

Types of Therapy

Art Therapy Art therapy uses the creativity to help improve the mental health of clients. Art therapy can be used as a way to get at deeper feelings and can be used to treat a wide range of emotional issues, including anxiety, depression, family and relationship problems, abuse and domestic violence, and trauma and loss. Art therapy can help individuals gain personal insight; cope with stress, and greater self-knowledge.

Behavior Therapy

The therapy is based on learning to increase the frequency of desired behaviors and/or decrease the frequency of problem behaviors. If individuals can learn how to change their behaviors, then thoughts, feelings and attitudes will also change. Some techniques include; systematic desensitization, using reinforcements for desired behavior, and aversion therapy to stop unwanted behaviors.

Client-centered Therapy

This is a non-directive type of therapy based on a humanistic approach to treatment. It focuses on the healthy psychological growth of the individual; based on the assumption that all people share the basic tendency of human nature toward self-actualization.

Cognitive Behavioral Therapy(CBT) Cognitive-behavioral therapy is based on a combination of cognitive and behavioral therapies. This helps individuals change thought patterns, beliefs, and behaviors so they can overcome certain symptoms and improve their mental and physical health. CBT has been clinically proven to help clients in a relatively short amount of time with a wide range of disorders, including depression and anxiety

Cognitive Therapy

Cognitive therapy is based on the belief that thoughts, rather than people or events, cause our negative feelings. Identifying dysfunctional beliefs and modifying the way a client thinks about or perceives significant life experiences will improve mental and emotional health and in turn affect feelings and behavior.

Eclectic Therapy Eclectic therapy encompasses different techniques to best address the client's particular problems. Various aspects of cognitive-behavioral and psychodynamic methods create a custom-made approach.

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is an information processing therapy that helps clients cope with traumatic events, memories and other sources of emotional distress. The patient focuses on a specific thought, image, emotion, or sensation while simultaneously watching the therapist's finger or baton move in front of his or her eyes. Then the client is asked to think of new thoughts, while again simultaneously focusing on the external stimulus.

Existential Therapy

Existential psychotherapy focuses on the philosophical belief of free will. The existential therapist encourages clients to face anxieties and start making their own decisions. The therapist will emphasize the need to take full responsibility of one's decisions. Searching within and finding one's own answers is encouraged. Therapy sessions focus on the client's present and future rather than his past.

Family Systems Therapy

Family systems therapists view the family as one complex system. Problems are the result not of individuals, but of the family's group dynamic. The therapist helps each individual member understand how her childhood

family operated, her role in that system, and how that experience has shaped her role in her current family and how it affects the relationships.

Family/Marital Therapy

Family and marital therapists work with families or couples together and individually to help them improve their communication skills. They will build on the positive aspects of their relationships and repair the negative aspects.

Gestalt Therapy

Gestalt therapy that focuses on ways to unite mind and body to make a person whole. It focuses on the here and now to help individuals become more self-aware, to live more in the present, and to assume more responsibility for taking care of themselves. Techniques of gestalt therapy include confrontation, dream analysis, and role playing and learning responsibility for integration of thoughts feelings and actions.

Humanistic Therapy Humanistic therapy takes a positive view of human nature and emphasizes the uniqueness of the individual. Therapists in this tradition, who are interested in exploring the nature of creativity, love, and self-actualization, help clients realize their potential through change and self-directed growth. Humanistic therapy is also an umbrella term for gestalt, client-centered therapy, and existential therapy.

Hypnotherapy

This practice uses exercises that relax people, bringing them to an altered state of consciousness. Through trance-like analysis, hypnosis decreases blood pressure and heart rate, putting one's physical body at ease. Working with memories, hypnotherapy helps a person to reframe, relax, absorb, dissociate, respond, and reflect. The process reconstructs healthier associations with a person's past events. Dealing with a wide range of conditions, such as anxiety and depression, people become responsive to new solutions that can lead to personal development through hypnotherapy.

Jungian Therapy

Jungian or analytical therapy, developed by Carl Jung, seeks to help people access their unconscious to develop greater self-realization and individuation. The Jungian therapist helps the patient find more meaning in her life, with respect for the mysterious nature of the soul which seeks to be nurtured by something larger than self.

Play Therapy

Play therapy is a form of counseling that relies on play to help therapists communicate with children about emotions and problems that may be difficult to discuss. Because children develop cognitive skills before language skills, play is an effective way to understand a child. Toys such as dolls, painting, and puppets are used to understand the child's behavior and diagnose the problem.

Psychoanalysis

Psychoanalysis is a form of therapy wherein the patient explores his patterns of thinking and behavior. It is based on the belief that true change comes from the individual becoming more self-aware by bringing unconscious thoughts, motivation, feelings, and experiences in the conscious.

Relational Life Therapy Relational life therapy offers strategies to combat marital dysfunction and restore harmony in relationships. Couples--those recovering from affairs, traumatic events, or a lull in passion--can find RLT helpful. Once the partners see how they both contribute to the problem, the therapist teaches them skills to improve the ways they relate to each other

Solution Focused Brief Therapy (SFBT)

Solution-focused brief therapy focuses on what clients would like to achieve through therapy rather than on their troubles or mental health issues. The therapist will help the client envision a desirable future, and then map out the small and large changes necessary for the client to undergo to realize her vision. The therapist will seize on any successes the client experiences, to encourage her to build on her strengths rather than dwell on her problems or limitations.

Transactional Analysis Transactional analysis focuses on cognitive and behavioral functioning. The therapist helps the client evaluate her past decisions and how those choices affect her present life, in the belief that greater awareness will lead to better decision-making and judgment calls in the future.

* Information Obtained from the Maryland Psychological Association