

Different Approaches to Psychotherapy

Psychotherapy, also known as talk therapy, is a way to help people with healing and learning constructive ways to deal with issues in one's life. Psychotherapy is recommended for any person struggling with life, relationship or work or a specific mental health issue disorder. Psychotherapy tends to focus on problem solving and is goal oriented. It can help eliminate or control troubling symptoms so a person can function better and have an increased well-being.

1. Psychoanalysis

This focuses on changing behaviors, feelings, and thoughts by discovering their unconscious meanings

1. Behavioral therapy

This focuses on learning to role in developing normal and abnormal behavior

i. **Classical conditioning**

ii. **Desensitizing**

iii. **Operant conditioning**

iv. **Cognitive-behavioral therapy:** both thought and behaviors

1. Cognitive therapy

This focuses on what people think rather than what they do

1. Humanistic therapy

This approach emphasizes people's capacity to make rational choices and develop their potential

1. Integrative or holistic therapy

Blend elements from the different approaches and tailor treatment to client's need

Meet and speak with your healthcare provider to find the best treatment option for your care plan.



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