

THERAPY

DEFINITION: Therapy is the non-medical treatment of emotional and mental disorders

GOAL OF THERAPY: healing a person's wounds and moving them to more effective thinking and living. Results can include alleviation of symptoms, restructuring of the personality, increased capacity for optimal functioning and happiness.

WHO CAN BENEFIT FROM THERAPY?

Anyone who is blocked by maladaptive patterns of behavior or thought
Someone who is stuck in emotional ruts or reactive habits

TYPES OF THERAPY:

Psychodynamic - investigates childhood issues and unconscious beliefs –usually long term
Cognitive behavioral – works with mental patterns and habits – usually short term
Family – works with a systems perspective; usually involves family members
Group – utilizes different modalities; less expensive; effective for some social issues

WHERE TO FIND A THERAPIST:

Ask your family physician whom they recommend for family and friends.
Contact your insurance provider.
For Presbyterians call the Board of Pensions at – 1-800-773-7752

Credentials – Licensure as a Clinical Psychologist, Psychoanalyst, Social Worker

Certifications - American Psychological Association, American Psychoanalytic Association, International Psychoanalytic Association, National Association for the Advancement of Psychoanalysis, National Association of Clinical Social Workers, American Association of Pastoral Counselors

QUESTIONS TO ASK A POTENTIAL THERAPIST:

(You can interview a therapist just as you would any professional you want to work with. Don't be reluctant to raise concerns or ask for more information. Any therapist who doesn't want to be interviewed is probably someone you don't want to continue with.)

What is your training and experience?

Do you have a continuing relationship with a supervisor/mentor therapist?

What is your therapy approach?

Psychodynamic (works with underlying dynamics)

Cognitive Behavioral (Conscious thoughts and behavior are emphasized)

Family Therapy (focus on the family as a unit and interpersonal interactions within)

What are your credentials, certifications?

What brings most of your clients to treatment?

How much do you charge?

Do you accept insurance?

What is a typical session like?