
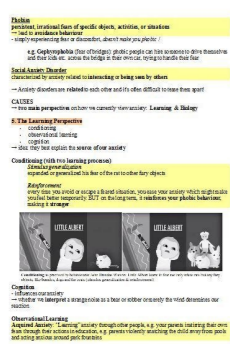


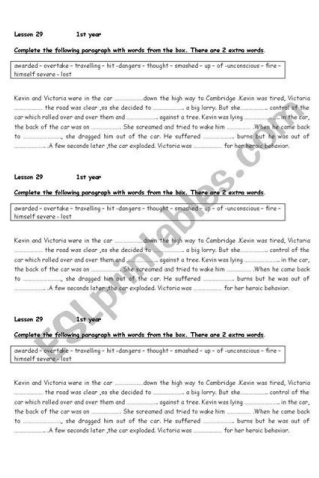
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Step - By Step to Download or Read Online :



Getting Help- Psychotherapy
Crash Course Psychology #35

What do you do when you have a problematic behavior (like fear of flying)?
Who can you go to for help?
Once you're gone, what can you expect?

When problems are brutalizing one's self-worth and affecting one's performance in work and life one might seek professional help.

Major Types of Psychotherapy

Psychotherapy involves a therapist using a range of techniques to help a patient overcome troubles, gain insight and achieve personal growth.

- there are a lot of different perspectives of the human mind and a lot of different philosophies on how to approach it
 - there is a variety of ways that experts analyze and treat elements of the mind
 - some approaches are better suited for treating certain psychological conditions than others

Four schools/orientations:

- psychodynamic
- existential-humanistic
- behavioral
- cognitive

I. Psychodynamic Therapy

Freud's Psychoanalysis

- the first psychodynamic approach
- **idea:** talking to patients and analyzing their behavior and their answers
- served as a kind of **historical reconstruction** that helped patients access their **repressed** feelings and **memories** and **unconscious** thoughts by using free association and **dream analysis** with interpretations from the therapist until they gained some **self insight**
- psychoanalyst picks up on **sensitive subjects** around which you appear to show **resistance**
 - the psychoanalyst **notes these resistances** and **offers interpretation** on what might be going on to help promote insight



- he **points out unconscious themes** and coaxes them into the light
- psychodynamic therapy tends to involve **many sessions** (sometimes 4 or 5 a week over a long period of time)

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