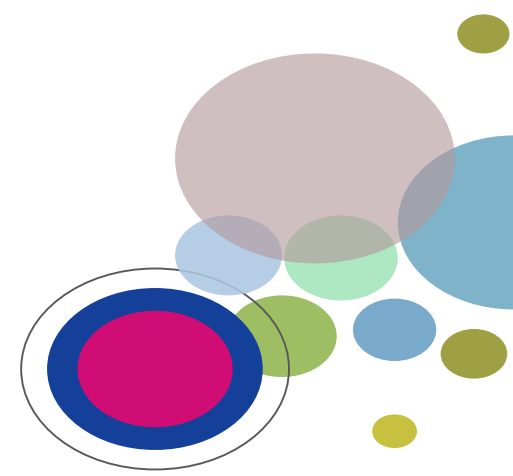




# Does Psychotherapy Really Work?



# Studies of Effectiveness

## Surveys and studies

- 75 to 90 percent of those treated say they improved
- Longer a person stays in therapy, the better the improvement
- No one method effective for all problems but certain therapies are better for certain problems

Are self-reports the most reliable assessment of therapy?

# Studies of Effectiveness

- **Behavioral therapies** for bedwetting, phobias, compulsions, sexual dysfunction
- **Psychodynamic** for depression and anxiety
- **Cognitive** for anxiety, PTSD, depression
- No scientific support for therapies like manipulating energy fields, recovering memories, and rebirthing
- Some therapies can harm: Scared Straight

# Alternative therapies with mixed results

## EMDR

Eye Movement Desensitization  
Reprocessing

- 84 – 100 percent of single-trauma patients say it works
- Skeptics say the eye movements are not the therapeutic ingredient



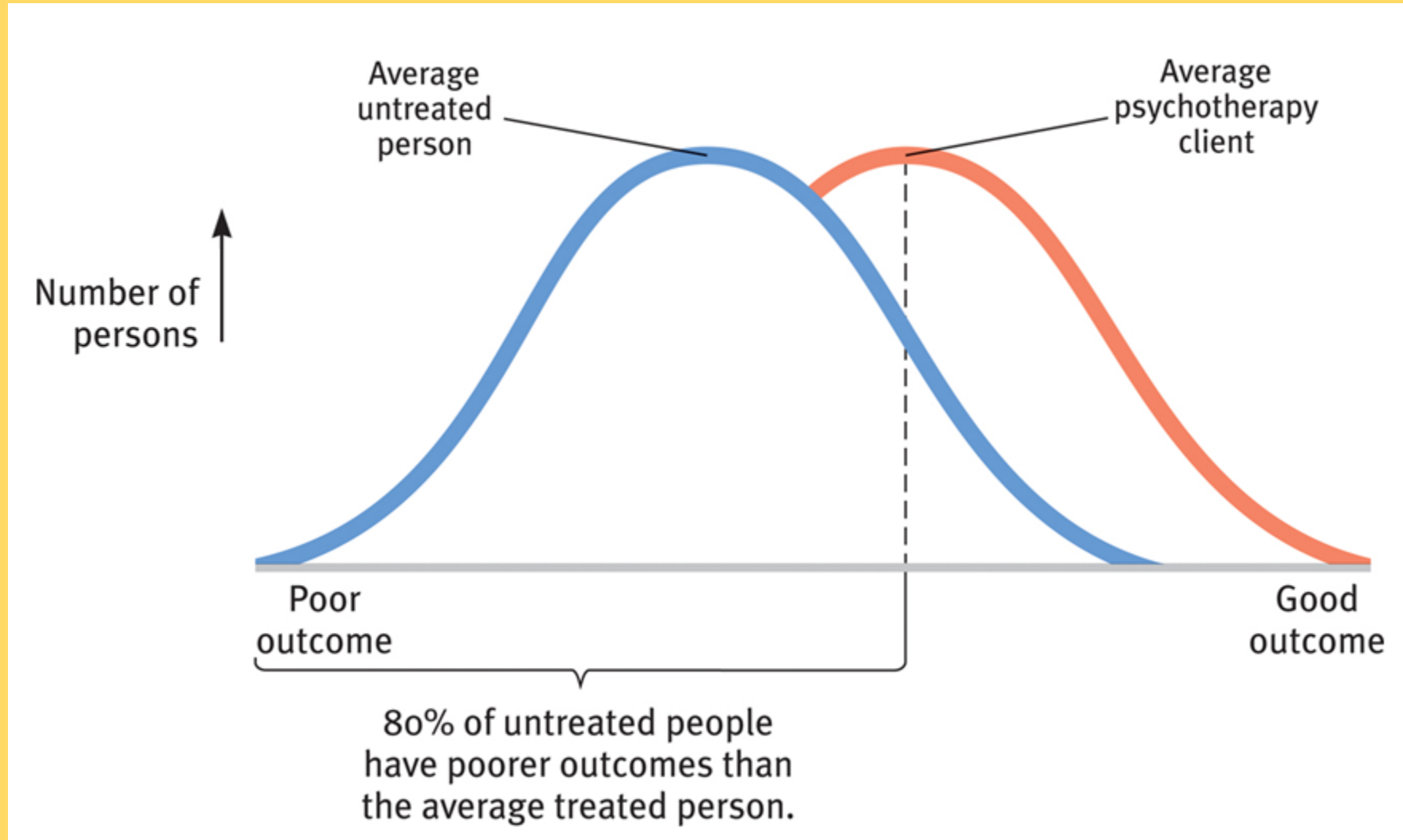
# Alternative therapies with mixed results

