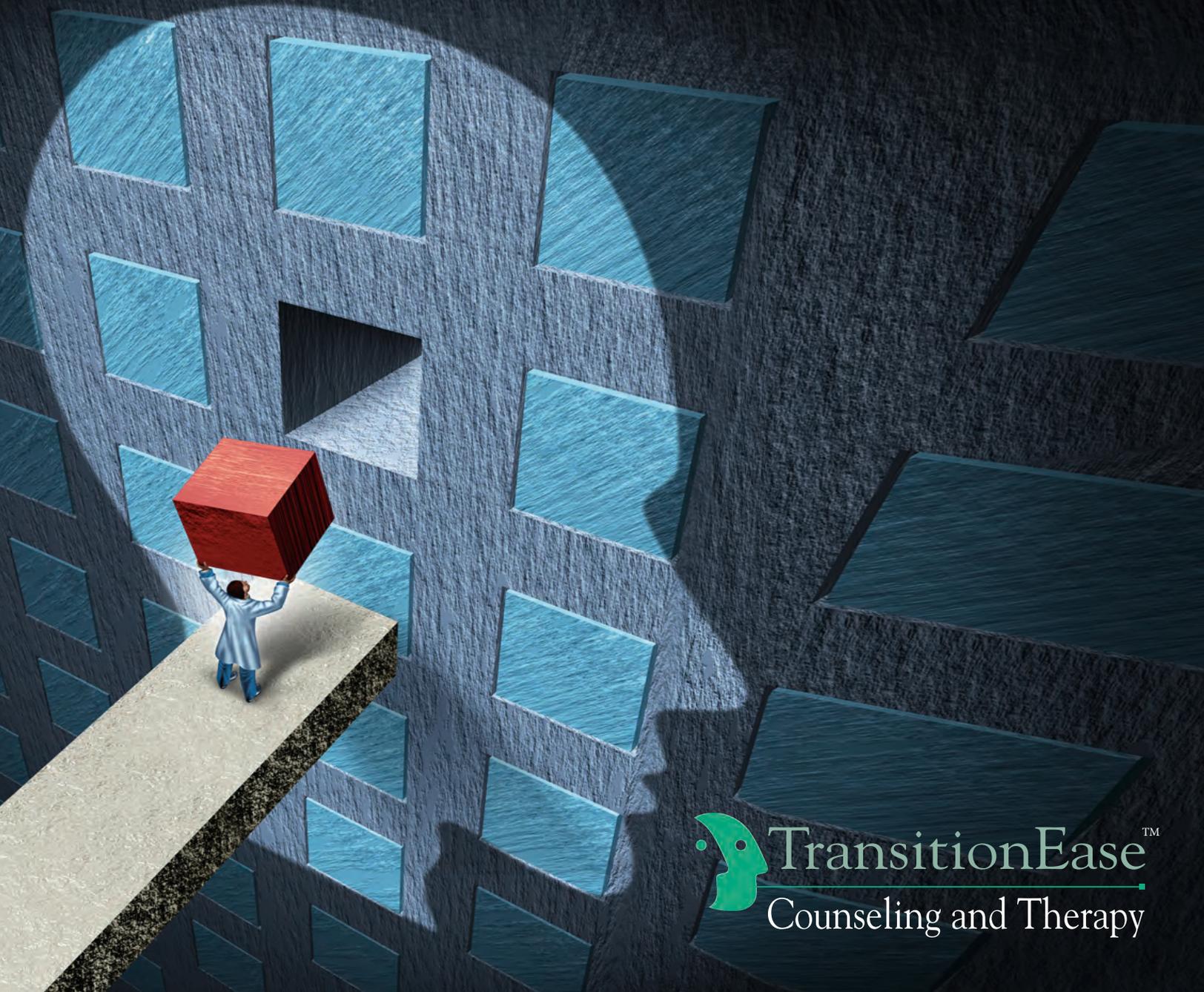


Types of Therapy

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Types of Therapy

This report will help you choose the type of therapy that is best suited to you or a family member. It provides a basic overview and comparison of the two primary umbrella categories of psychotherapy:

Cognitive Behavioral Therapy - CBT

Psychodynamic Therapy

These are the two prevalent types of therapies that have the most effective data to support their use. The two approaches are very different in their philosophies, style and basic assumptions. You may be able to determine which one feels like a better fit after reading about them. Or you may decide that neither one feels right and decide to seek an alternative. The ultimate test is to try it out with an actual therapist with whom you feel you have a “good fit.”

