MENTAL HEALTH TREATMENT

Types of Therapy

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THERAPEUTIC TECHNIQUES

Cognitive Behavioral Therapy (CBT)

CBT is one of the most common types of therapeutic treatment, which focuses on thought patterns may contribute to difficult emotions or negative actions. Once patterns are identified, the therapist and client work on techniques to change thought patterns, improving responses.

Dialectical Behavioral Therapy (DBT)

Similar to CBT, DBT also has the goal of changing behaviors, but focuses more on a balance betweeen change with acceptance of some negative thoughts and feelings. DBT therapy teaches coping skills and mindfulness practices to tolerate negative feelings and regulate emotions.

Acceptance and Commitment Therapy (ACT)

ACT uses strategies of acceptance and mindfulness along with commitment to change, as a way to cope with unwanted thoughts, feelings, and sensations. This type of therapy involves learning skills to accept these experiences, place them in a different context, develop greater clarity about personal values, and commit to needed behavior change.

Psychodynamic Therapy

Psychodynamic therapy is rooted in traditional psychoanalysis but with a modern approach. Therapists explore early life experiences and caregiver relationships, and what insight they give to current patterns of behavior, thoughts and feelings.

Exposure Therapy

A form of CBT, exposure therapy is a process for reducing fear and anxiety responses. In therapy, a person is gradually exposed to a feared situation or object, learning to become less sensitive over time. This type of therapy has been found to be particularly effective for obsessive-compulsive disorder, PTSD and phobias.

TRAUMA THERAPIES

Cognitive Processing Therapy (CPT)

CPT teaches you to examine and modify the unhelpful thoughts you have had since experiencing trauma—which then changes the way you feel and act. CPT relies on written worksheets to work through these thoughts and feelings.

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Types of Therapy

Rapid Resolution Therapy (RRT)

Rapid Resolution Therapy (RRT) is designed to help individuals overcome the ongoing effects associated with traumatic experiences. RRT uses guided imagery, hypnosis, stories, and other types of communication to resolve troubling thoughts, emotions and behaviors.

Prolonged Exposure Therapy

Prolonged Exposure uses gradual and systematic exposure to memories and emotions specific to the trauma experienced in order to improve symptoms of post traumatic stress disorder (PTSD). With the support of a therapist, clients engage with situations they have avoided since the trauma.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a type of therapy that utilizes bilateral stimulation and eye movement while recalling a traumatic event, tapping into a natural healing process in our brain that helps to "unlock" distressing memories. The aim of EMDR is to shift adverse reactions to the memories with positive or less charged responses.

THERAPY FORMATS

Interpersonal Therapy

Interpersonal therapy focuses on interactions with family members, close friends, and loved ones. Interpersonal therapy aims to help better these relationships by improving communication skills, conflict resolution, and coping skills for difficult and unexpected times.

Family and Couples Therapy

Family or couples therapy involves working with a couple or family unit to help resolve specific issues. Family and couples therapists help couples and families understand and work through negative behavior patterns that may cause underlying problems within their relationships.

Group Therapy

Group therapy allows people experiencing similar issues to join together to work on resolving them. Group therapy is usually focused on one topic and provides a safe setting where people can realize that they are not alone, offer support for each other, ask questions, and receive guidance from a therapist. However, some disadvantages of group therapy is that there is less one-on-one attention and confidentiality compared to individual therapy.

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TECHNOLOGY ASSISTED THERAPIES

Teletherapy

Teletherapy is the delivery of mental health services remotely via technology, such as video conference or phone calls. It allows people access to connect with treatment providers from anywhere they have internet access or phone service, including the comfort of their own home.

Prescription Digital Therapeutics (PDTs)

PDTs are FDA-authorized software-based treatments designed to manage and treat mental health conditions. Delivered via mobile apps or digital platforms, they are prescribed by mental health providers and are used under professional supervision.

Virtual Reality Exposure Therapy (VRE)

VRE is a type of exposure therapy that uses virtual reality (i.e., interactive computer-generated simulations) to present the patient with stimuli for exposure therapy with a therapist. VRE has the advantage of being able to present situations that may be difficult to arrange in real life, for example, flying on an airplane for someone with the fear of flying.

COMPLEMENTARY THERAPIES

Recreational/Physical Therapies

There are many physical activities that can have therapeutic mental health benefits. These can include things like yoga, meditation, aromatherapy, hypnotherapy, massage and acupuncture.

Creative Arts Therapy

Creative art therapy aims to engage the mind and allow expression in a safe, therapeutic environment through various creative methods, such as visual arts, dance, music, or poetry. This can be especially helpful to get those who have trouble talking about their feelings to open up and reflect.

Animal-assisted Therapy

Animal-assisted therapy is rooted in developing bonds between people and animals to help reduce stress and provide comfort. Various animal-assisted programs offer different animals for people with different physical and emotional needs. Dogs are the most common therapy animals, as they can be trained to recognize distress and offer support. Equine therapy involves spending time with the horses, with the focus often on experiential learning and developing coping skills.

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