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## **Psychotherapy For People Diagnosed With**

Psychotherapy can be helpful in treating most mental health problems, including: Anxiety disorders, such as obsessive-compulsive disorder (OCD), phobias, panic disorder or post-traumatic stress disorder (PTSD) Mood disorders, such as depression or bipolar disorder Addictions, such as alcoholism, drug dependence or compulsive gambling

## **Psychotherapy - Mayo Clinic**

Eye Movement Desensitization and Reprocessing Therapy (EMDR). Eye movement desensitization and reprocessing therapy... Exposure Therapy. Exposure therapy is a type of cognitive behavioral therapy that is most frequently used to treat... Interpersonal Therapy. Interpersonal therapy focuses

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**Psychotherapy | NAMI: National  
Alliance on Mental Illness**

A health professional may suspect or have diagnosed a condition such as depression, bipolar disorder, post-traumatic stress or other disorder and recommended psychotherapy as a first treatment or to go along with medication.

**NIMH » Psychotherapies**

Psychotherapy provides a means of helping participants to resolve emotional threats and play an active role in their lives. Consequently, psychotherapy is increasingly used within dementia care. This paper reviews the existing evidence base for individual and group psychotherapy with people affected by dementia.

**Individual and group psychotherapy  
with people diagnosed ...**

Called "therapy" for short, the word

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psychotherapy actually involves a variety of treatment techniques. During psychotherapy, a person with a mental illness talks to a licensed and trained mental...

## **Types of Psychotherapy for Mental Illnesses**

While some people only need therapy for short periods of time, people with treatment-resistant depression might need it for longer. This is called maintenance therapy. Studies show that maintenance therapy lowers your risk of relapse. You and your therapist can watch for signs that your depression might be worsening.

## **Psychotherapy: Facts on Types of Treatment**

Interpersonal therapy helps people change their behavior with family and friends. It helps you communicate better and... Psychodynamic therapy looks at problems that may have started in childhood. It can take a few months, or

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even years. Cognitive behavioral therapy helps you understand and change ...

### **Psychotherapy for Depression: Interpersonal and Cognitive ...**

Dialectical Behavior Therapy (DBT)  
Dialectical behavior therapy (DBT) was the first form of psychotherapy found to be effective for people with borderline personality disorder (BPD.) DBT is a form of cognitive behavior therapy which focuses on how thoughts and beliefs can lead to actions and behaviors.

### **Borderline Personality Disorder Treatment**

Some people who have been in therapy may be unaware they have received a diagnosis. For their part, therapists have a wide range of views and practices pertaining to diagnosis, ranging from seeing ...

### **Blog Therapy, Therapy, Therapy Blog, Blogging Therapy ...**

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Psychotherapy may help to normalize thought patterns. Also, learning to cope with stress and identify early warning signs of relapse can help people with schizophrenia manage their illness.

### **Schizophrenia - Diagnosis and treatment - Mayo Clinic**

Psychotherapy, also called talk therapy, is sometimes used to treat antisocial personality disorder. Therapy may include, for example, anger and violence management, treatment for alcohol or substance misuse, and treatment for other mental health conditions.

### **Antisocial personality disorder - Diagnosis and treatment ...**

Cognitive behavioral therapy is the most effective form of psychotherapy for generalized anxiety disorder. Generally a short-term treatment, cognitive behavioral therapy focuses on teaching you specific skills to directly manage your worries and help you gradually return to the activities you've avoided

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because of anxiety.

### **Generalized anxiety disorder - Diagnosis and treatment ...**

Cognitive behavioral therapy (CBT), a type of psychotherapy, is effective for many people with OCD. Exposure and response prevention (ERP), a component of CBT therapy, involves gradually exposing you to a feared object or obsession, such as dirt, and having you learn ways to resist the urge to do your compulsive rituals.

### **Obsessive-compulsive disorder (OCD) - Diagnosis and ...**

Psychotherapy -- or "talk therapy"-- is an effective treatment for clinical depression. On its own, it may not be enough to treat severe depression. But it can play an important role when used with...

### **Psychotherapy (Talk Therapy) for Depression Treatment**

Talk therapy is often recommended to



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people coping with the effects of cancer. Cognitive behavioral therapy is a type of therapy that can have good success. CBT helps people challenge negative...

## **Psychotherapy for Cancer, Counseling for Cancer, Therapist ...**

In the study, researchers compared two groups of people recently diagnosed with bipolar disorder. One group received standard treatment, which included medication and support from community groups ...

## **6 Cognitive Behavioral Therapy Techniques for Bipolar ...**

Psychotherapy, or talk therapy, is a way to help people with a broad variety of mental illnesses and emotional difficulties. Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing.

## **What is Psychotherapy? - American Psychiatric Association**

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Psychotherapy, or "talk"therapy, is an important part of treatment for bipolar disorder. During therapy, you can discuss feelings, thoughts, and behaviors that cause you problems. Talk therapy can...

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