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You may be dealing with significant stress due to work or family concerns, a loved one's death, or relationship issues. You have been recommended therapy as part of the treatment plan to help you navigate through the rough phase or a stressful period.

You may have symptoms with no physical explanation, such as changes in sleep or appetite, low energy, a loss of interest or pleasure in activities you once enjoyed, chronic irritation, or a constant sense of discouragement or hopelessness. A health practitioner may have diagnosed a condition such as depression, anxiety, bipolar disorder, posttraumatic stress disorder, or another mental ailment and prescribed psychotherapy as the first line of treatment or in conjunction with medication.

You may be seeking treatment for a family member or friend who has been diagnosed with a mental health disorder and has been recommended therapy by a health expert.

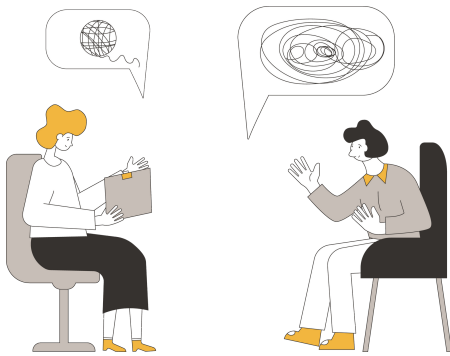


WHAT IS THERAPY?

When you go to therapy, you talk about your challenges with a professional counsellor, therapist, psychiatrist, psychologist, or social worker. Psychotherapy or talk therapy is the other terms for therapy. It is because it benefits your psychology—the mental and emotional aspects of your existence. If you are going through tough times, talking to a competent therapist can be beneficial. Many people feel relieved simply by discussing their feelings and receiving emotional support. That is undoubtedly a component of therapy. However, therapy can also teach you specialised problem-solving techniques. A therapist can assist you in coping with grief, stress, and other intense or frightening emotions.

Therapy can also benefit in the following ways:

- It can teach you precise methods for dealing with stressful situations.
- It can assist you in developing appropriate coping mechanisms for stress or anger.
- It can educate you on how to cultivate healthy relationships.
- It can assist you in determining how to think about things in a more adaptive manner.
- It can assist you in determining ways to increase your self-esteem.
- It can assist you in deciding where you want to go in life and how to deal with any challenges that may arise along the route.



Of course, getting used to talking about your problems with someone can take some time. Therapists, on the other hand, are trained to listen and are ready to help. Therapy may feel wonderful straight away or odd at first.

As time passes, you should feel more at ease with your therapist. If your therapy is not working, don't give it up all; talk to your therapist or trusted ones to see possible alternatives. Sometimes, a change in the therapist or the style of therapy can make a positive difference.

In therapy, you must feel comfortable speaking your mind. It works best if you're open about any issues you're having, including issues with drugs or alcohol, as well as other behaviours that are harmful to your health or mind. Therapists respect people's privacy. They can only reveal what you say in extreme circumstances, such as if they believe you are in danger for yourself or others. However, if you are concerned, inquire about the privacy policy. Just because you begin seeing a therapist does not indicate you will continue to do so indefinitely. You should be able to gain skills that will allow you to tackle your challenges on your own. Sometimes just a few sessions are all that is required to acquire new abilities and feel better. If you're worried about needing therapy, keep in mind that getting aid for your brain isn't much different from getting help for your stomach, teeth, or any other area of your body.

Every client comes to therapy with a unique set of skills. Your therapist will employ activities that they believe will resonate with you the most. It is not always easy to persuade someone to get help and continue with therapy. It takes practise, patience, and pursuit to excel amid challenging times. But when it does, it's well worth it.

The good news is that therapy can be extremely beneficial. People are sometimes uncomfortable or reluctant to consult a therapist. However, seeking treatment from a therapist because you are sad or anxious is no different from visiting a doctor because you have broken a bone. You should be proud of yourself for being brave enough to take action to reclaim your life.

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When you have an "aha" moment or uncover an insight you never considered before, it might feel almost miraculous. Psychotherapy can aid in this process.

WHAT SHOULD I DO TO GET STARTED WITH THERAPY?



