.
- With CBT, clients are usually **aware** and **understand** at the very beginning of the therapy process that there will be a point when the formal therapy will end. Professionals will inform clients that CBT treatment will eventually end— **a decision made by both therapist and client**.
- This technique was first implemented and developed on soldiers overseas in active duty

The background features a repeating zigzag pattern of pink triangles on a white background. A solid blue horizontal bar is centered across the middle of the image.

TYPE

01

Rational Emotive

- CBT is based on the idea that thoughts cause feelings and behaviors. External elements such as people, situations, and events have no bearing on our feelings and behaviors, according to CBT. The benefit of this, even if a situation doesn't change, we can still change the way we think to feel/act better
- “ A form of cognitive-behavioral therapy in which somebody is encouraged to examine and change irrational thought patterns (irrational thinking) and beliefs in order to reduce dysfunctional behavior “



❖ **Probably the most important REBT strategy is homework.**

❖ This can **include such activities** as:

- Reading
- Self-help exercises
- Experiential activities
- Journaling
- Thought Stopping
- Intentional Reframing

❖ Therapy sessions are really ‘ **training sessions** ’,
between which the client tries out and uses what they have learned

02 **Structured training**

- is a regimented cognitive-behavioral process that uses a systematic, highly structured workshop-style approach to break down and replace dysfunctional emotionally dependent behaviors.
- The roots of SCBT lie in cognitive behavioral therapy (CBT), and like CBT the basic premise of SCBT is that behavior is inextricably related to beliefs, thoughts and emotions
- SCBT is delivered in a highly structured, regimented format and combines several other behavioral change theories and methodologies in addition to CBT.
- Structured cognitive behavioral training is currently used primarily in the behavioral health industry and in criminal psychology

Dialectical DBT

Concept	Goals: Enhance skills, improve motivation and emotional regulation <ul style="list-style-type: none">Effectively reduces self-destructive behaviors and hospitalizations in patients with borderline personality disorder
Indication	<ul style="list-style-type: none">Self-injurious patients with parasuicidal behavior or borderline personality disorder

- The therapy adopts components of **CBT** and also provides **group skills training** to provide the individual with **alternative coping strategies** (rather than deliberate self-harm) when faced with emotional instability.



- ❖ **DBT** assumes that people are doing the best they can but are either lacking the skills or influenced by positive or negative reinforcement that interfere with their ability to function appropriately

Summary

Psychoeducation

- **Psychoeducation (PE)** is the **delivery of information** to people in order to help them **understand** and **cope** with their mental illness.

Counselling

- Counselling is a form of **relieving distress** and is undertaken by means of active **dialogue** between the counsellor and the client. It is less technically complicated than other forms of psychotherapy and can range from sympathetic listening to active advice on problem solving.

Supportive psychotherapy

- Is used to describe the psychological support given by mental health professionals to patients with **chronic** and **disabling mental illnesses**.

Problem-solving therapy

- Consists of a structured combination of **counselling** and **CBT**. It facilitates individuals to learn to deal actively with their life problems by selecting an option for tackling each one, trialling out solutions and reviewing their effect.

Cognitive analytic therapy (CAT)

- Combines **cognitive theories** and **psychoanalytic** approaches into an integrated therapy.
- It is based on various areas of analysis including analysing problems and difficulties, how they began and how they affect everyday life as well as analysing the reasons behind symptoms.
- Can be used for a range of psychiatric problems such as **eating** and **personality disorders**.

Dialectical behavioural therapy (DBT)

- DBT is used for individuals with **borderline PD**.
- The therapy adopts components of **CBT** and also provides **group skills training** to provide the individual with **alternative coping strategies** (rather than deliberate self-harm) when faced with emotional instability.

Interpersonal therapy (IPT)

- IPT is used to treat **depression** and **eating disorders**.
- The focus is on an **interpersonal problem** such as a complicated bereavement, relationship difficulties or interpersonal deficit, adopting techniques from different psychotherapies. The therapy focuses on the difficulties that arise in relationships and the impact on the individual.
- It has some overlap with CBT and psychodynamic therapy and deals with four interpersonal problems (**grief at the loss of relationships, role disputes within relationships, managing changes in relationships** and **interpersonal deficits**) which may be causing difficulty in initiating or maintaining relationships.

Eye movement desensitization and reprocessing (EMDR)

EMDR treats mental health conditions that happen because of memories from traumatic events in your past. It's best known for its role in treating post-traumatic stress disorder (PTSD), but its use is expanding to include treatment of many other conditions.

EMDR therapy doesn't require talking in detail about a distressing issue. EMDR instead focuses on changing the emotions, thoughts or behaviors that result from a distressing experience (trauma). This allows your brain to resume a natural healing process.

◀ Types of Psychotherapy

According to the Concept	According to the Aim	According to the Participants
<ul style="list-style-type: none">● Behavior therapy.● Cognitive therapy.● Cognitive-Behavior Therapy.● Dialectical behavior therapy● Psychodynamic therapy.● Psychoanalytic therapy.● Person-Centered therapy.● Eclectic model of therapy.● Others.	<ul style="list-style-type: none">● Maintenance of function e.g. supportive therapy.● Readjustment to distress, e.g. problem solving.● Restoration of function, e.g. cognitive-behavior therapy.● Reconstruction of personality, e.g. analytic therapy.	<ul style="list-style-type: none">● Individual therapy.● Group therapy.● Marital therapy.● Family therapy.

◀ Types of Psychotherapy

According to the Participants

- Individual therapy.
- Group therapy.
- Marital therapy.
- Family therapy.

Marital Therapy

Concept

- Marital discord and when marital problems act as a maintaining factor of a psychiatric disorder in one or both partners.

Process

- The couple and the therapist identify marital problems, such as failure to listen to the other partner, failure to express wishes, emotions, and thought directly. The couple then are helped to understand each other. The therapist should remain neutral.
- The therapist sees couples together (conjoint therapy) or separately (concurrent therapy). Or different therapist for each spouse (collaborative therapy), or two therapists may see the spouses together (four-way therapy)

Techniques

- Behavioral (reinforcement of positive behavior), cognitive, counseling, and insight oriented.

Family Therapy

Concept

- Family members are all involved in the treatment to reduced suffering of one or more of the members.
- Concept and techniques are similar to marital therapy.
- e.g. Community therapy, divorce, medical condition.

<h2>Group Therapy</h2>	
<h3>Concept</h3>	<ul style="list-style-type: none"> ● Group of patients (6 – 10) with similar psychiatric problems (e. g. social phobia) are guided by a trained therapist through using a variety of psychological techniques (behavioral, cognitive) to help them overcome their psychological problems. ● <u>Can be peer-led without a therapist</u> (e g., Alcoholics Anonymous program) ● Therapeutic factors: <ul style="list-style-type: none"> ○ Group cohesion and support. ○ Acceptance and ventilation. ○ Identification and universalization.

useful in the treatment of **substance use** disorders, **adjustment** disorders, and **personality** disorders

- **Advantages of group therapy** include :
 - ✓ 1. Patients get immediate feedback and support from their peers.
 - ✓ 2. Patients gain insight into their own condition by *listening to others with similar problems*.
 - ✓ 3. If a therapist is present, there is an opportunity to observe interactions between others who may be eliciting a variety of transferences



**THANKS
FOR YOUR
PATIENCE**