## Light Exposure Therapy

- 50 – 60 percent of those suffering from Seasonal Affective Disorder experience relief.

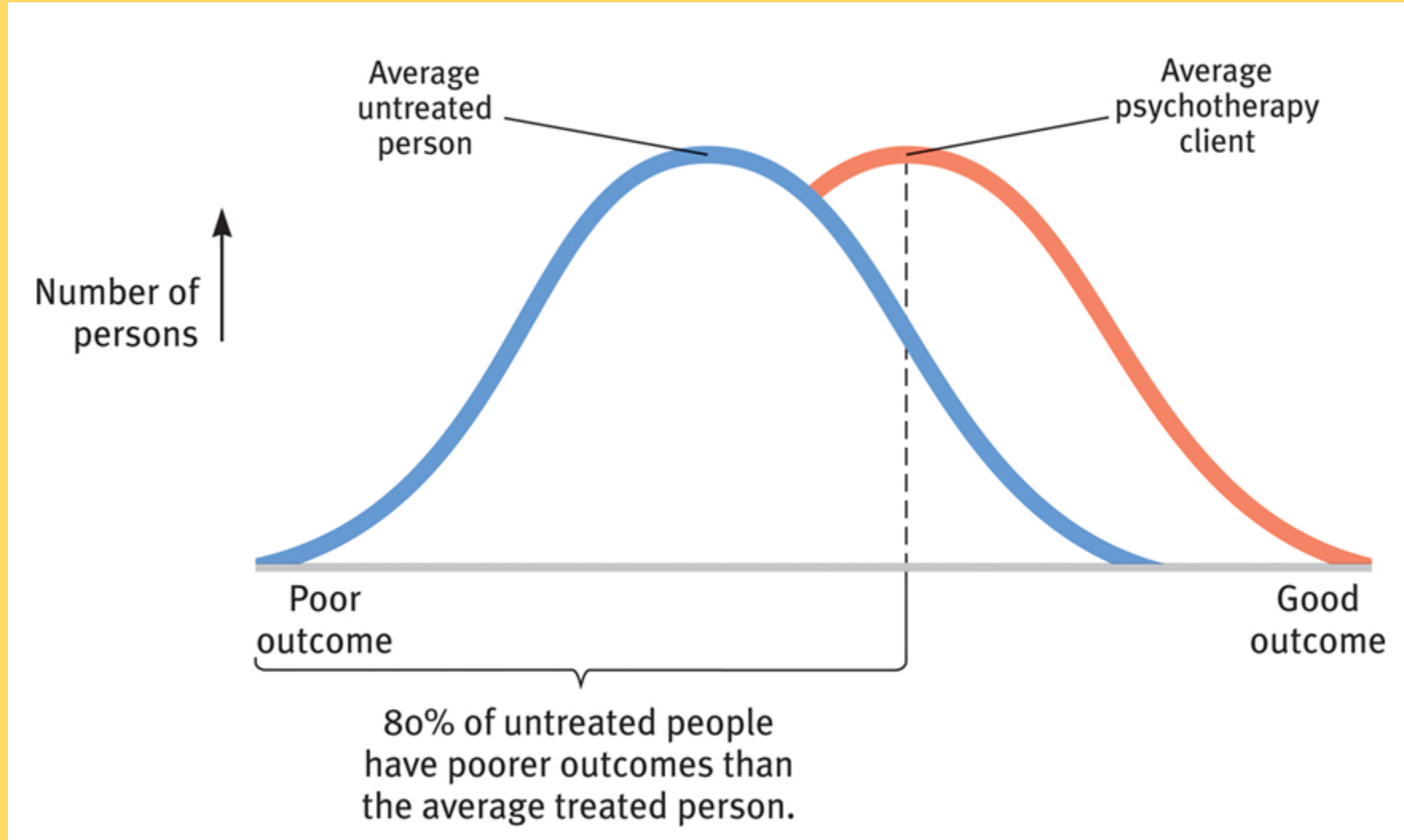


# Outcome Research



Those undergoing therapy are more likely to improve more quickly, and with less risk of relapse.

# Outcome Research



Cost effective: those seeking treatment tend to have fewer medical appointments.

# Characteristics of Effective Therapy

- **Matching therapy to client and problem**
- **Therapeutic alliance:** Warm, caring, accepting, empathic, respectful relationship between therapist and client
- **Protected setting**
- **Opportunity for catharsis**
- **Learning and practice of new behaviors**
- **Positive experiences**





# Psychotherapy Odds and Ends

# Commonalities Among Psychotherapies

- ***Hope for demoralized people***

- With commitment from the therapy seeker, things will get better



# Commonalities Among Psychotherapies

- ***A New Perspective***

- Therapy offers a plausible explanation for symptoms and an alternative way of looking at one's self and responding to life



# Commonalities Among Psychotherapies

- ***An empathetic, trusting, caring relationship***
  - Effective therapists are empathetic people who seek to understand, communicate care and concern, and offer assurance and trusting advice.



# Commonalities Among Psychotherapies

- Studies have found little correlation between a therapist's training and experience and client outcomes.
- The **therapeutic alliance** is a key aspect of effective therapy



# Culture, Gender and Values

- Therapists differ from one another and may differ from their clients
- These differences can become significant when a therapist from one culture or gender meets a client from another



# Culture, Gender and Values

- What differences in **culture** could affect psychotherapy?
- What differences in **ethnicity** could affect psychotherapy?
- What differences in **gender** could affect psychotherapy?
- What differences in **religion** could affect psychotherapy?
- What **other** differences could affect psychotherapy?

# Psychotherapists

When should a person seek a mental health professional?

- Feelings of hopelessness
- Deep & lasting depression
- Self-destructive behavior, including substance use disorder
- Disruptive fears
- Sudden mood shifts
- Thoughts of suicide
- Compulsive rituals, such as hand washing
- Hearing voices or seeing things that other's don't experience



# Psychotherapists

**Clinical Psychologists:** Most are psychologists with a Ph.D. (includes research training) or a Psy.D (focuses on therapy) supplemented by a supervised internship and postdoctoral training.

**Psychiatrists:** Psychiatrists are physicians who specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s or D.O.s they can prescribe medications.

# Psychotherapists

**Clinical or psychiatric social workers:** A two-year master of social work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal or family problems.

**Counselors:** Marriage and family counselors specialize in problems arising from family relations. Clergy provide counseling to countless people. Mental health and other counselors may be required to have a two-year masters degree.