**Various Forms of Psychotherapy**

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Psychotherapy is an important topic within psychology. Many scientists, doctors and psychologists have a strong interest in psychotherapy. Psychotherapy remains a popular subject for students of clinical psychology. There are a lot of forms of psychotherapy is to consider the purpose of the process. Wolberg divided the major forms of psychotherapy into three categories: supportive, reeducative, reconstructive. The goal of supportive psychotherapy is to prevent the patient from getting worse. Although improvement in some areas of functioning is always desired, the major goal of intervention in this case is to prevent further deterioration. Supportive psychotherapy can be used with a range of problems. For example, this approach could be used with a person who has a faced a crisis or some form of stress. Suppose a woman has a just learned that her husband is terminally ill and he has fewer than six months to live a happy marriage. Psychotherapy could help her deal with her feeling related to her husband’s illness and her pending loss.

Supportive psychotherapy may also be used following natural disasters. Much of the work of Red Cross disaster relief within the mental health arena is supportive in nature. Regardless of the specific details of any patient’s problems, the goal of supportive psychotherapy to strengthen the patients psychological defenses, to maintain control within his or her life situation to restore a sense of equilibrium if problems have occurred.

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Wolberg’s second form of psychotherapy is reeducative psychotherapy. In this case the emphasis is on basically observed behavior. Topics of interest in psychotherapy will be the overt sources of conflict or difficulty in the patient’s life as well as the patient’s method of handling these stressors. Although a patient’s history will be taken the emphasis will be on the present rather than on the past.

Let’s look at an example of hour this might work. The patient is a 26 years old single male. A goal of this therapy is to increase his social life. After taking the patient’s history, the psychologist decides that this patient needs to learn better interpersonal skills. Through the use of role-playing and homework assignments, the patient gradually learns better communication skills and increases his self-confidence. He has understood the difference between those individuals with whom he may develop a social relationship and those who are not interested. Now he is comfortable, he has developed conversational and interpersonal skills his behavior is outside the therapy setting.

The third form of psychotherapy is reconstructive psychotherapy. In this form of psychotherapy a major goal of the process is for the patient to develop insight into the in conscious conflict that are hypothesized as underlying the present feelings of distress. The focus in reconstructive therapy is not on the symptoms but rather on the underlying cause of those symptoms but rather on the underlying cause of those symptoms.