

ROLE OF COUNSELING AND PSYCHOTHERAPY ;

in majority of the cases it is the 1st line of treatment

1-Counseling:

it means a serious talk to about the need to change behavior

The counselor's role is not to provide solutions to the client's instead he assists the client to choose decision among alternative courses of actions

2-Psychotherapy :

Means therapy by psychological means it means treatment applied directly to the 'mind

1-Cognitive behavioral therapy; is an evidence_based psychological approach , it seeks to help patient to analyze existing pattern of thinking, emotional reactions and behavior and to try out new approach in a stepwise fashion .

2-Interpersonal Psychotherapy; which addresses difficulties in the patient's close relationships, helping to improve his communication and problem-solving skills

3-Dialectical behavior therapy; to help the patient learn behavioral skills to tolerate stress, regulate his emotions and improve his relationships with others

4-Family-based treatment

References:

1. Cognitive-Behavioural Therapy: Research and Practice in Health and Social Care 2nd edition
2. The Effects of Psychotherapy , H. J. EYSENCK