Finding a “Good Fit”

Clinical research also indicates that the quality of relationship that a client establishes with a therapist is an important factor in the success of a psychotherapy treatment. So no matter what kind of therapy you choose, it is important that you feel a comfortable connection with your therapist and have confidence their abilities.



Cognitive-Behavioral Therapy: Overview

Cognitive-behavioral therapy (CBT) was pioneered in the late 1950s as an alternative to psychodynamic therapy. It is a general term for a classification of therapies that emphasize the role of our thinking process in how we feel and what we do. It is an educational and technical approach to therapy that is aimed at reducing or suppressing a person's symptoms as quickly and economically as possible.

There are a variety of approaches (e.g., Rational Emotive Behavior Therapy, Dialectic Behavioral Therapy, Cognitive Therapy, Exposure Therapy) but most are based on the assumption that our thoughts cause our feelings and behaviors, not external things like people, situations, and events. CBT aims to help the client to uncover and alter distortions of thought or perception in order to change their behavior and emotional state.

CBT is a relatively brief or time-limited treatment. However, to prevent symptoms from returning, the client should continue to practice and develop the skills learned in CBT after the sessions have ended. Research studies indicate that CBT is effective. CBT lends itself to scientific study because it is time-limited and can be focused on specific, circumscribed goals with more readily measured outcomes. In addition, therapist interventions can be more easily standardized compared to psychodynamic therapy. It has been found to be effective for many conditions including depression, generalized anxiety, social phobia, post traumatic stress disorder, panic attacks, obsessive compulsive behaviors, phobias, addictions, insomnia and chronic pain.

Who can benefit from this type of therapy?

Anyone with Capacity for introspection,
Preference for a short-term and directive treatment
Willingness for self-analysis and an ability to practice coping skills.



Psychodynamic Psychotherapy: Overview

Psychodynamic therapy, also known as insight-oriented or psychoanalytic therapy, examines the complexities of interpersonal relationships. It stresses two important assumptions:

1. Each individual and their difficulties are unique.
2. Factors outside of our awareness influence our thoughts and behavior.

Psychodynamic therapy is the oldest of current therapies and while it evolved from Freudian psychoanalytic theory, it is also quite contemporary. It is generally what is meant by traditional “talk therapy”. Considerable research supports the efficacy of psychodynamic therapy.

People and their problems are unique

This is not a “one size fits all” approach. Psychodynamic therapy assumes that our personalities are shaped by several developmental stages. The belief here is that we are shaped by what happens when we are infants, children, adolescents, and young adults. Our experiences affect the way we see the world, the types of relationships that we have and the way we feel about ourselves in relation to others. Therefore, your therapist will try to understand your issues in the context of who you are as an individual, including your family history and upbringing.

Our difficulties are often rooted in factors outside of our awareness

Most people intuitively grasp that we all find ourselves behaving at times in ways we don’t fully understand. Psychodynamic therapy is in part based on the idea that we are not transparent to ourselves and that sometimes, what we do not know or understand about ourselves causes us problems. The less aware we are of these unconscious factors, the more they control us and we remain stuck in unproductive patterns of thinking, feeling, and behaving that disable and limit us. These problematic patterns are sometimes more obvious to us in others than in ourselves. It’s easy to notice that a friend keeps getting involved with one troubled guy after the other. Or your brother who has so much potential but never manages to get his act together, or your controlling co-worker who is always negative and pessimistic, or your insecure, over-achieving friend who works herself to death to the detriment of her family.

The role of the therapist is to help you come into greater contact with yourself, especially with thoughts and feelings that may not be readily visible to you. We all have psychological blind spots but the more we're able to know ourselves, the less these blind spots interfere with our ability to have healthy relationships and lead a satisfying life.

