

# School of Nursing

Course Code : BSCN3003

Course Name: Mental Health Nursing

## INDIVIDUAL PSYCHOTHERAPY

Name of the Faculty: Nancy Thakur

Program Name: B.Sc, NSG

## INTRODUCTION

- Individual psychotherapy is a method of bringing about change in a person by exploring his or her feelings, attitudes , thinking, and behavior.
- Therapy is conducted on a one-to-one basis, i.e. the therapist treats one patient at a time. Patients generally seek this kind of therapy based on their desire . Such therapy helps to:-
  - Understand themselves and their behavior
  - Make personal changes
  - Improve interpersonal relationships
  - Get relief from emotional pain or unhappiness

## INDICATIONS

- Stress – related disorders
- Alcohol and drug dependence
- Sexual disorders
- Marital disharmony

## THERAPY PROCESS

- The patient is encouraged to discover himself the reasons for his behavior.
- The therapist listens to the patient and gives explanation and advice when necessary.
- **The relationship between patient and therapist proceeds through stages: introduction , working and termination**

## APPROACHES

- **Psychodynamic therapy** is based on psychoanalytic theory, the assumption that when a patient has insight into early relationships and experiences as the source of his or her problems they can be resolved.
- **Humanistic therapy** centers on the patient's view of the world and his or her problems. The goal is to help the patients realize their full potential.
- **Behavior therapy** emphasizes the principles of learning with positive or negative reinforcement and observational modeling.
- **Cognitive therapy** focuses on identifying and correcting distorted thinking patterns that can lead emotional distress and problem behaviors. Patients are taught problem-solving skills and stress-reducing methods.

## References

- <https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610>
- <https://www.counselling-directory.org.uk/cognitive-therapy.html>