Talking to your physician, family doctor, employee assistance programme (EAP), school counsellor and trusted others might be a good place to start when looking for a therapist. You can find alternative mental health treatment solutions searching online. Asking your employer, parent, guardian, spouse, or other family members for assistance in paying for therapy is an option if you need it. A non-governmental organisation (NGO), a government hospital, such as the National Institute of Mental Health and Neurosciences (NIMHANS), or your institution or place of employment may be able to give you free or low-cost counselling. Make an effort to get assistance.

WHAT ARE SOME KINDS OF THERAPY?

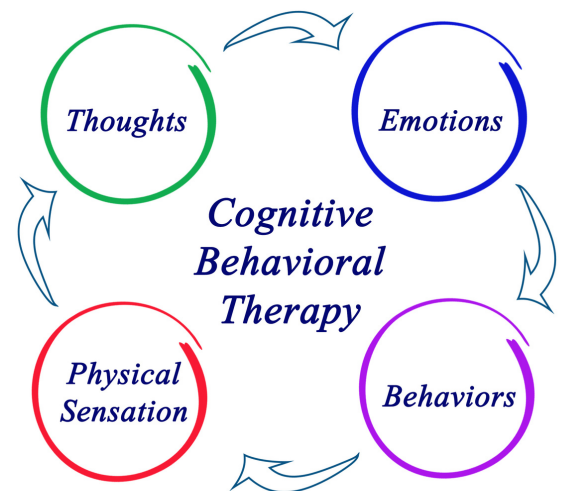
There are various types of therapy available to help you feel better. The nature of the problem determines the optimum treatment. You could benefit from one-on-one conversation therapy. It is when you chat to a therapist on your own. You could also attend group counselling. You will work with a therapist and other people experiencing similar issues as you in group therapy.

Therapy could also take place with your family. There's also play and art therapy, in which you work on your emotions by playing, sketching, or doing other creative activities. Discussed further below are other forms of therapy.

Cognitive behavioural therapy (CBT) is a well-proven treatment for depression. CBT is a treatment that combines two therapies: cognitive therapy and behavioural therapy. Cognitive therapy focuses on a person's thoughts and beliefs and how they influence their emotions and behaviour to change their thinking to be more adaptive and healthy. Behavioural therapy focuses on a person's behaviours and seeks to change undesirable patterns of behaviour.

CBT assists a person in focusing on present problems and how to solve them. Both the client and the therapist must engage in this process. The therapist teaches the client how to identify and correct distorted thoughts or negative self-talk. These are frequently associated with depressed feelings, recognising and changing inaccurate beliefs, engaging in more enjoyable activities, relating to self and others positively, learning problem-solving skills, and changing behaviours.

Behavioural activation is another focus of CBT (i.e., increasing activity levels and helping the client participate in rewarding activities that can improve mood). Weekly homework assignments help individuals put the skills they've learned into practice.



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*CBT is a weekly
scheduled intervention.*”



FAMILY PSYCHOEDUCATION



Mental illness has a ripple effect on the entire family. Family therapy can be beneficial to both the person struggling with mental health issues and their relatives. Family psychoeducation is one option for families to collaborate on their recovery. The family and the therapist will meet to discuss the issues they are facing. Families will then engage in educational sessions to acquire basic facts about mental illness, coping strategies, communication skills, problem-solving abilities, and ways to work together toward recovery.

INTERPERSONAL PSYCHOTHERAPY (IPT)

Interpersonal psychotherapy (IPT) is a type of psychotherapy that focuses on relationship issues that may be the cause or outcome of melancholy.

Researchers have conducted studies to support the effectiveness of IPT in the treatment of depression. In addition, research has shown that IPT can help with anxiety, bipolar illness, eating disorders, and borderline personality disorder.

During the initial sessions, the therapist will educate you on mental condition, how your living circumstances may be contributing to it, and how it may impair your everyday life.