Psychodynamic psychotherapy also makes use of the relationship that develops between the client and the therapist as a means of learning about how a client relates to others in his or her life.

When is this approach of therapy useful?

Psychodynamic therapy can be useful for both general distress and more specific issues. Some examples of problems for which it is helpful include: repeated disappointments in relationships, discouragement, depression, loneliness, anxiety, fears, low self-esteem, fear of emotional intimacy, closeness or ability to trust others, inability to sustain feelings of pleasure or happiness, self destructive behaviors, lack of goals and inability to be motivated, physical problems that have psychological origin.

Who can benefit from psychodynamic therapy?

People who tend to benefit most from psychodynamic therapy are generally curious about their self and seek self-knowledge in addition to symptom relief. Some of the personal qualities that can facilitate this type of therapy include:

- Capacity for self-reflection
- Curiosity about oneself and one's internal life
- Desire for honesty and truth
- Willingness to tolerate painful and vulnerable feelings
- Last but not the least, a sense of humor.



CBT and Psychodynamic Therapy: Pros and Cons

Clinical research generally supports the efficacy of both CBT and psychodynamic therapy. Deciding which one is better for you depends to varying extents on:

Which approach appeals to you Finding a “good fit” with a competent therapist of either orientation
Your reasons for seeking therapy, your level of commitment, and your financial resources

PROS of CBT

While it is collaborative, CBT fosters a more independent effort on the part of the client. As such, it involves less reliance on the therapist than psychodynamic therapy. Some people prefer this. Many people cannot afford or don't want to engage in ongoing therapy (six months or longer) and prefer to try to use the more directive skills learned in a time-limited (e.g., 12-16 weeks) CBT treatment on their own. CBT is particularly good for recent onset and relatively circumscribed issues or specific goals.

CONS of CBT

While some people find CBT helpful, others feel that they are being talked out of their emotions. Some find that CBT's focus on positive thinking feels too superficial, minimizing the importance of their personal history. Others find they don't like the way this approach downplays emotions while seemingly overemphasizing the logical and thought-oriented components of one's mental life. Still others find they don't get the results they desire with CBT and find that while psychodynamic therapy is more of an investment, it is more effective for them.



Psychodynamic Therapy: Pros and Cons

PROS of Psychodynamic Therapy

Those who find psychodynamic therapy a good fit tend to swear by it. It attempts to address the root causes of psychological issues compared to CBT. As such, the benefits are thought to be broader-based and longer lasting. Psychodynamic therapy is particularly good for more general distress, psychosomatic conditions, and personality patterns or tendencies such as repeated difficulties in one's work or relationships.

CONS of Psychodynamic Therapy

While psychodynamic therapy can be brief, it does require a longer commitment than CBT. Some people don't find psychodynamic therapy to be a good fit. They may find it difficult to accept that, factors outside of their awareness influence their thoughts and behaviors. Others are reluctant to think about their childhood or the relationship that develops with their therapist. Psychodynamic therapy requires cooperation, openness and feels less structured than CBT that offers a more focused and directive approach.

About TransitionEase

TransitionEase was created to meet the needs of those who feel they are in a transitional phase of their life and need support.

There are times when you experience, or desire a dramatic shift in the course of your life. Such moments pose challenges but may also lead you to a change in life that will be meaningful, allowing you to evolve, grow and become who you desire to be.

At TransitionEase we understand that each individual is uniquely different from another. We provide personalized perspective to understand and resolve the challenges by applying complementary therapy approaches and techniques.

Our goal is to uncover your true potential and help you lead a life worth celebrating.

If you are looking for extra support and guidance and your are ready to move in a new direction, we look forward to working with you to achieve your goals.

TransitionEase Services

The ultimate process of therapy is to help you bring what you learn in the sessions back into your own life. TransitionEase provides following services in a comfortable and supportive atmosphere

- Therapy for Depression and Anxiety
- Family counseling
- Couples Counseling
- Aging and Care-giving counseling
- Grief counseling
- Women's issues
- Stress Management
- Work and Career issues



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