

# Psychotherapy

**Psychotherapy methods** are based on the theoretical frameworks of individual trends.

## Rational psychotherapy

- affects the patient through logical thought processes – interpretation, essence of the disease, solutions, advice
- *conversation* is the basis
- a widespread part of medical practice
- it cannot be overestimated, all activity cannot be reduced to thought processes

## Suggestive psychotherapy

- the opposite of rational psychotherapy, it tries to bypass the rational component of the psyche, the patient has to accept the statements and follow them
- the patient must be suggestible
- takes place in an awake or hypnotic state
- it is also a placebo effect

## Hypnosis

- a psychologically induced state of altered consciousness
- increased suggestibility
- several procedures
- *sleep method*
  - the most common type
  - suggestions induce a feeling of sleepiness and fatigue
  - gloom, silence, monotonous speech help

## Psychotherapy through empathic conversation

- **C. Rogers**
- the patient talks about what seems important to him
- the therapist listens, responds, describes feelings, empathizes, is non-directive, friendly
- the authenticity of the psychotherapist
- unconditional positive regard
- empathy (<https://sanvit.cz/co-je-pca-terapie/>)

## Relaxation and imagination psychotherapy

### Autogenic training

- it is based on the fact that psychological tension, activation of the vegetative system and skeletal muscle tension are related
- by reducing skeletal muscle tension, we reduce psychological tension
- lower level - 6 tasks:
  - weight training, heat, heart activity, breathing, abdominal organs, head
- individual formulas - targeted at certain difficulties that the individual wants to eliminate ("I don't have a sweet tooth", "things are going well"...)

### Catathymic-imaginative psychotherapy

- relaxation is used to visualize various motifs
- the patient completes the topics in order to put his problems into them
- e.g. an image of a meadow - the patient fills it in with details

## Exercise psychotherapy

- basic principle – **practice**
- learning new, consistent and targeted repetition of tasks and increasing the difficulty of tasks
- on the basis of operant conditioning, conditioned reflexes, learning theory
- elimination of bad habits
- goal: **a positive habit**
- developing desired skills
- phobia - gradual overcoming
- treatment sex. dysfunction (erectile dysfunction, vaginismus )

## Assertiveness training

- improving interpersonal interaction
- enforcement of legitimate claims

## Aversive therapy

- associates unwanted activities with an unpleasant stimulus
- treatment of alcohol dependence - apomorphine, antabuse

## Systematic desensitization

- relieves phobias
- the patient relaxes and imagines that he is experiencing fear
- exposure

## Imitation and other techniques

- observation of other persons
- psychodrama

## Psychoanalysis

- treatment of severe neuroses and certain personality disorders
- the analyst sits behind the patient's head so that the examinee cannot see him, the patient lies down
- the patient is to say whatever comes to mind
- one session lasts 50 minutes, 4-5 times a week, on the order of hundreds of sessions, even several years
- the analyst responds with interpretations
- *transference* - the specific relationship of the analysand to the analyst
- *countertransference* - the analyst projects his unconscious wish onto the patient

## Cognitive behavioral therapy

- cognitive behavioral therapy (<https://dbterapie.cz/psychoterapeuticke-smery/kognitivne-behavioralni-terapie/>) is highly structured
- goal oriented
- teaches the client new skills
- identifies distortions in thought

## Group psychotherapy

- more types:
  1. based on psychodrama
  2. based on psychoanalysis
  3. based on transactional analysis
  4. eclectically conceived

## Other types of psychotherapy

- supportive psychotherapy
- family therapy
- virtual reality therapy (VRET - Virtual reality exposure therapy)

## Links

### Related Articles

- Psychotherapy - primary schools

### External links

- Psychotherapy (Czech Wikipedia)
- Psychotherapy (English Wikipedia)
- Database of psychotherapeutic directions (<https://dbterapie.cz/category/psychoterapeuticke-smery/>)

## Source