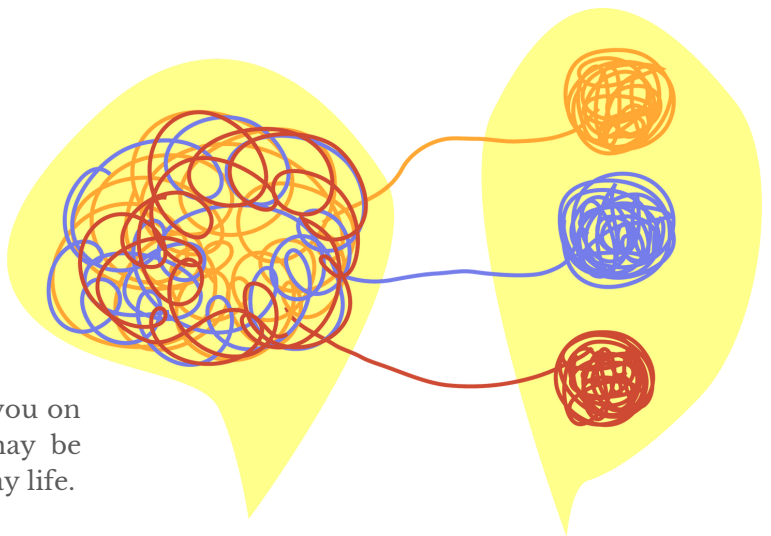
The Intermediate Sessions concentrate on one or two issue areas that are of particular concern to you and may be contributing to your mental condition. Dealing with big life changes, disagreement with others, mourning connected to the death of a significant person, or difficulties forming or maintaining social connections are examples of these areas.

During Termination, the therapist will work with you to review progress, investigate potential stressors that may affect mental health, address how skills learned in IPT might be applied in the future, and assess the need for additional treatment. One creates goals early on in treatment. A commitment to engaging in treatment and attending regular sessions is one of the most significant components in the effectiveness of therapy.

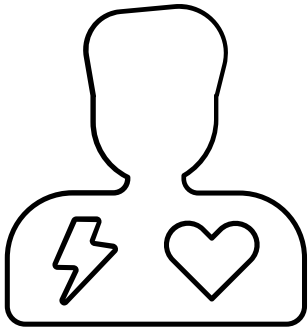
In IPT, you would normally meet with your therapist one-on-one for 12–16 sessions. Sessions are typically held once a week and run for around 50 minutes. The information you gain during therapy sessions will be useful to you when you apply it to your daily life to feel better. If you want to participate in IPT, you will be required to:

- Attend sessions regularly;
- Work with your therapist to establish therapeutic goals;
- Discuss difficulties in communication during each session; and
- Practice new skills both in and out of session.

“ *Therapists provide IPT typically in 16 weekly sessions during three therapy stages (Initial Sessions, Intermediate Sessions, and Termination).* ”



DIALECTICAL BEHAVIOR THERAPY (DBT)



This style of therapy employs the concept of mindfulness. It is being aware of and attentive to one's current situation and moods. Dialectical behaviour therapy (DBT) also provides strategies for managing strong emotions, reducing self-destructive behaviours, and improving relationships. DBT differs from CBT in that it combines traditional CBT aspects with mindfulness, acceptance, and approaches to increase a person's ability to handle stress and control emotions.

“ DBT identifies the emotional conflict between the need for acceptance and the need for change

MARITAL OR COUPLES THERAPY

It is a type of therapy geared at assisting couples in expressing and working through any interpersonal issues they may be experiencing in communication, conflict resolution, intimacy, and relating to their significant other.

A competent couples therapist will create a safe space for the couple to speak, establishing ground rules and assisting them in navigating their challenges through exercises in perspective-taking, empathy and appreciation, and problem resolution ways.



DOES IT MATTER WHAT TYPE OF THERAPY ONE RECEIVES?

According to University of Scranton psychologist John Norcross, there are at least 500 different styles of psychotherapy. Researchers cannot explore all of them, so they have mainly focused on the most often utilised ways.

These include behaviour therapy (which changes unhealthy behaviours), cognitive behaviour therapy (which changes maladaptive ways of thinking), psychodynamic therapy (which resolves unconscious conflicts and adverse childhood experiences), interpersonal therapy (which changes unhealthy ways of interacting with others), and person-centred therapy (helping clients to find their solutions to life problems).

Although the effects of a variety of regularly used psychotherapies are generally comparable, some are more suited to certain conditions than others, and some may even be harmful. Furthermore, the success of various therapies may fluctuate depending on the kind of psychological issues that clients are experiencing.

