

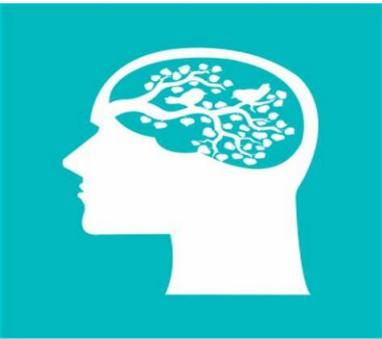
Department of Psychology

Mohanlal Sukhadia University, Udaipur

PSYCHOLOGICAL THERAPIES I

SEM III Unit-1

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INTERVENTION

Meaning –

- the action of becoming intentionally involved in a difficult situation, in order to improve it or prevent it from getting worse



Psychological Therapies



PSYCHOLOGICAL INTERVENTION

Meaning –

- Any set of strategies that are used to change behaviors, emotions, or cognitions
- The treatment of mental illness or related issues based on **psychological** theory. **Psychological interventions** can form part of comprehensive rehabilitation program. These **interventions** may include stress management **interventions** etc.



Psychological Therapies



PSYCHOTHERAPY

Meaning –

- Literal meaning healing the mind or soul
- In broader sense to heal by the psychological methods that are applied by suitable trained and qualified practitioners.



Psychological Therapies



PSYCHOTHERAPY cntd...

- Interpersonal, relational intervention by trained therapists to aid in life problems
- Employs range of techniques based on relationship building, dialogue, communication and behavior change designed to improve the mental health of individual client or group



Psychological Therapies



Goals of therapy

- Dealing with severe mental disorders
- Addressing specific anxieties, phobias
- Helping people to find meaning and purpose in life
- increase sense of well-being, reduce discomfort



Psychological Therapies



Who seeks therapy...and why?

- Children: behavioral, school, family issues
- Adolescents: as above and issues of separation and peer relationships
- Young adults: all of the above plus career issues
- Mature adults: all of above plus issues of changing relationships, family alignments, health, work and social status
- Older adults: all of above plus end of life issues to deal with death anxiety etc



Therapist & Client

- Therapist refers to provider of therapy service to the client
- Client refers to the recipient of therapeutic services whether inside or outside medical settings.



Psychological Therapies



THANK YOU



Psychological Therapies

