

Fundamentals of psychotherapy

Psychotherapy is a complex of medical influences on mentality and through mentality. The basic instrument of psychotherapeutic influence is the word. The psychotherapy is applied as an independent method of treatment and as a part of rehabilitation actions. During patient's after treatment psychotherapy is used with the purpose:

1) taking out an emotional strain as a result of illness; 2) rising the patient's mental and physical activity; 3) mobilization of mental resources to overcome illness.

Psychotherapeutic influence on the patient is rendered with patient and doctor conversation. During conversation it is necessary to convince the patient that he will by all means recover, the patient should be assured that the medical personnel will do the utmost for his convalescence. It is necessary to avoid harmful (iatrogenic) influence of conversations.

There are 3 basic trends in psychotherapy: **1) dynamic; 2) behavioral; 3) existential-humanistic.**

Psychodynamic (dynamic) psychotherapy considers primary inclinations and needs as a basis of the person's development. A personally focused psychotherapy and psychoanalysis relates to a psychodynamic trend.

A reconstruction of person's system of attitudes for the decision of external and internal conflicts lays in the basis of personally focused psychotherapy. The task of this kind of psychotherapy is deep investigation of the patient, his motives of behavior, his system of personal attitudes; the next stage is achievement of patient's comprehension of cause and effect relationship between the disease and the system of his attitudes; the help given to the patient to change his attitude to

psychotraumatic situation, the development of optimum variants of adaptive behavior, the way out and the solution of psychotraumatic situation. The psychotherapy can be conducted in the individual and group form. The basic method is a conversation during which the patient receives necessary information about the reasons, the character, and possible outcomes of the disease. Boundary alienations – neurosis, psychotherapy, frustration of adaptation are successfully treated by means of psychotherapy.

The founder of psychoanalytical therapy is S. Freud. In his opinion an unrealized conflict in sphere of sex desires in the childhood lays in a basis of illness. A psychotherapist's task is the simplification of patient's comprehension of the "unconscious" to solve these conflicts. One of the methods of psychoanalysis is the method of free associations when the patient tells any words without thinking, and this material is the basis for the analysis. Dreams, a projective drawing (drawing on the certain theme) can also serve as a material for psychoanalysis. Along with personally focused psychotherapy and classical psychoanalysis, analytical psychology (C. Jung), individual psychology (A. Alder), humanistic psychoanalysis (E. Fromm) relate to the dynamic trend.

Behavioral psychotherapy is most widely used nowadays. The founder is J. Watson. The basic method is the method of teaching. Patients with pavor (phobias) give in to treatment well by method of confrontations (oppositions) and deallergizations (weakening of sensitivity to pavor). For example, the patient with cardio phobia is artificially immersed in surroundings causing pavor and is kept in this situation for 45 minutes and by this he is taught that the attack will not end by death. Another implosion technique suggests to imagine a situation causing pavor and to keep it in consciousness as long as possible.

Humanistic psychotherapy – gestalt therapy, client-aligned therapy, autogenic training, existential therapy are referred to it. The given direction of psychotherapy used is based on the person's unlimited opportunities of self-improvement and spiritual development.

A deeply personal contact of the psychotherapist and the patient, his experience of the patient's emotions, verbalization (expression of everything told by the patient in other words) of the patient's experiences and his reflection of emotions (repetition of those words of the patient in which he immediately expressed emotions) lays in the basis of the client-aligned therapy.

Gestalt therapy – role games, where each of the participants puts on himself various roles, are in the basis of this method. The purpose of experiments is the achievement of the emotional and intellectual clearing leading to the person's integration. The founder of gestalt therapy is F. Perls.

Hypnotherapy is a method of psychotherapy which is not listed to any of the above listed directions and in which basis patient's immersing in a hypnotic dream by means of suggestion lays. Somnolent preparations are given to patients resistant to hypnosis. Hypnotherapy is used in treatment of various diseases of nervous system, in clinic of alienations, in case of internal organs illness, in case of surgical interventions and dermal diseases.

In treatment of psychosis hypnotherapy is used as an additional method together with psychotherapy.

Control questions:

1. List the basic purposes and tasks of psychotherapy.
2. List the basic trends in psychotherapy.
3. Psychodynamic psychotherapy.

4. Behavioral psychotherapy.
5. Humanistic trend. Gestalt therapy.
6. Hypnotherapy.