Because they all share elements like empathy, support, and feedback, all therapies are equally beneficial. Whatever shape it takes, therapy works best when you're open about any issues you're having with a job, school, or home—or with drugs, alcohol, or other behaviours that can harm your body and mind.



DOES THE ADDITION OF MEDICATION INCREASE THE EFFECTIVENESS OF PSYCHOTHERAPY?

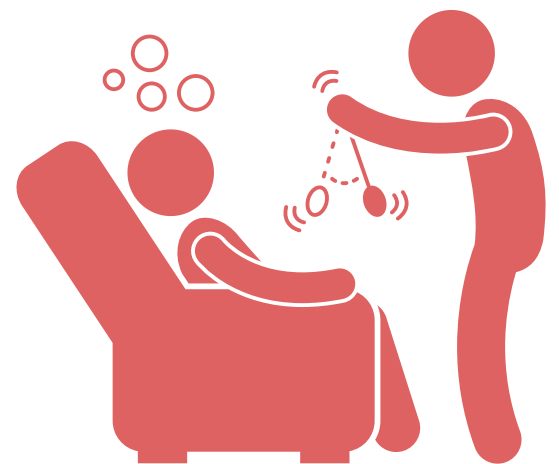
When you break a leg bone, a doctor will put a cast on it. The bone takes a few weeks to heal. On removing the cast, you must undergo physical therapy to rehabilitate your limb to its pre-fracture level of function. You've suffered an emotional breakdown, which has resulted in mental distress. It will take time for you to heal. Instead of the cast, mental health professionals use medicines, and instead of physiotherapy, they use psychotherapy.

Psychotherapy is frequently used in conjunction with other techniques, most commonly a psychotropic medication. Psychiatrists and therapists often work together to ensure that patients with mental health issues get the treatment they need, which may include psychotropic medication or other forms of psychotherapy. This form of coordinated treatment is generally helpful to the client. According to the data, the combination may be more beneficial than either one alone in many forms of mental illness. Treatment with psychotropic drugs and psychotherapy takes time to work.

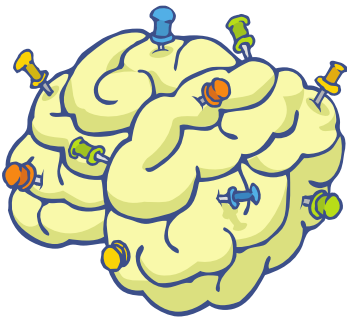
WHAT IS NOT THERAPY?

Many individuals get their ideas about how therapists function from the media, particularly television and movies. Many people perceive mental health experts as all-knowing and all-powerful, with all the answers to the complicated problems that bother them.

Still, other media depictions of psychotherapy describe a therapy in which the client lies on a couch as the therapist attempts to get to the unconscious historical "roots" of the problem while speaking very little. Consult a mental health professional if you require additional clarifications prior to beginning therapy.



“*Misleading information about psychotherapy may cause people to avoid essential psychotherapy or seek it with unrealistic expectations.*”



HERE'S A METAPHOR TO HELP YOU VISUALISE HOW THERAPY WORKS

Smartphones are equipped with GPS technology that directs the user to their desired location in real-time.

Although it is designed to operate 24 hours a day, it does not assist unless requested.

You must first enter your request for assistance before it can guide you through the process. It must know exactly where you need to go to assist you.

If your address is not complete, it will ask you to specify your destination. You also will be required to enter your preferences.

Once it has got your destination, it will provide you with clear and exact directions, one at a time. It does not bombard you with suggestions.

It monitors your location and advises you on your next steps. It will let you know if it needs more time.

If you take a wrong turn, you will not be held accountable for your actions. It doesn't say, "I warned you!" It recalculates, resets, and redirects you while remaining calm.

Even if you're in a rush and want to push, its attitude remains steady and rational throughout.

That is what therapy is all about. When you need aid, it's like having a GPS on your side.



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Get help if you feel out of control or a mental health problem prevents you from living in the moment. Contact a family member, a friend, or a trusted acquaintance. Remember that there are effective therapies available to make you feel better.

