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If you came to a doctor in the Middle Ages, you would advise leeches for bloodletting, and it would be all over. Also, it is likely if you came to a psychotherapist in 1920, you would only offer classic psychoanalysis and it would be all limited.

But if you come to a psychotherapist today, you can learn about the set of options for the psychotherapeutic session, sometimes very different from each other. There are many options how your psychotherapy will pass. And some modalities are very different from each other. Some are better suited for some problems, and something else is needed for others. But how to decide what is better for you? How to make a sure choice? First, you need to understand with what you go to a psychotherapist and what you want to change. Here is information about some of the main types of psychotherapy, which are widespread today:

**Cognitive behavioral therapy:** the main idea of this paradigm

All our problems due to what we think. It is great for the treatment of anxiety, depression and disorders of food behavior. The emphasis is placed on aware of thought, and not on what is in the field of unconscious. This is usually short-term therapy (a few months or maybe a little more, until six months). Such therapists often give homework for better development of new ways of thinking and behavior.

**Dialectic behavioral therapy:** Originally was designed to help reduce the number of suicides and for the prevention of auto-aggressive behavior, as well as for people with a border disorder of personality. Also, this therapy helps to cope with depression, anxiety and other behavioral problems (impulsive behavior, incontinence in feelings, inability to control themselves and their behavior). Therapists often resort to coaching on the phone to support and accompany the patient in difficult situations between the sessions of therapy. Therapy usually lasts from six months to one year (sometimes longer), patients are often combined both individual and group sessions.

**Interpersonal psychotherapy:** a model abbreviated therapy, originally developed for the treatment of depression. It is based on the idea that depression can be caused by problems between people and that the solution to these problems can help solve personal problems. Treatment usually lasts from year to one and a half years. Now this therapy is used to treat the alarming disorders, disorders of food behavior.

**Psychodynamic psychotherapy:** also called psychoanalytic psychotherapy, based on the idea that thoughts and feelings that are out of sight of our consciousness, cause problems (panic attacks, anxiety, mood fluctuations, psychosomatic disorders and others). Psychoanalyst asks the patient to speak as free and not to control thoughts, you can talk about dreams and all fantasies. This allows

you to better get acquainted and understand the unconscious thoughts, feelings, drives. The best acquaintance with your feelings that experience the patient to psychoanalyst makes it possible to understand what feelings have to other people and objects from the past. Psychodynamic psychotherapy usually lasts more than a year or two, but sometimes consciously limited in time.

**Psychoanalysis:** This is an intense format of psychodynamic psychotherapy (therapeutic sessions pass three to five times a week, and therapy continues not one year). If the patient is usually sitting in psychodynamic therapy, then in psychoanalysis, the patient is proposed to lie on the couch. Cognizing yourself by understanding its unconscious, obtaining new experience in interactions with psychoanalyst makes it possible to improve the quality of the patient's life and help overcome the problems.

**Combined therapy:** A combination of psychotherapy and medicinal therapy is often used. It is applied when the therapist sees the meaning in medicines and has the right to write them out or can appeal to colleagues to the appointment of the desired drugs and monitoring the status.

There are other types of psychotherapy, but to start an understanding of practical psychology and this should be enough. There are short-term types of psychological assistance

From several days to several weeks, other long-term (several months old, some of the open end date). Some therapies work with a symptom and those problems that are on the surface, others try to look into the depths, encourage patients to speak freely and everything, plunging into their unconscious, which makes it available for understanding and awareness.

If you feel that you need psychotherapy, ask the people who you trust, about specialists who helped them, sign up for a consultation to the selected therapist

It will give the opportunity closer to him get to know, tell us about yourself, see and feel how it works. It will give an opportunity to understand

Will you comfortably work with him. You can meet with several psychotherapists and understand which one best suits you. And what to understand this can be asked some questions:

What kind of psychotherapy do you recommend me and why?

What purpose can we put in therapy?

How long can my therapy continue?

How do we understand that psychotherapy helps? When, approximately, will it happen? What will we do if there are no progress for a long time?

Do I need medicines other than psychotherapy? If so, then you appoint them yourself, or does someone do it?

Remember that the same type of therapy is not suitable for different people, everyone has their own characteristics. Specify questions, get more information, and then you will understand what is better for you.