



Five Major Therapies Plus One

Introduction to Psychotherapy

Counsellors and other mental health professionals use several types of psychotherapy - (*psychological therapy – therapy for the mind*). They may stick to one or two or draw on several, according to clients' needs. There are five major ones traditionally taught in counselling training. They have proven to be effective with varying degrees of evidence. Some are harder than others to produce evidence, although most have anecdotal evidence.

Behaviour Therapy

Behaviour Therapy looks at the behaviour that is causing the client's distress. The aim is to change unwanted behaviours for more desirable ones. Therapists help clients work out a behaviour plan to achieve the desired changes, such as being healthier. 'Rewards,' agreed to by client and therapist, for keeping on track and 'punishments' for wavering help to keep the client focused and on target.

Cognitive Behaviour Therapy

Cognitive Behaviour Therapy (CBT) also addresses clients' behaviour. In addition, it takes account of the feelings, thoughts and beliefs that lie behind the unwanted behaviours. Clients examine problematic or faulty beliefs. Therapists assist clients to change their faulty beliefs to more accurate ones, making it easier to change the unwanted behaviours and feelings.

Gestalt Therapy

Gestalt Therapy helps clients explore emotional blockages or 'unfinished business.' It looks at the client as he or she is right here and now. Therapists encourage clients to be truthful and authentic about their feelings, expressing them openly and honestly. Role-playing helps clients to express emotions and work through deep-seated problems.

Person Centred Therapy

Person Centred Therapy treats clients with 'unconditional positive regard,' - a person with dignity and worth. It takes into account that each person has a unique perspective on life and instinctively wants the best for themselves. Therapists help clients to get in touch with their 'true nature' and bring to fruition their own goals and desires for their wellbeing and flourishing.

Solution Focused Therapy

Solution Focused Therapy helps clients to identify the solutions to their problems. Rather than spending time discussing the cause of problems, it looks to the future and to what can be achieved. Clients set goals and the activities required to reach them. Therapists help clients discover what has worked well in the past and how they can build on that to achieve what they want in the future.

MiCBT (Mindfulness-integrated Cognitive Behaviour Therapy)

MiCBT, developed recently, is not part of basic training, but available as a Graduate Diploma. MiCBT integrates the practice of Mindfulness meditation with traditional CBT. It is especially effective in treating emotional distress and assisting clients to change negative, self-destructing beliefs. MiCBT provides a holistic, comprehensive approach to healing and wellbeing. As a qualified MiCBT therapist, I have found it the best therapy to help clients manage a variety of distressing conditions. For help or to know more about this or any of the above, get in touch, details below.

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