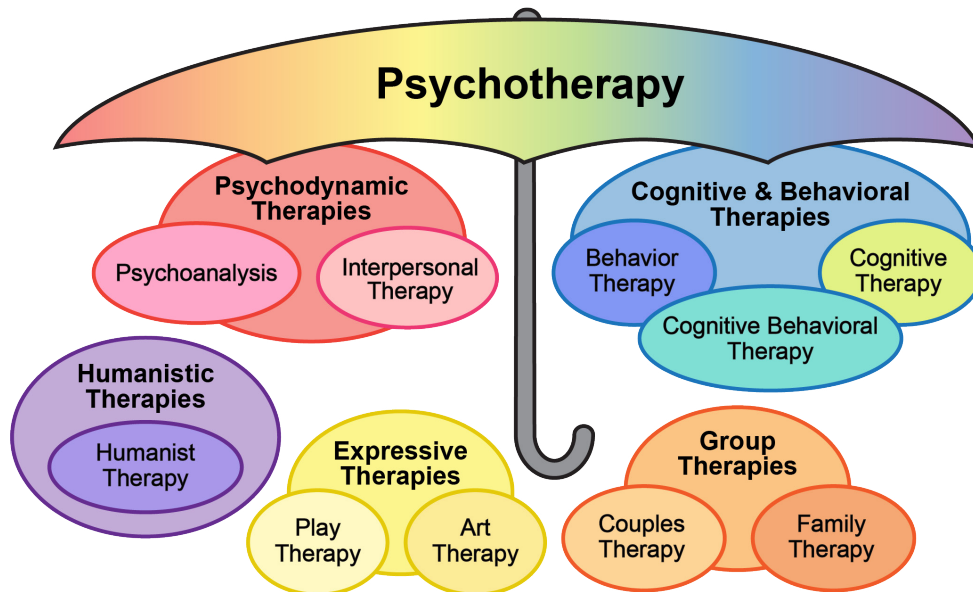


TOPIC: PSYCHOTHERAPY

Introduction to Psychotherapy

- ◆ **Psychotherapy:** Treatment that uses psychological methods to address emotional distress or mental disorders.
- ◆ Can be used to _____ various psychological disorders, or generally improve mental and emotional wellbeing.
 - Hint: When people say “therapy” they are usually talking about _____ therapy.



- ◆ **Eclectic Therapy:** Use of _____ approaches or techniques.
 - Allows therapist to tailor their approach to the client and the problem.

EXAMPLE

A therapist who practices eclectic therapy...

- Uses different theoretical approaches and techniques during therapy sessions.
- Believes that active forms of therapy are better than passive forms of therapy.
- Always utilizes therapy practices grounded in artistic techniques.
- Does not believe in talk therapy.