

About Psychotherapy

Introduction

Psychotherapy refers to psychological therapy. In other words, working therapeutically with a person's psychological states. There are many forms of psychotherapy. Some have been around for many years and some are more recent. No doubt more will continue to be developed.

Therapy

The word 'therapy' is used when referring to treatment for some kind of disorder. The aim of therapy is to cure the disorder. Therapy is branch of medicine aims to heal whatever is unwell and restore it to its healthy state.

There are many kinds of therapy. Physiotherapy aims to heal physical injury by things such as movement, exercise, massage and similar. Craniosacral therapy aims to correct structural imbalances by working in various ways with the body's energy. These are just two examples of the many available therapies.

What these and other therapies have in common is that they work directly with the body, rather than with drugs. Similarly, Psychotherapy works with the mind, without the use of drugs. This does not mean that a person could not be taking drugs when undergoing Psychotherapy. The drugs may be an aspect of their treatment, but are not an aspect of Psychotherapy.

Psychotherapy

Psychotherapy is a way of bringing healing to disordered psychological or mental states. This could be a serious psychological disorder, such as one listed in the DSM diagnostic manual, or a person managing mild depression, anxiety or stress. Most mental health therapists work with Psychotherapy to one degree or another. It depends where the emphasis lies in their particular profession as to which one they use most.

Properly trained counsellors learn about several kinds of Psychotherapy, [Cognitive Behaviour Therapy](#) and [Solution Focused Therapy](#), for example. In addition to the traditional therapies, there are specialist areas, and new ones popping up as more about the mind and brain is discovered.

Some therapies address a person's thought processes, others their feelings and emotions. Others work indirectly, such as with art, movement or dreams.

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