

Download Reason And Emotion In Psychotherapy

Emotional self-regulation or emotion regulation is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed. It can also be defined as extrinsic and intrinsic processes responsible for monitoring ...On this website, the “professional” in the above definition will be assumed to be a psychologist, although other mental health practitioners may be licensed to conduct psychotherapy. Psychotherapy, as defined here, has ethics which can be distinguished from the ethics of counseling that focus on helping a person solve “normal” problems. 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. As an online psychologist, I work exclusively by Skype and other video conferencing platforms. Since many prospective clients are in time zones different from mine (Mountain Standard Time), I do my best to accommodate different schedules, though my evening hours are very limited. - Reason And Emotion In Psychotherapy