

Psychotherapy

- Treatment by psychological stimuli
- Intrapsychological process – therapeutic relationship
- Methods:
 - 1.Abreaction – release of repressed emotions and feelings
 - 2.Catharsis – clearing, cognitive rebirth
 - 3.Emotional distancing – to inspect oneself as someone else
 - 4.Insight = change of self- image – acceptance of theoretical interpretation
 - 5.Obtaining relevant information

- 6.Suggestion - irrational influencing of mind, suggestibility / physical, mental functions, attitudes/
- 7.Paradoxical mechanism
- 8.Mechanism of conditioned reflex, learning
 - A.Reward and punishment
 - B.training /constructive quarrelling, sexual interactions, assertive t./
 - C.relaxation, desensitization, imaginative conditioning, imitation
- 9.Emotional support – awareness of man, that he has somebody / something/ he can “lean” on emotionally

Friendship!!!!!!!

- “A friend is a person, who knows everything about you and despite that he loves you”

Psychoanalysis

- Sigmund Freud
- Our personalities are shaped by thoughts, events and feelings in early childhood /some of them are considered unacceptable/= unresolved childhood conflicts that we repress into **unconscious**. We constantly use energy to keep them there, but it is necessary to recognize them, bring them into awareness = to uncover them and deal with them in a constructive way.
- 1.**free association** – talk about every thought that comes in mind

- **2.dream interpretation** – our defenses are relaxed during sleep
- Transference= clients transfer to the therapist feelings that were originally aimed at their parents or other authorities = they voice repressed emotions

Client-Centered Therapy

- Carl Rogers, humanists
- Root of many disorders is in childhood /other people have expectations about how we should behave, we get rewards if we live up to others` expectations = we may lose touch with our own desires and feelings/, but we strive to reach our potential and lead a fulfilling life.
- **Unconditional positive regard** = accepting and caring for clients no matter what feelings or behaviors they have.
- Therapist shows **genuine** warmth and concern for clients, that will this way gain enough confidence to begin self-exploration and strive toward personal fulfillment.

- While difficulties may have begin in early childhood,we must deal with them in the present = present feelings are important, not past – “here-and-now”
- Therapist responds to the client as a unique individual and attempts to experience the world from the client`s position.

Gestalt Therapy

- Perls
- We need to become aware of the unconscious influences and we can take responsibility for our own actions.
- “ I do my own thing and you do your thing. I am not in this world to live up to your expectations. And you are not in this world to live up to mine. You are you and I am I. And if by chance we find each other, it`s beautiful. If not, then not.”
- “The past is no more and the future is not yet. Only **now** exists.” A person who is preoccupied with the past or too concerned with the future cannot function well in the present.

- The aim is to make people more aware of the feelings and thoughts that influence their behavior and to help them express these emotions in the present. Accept own **responsibility** for these emotions, feelings rather than try to excuse them / I am mad, not you make me mad/. It is not important why you are angry, but **be aware** of that and **express it**.
- **Role playing**
- **Empty chair** - clients place different parts of their personality in chairs and act each of these parts.

Hypnotherapy

- Induction of trance-like condition, patient is in an enhanced state of awareness, concentrating entirely on the hypnotic`s voice.
- The conscious mind is suppressed and the subconscious mind is revealed
- Reprogramming the subconscious – deep-seated instincts and beliefs are altered
- Patient cannot be made to do anything he wouldn`t ordinarily do. They are expected to be highly motivated to change some behavioral habit or addiction.

- 8 sessions
- Pain
- Phobias, fears
- Panic attacks
- Bedwetting
- Asthma
- Addictions, bulimia, post traumatic stress disorder
- Public speaking, confidence building, sports psychology
- Posthypnotic suggestions