

Download Current Psychotherapies 7th

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. Background There is substantial evidence that antidepressant medications treat moderate to severe depression effectively, but there is less data on cognitive therapy's effects in this population.. Objective To compare the efficacy in moderate to severe depression of antidepressant medications with cognitive therapy in a placebo-controlled trial. Humanistic psychology is a psychological perspective that rose to prominence in the mid-20th century in answer to the limitations of Sigmund Freud's psychoanalytic theory and B. F. Skinner's behaviorism. With its roots running from Socrates through the Renaissance, this approach emphasizes individuals' inherent drive towards self-actualization, the process of realizing and expressing one's own ...Current Work. Professor Menzies is an active researcher with numerous national competitive grants in areas of anxiety and avoidance, the treatment of the phobic disorders, CBT for social anxiety, new treatment programmes for obsessive-compulsive disorder, computerized treatment packages for anxiety disorders, and innovative treatments for child and adult stuttering. - Current Psychotherapies 7th