



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

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گلستان

WHAT IS THE PSYCHOTHERAPY

- ▣ Why we need the therapy
- ▣ How therapy work
- ▣ Case studies
- ▣ conclusion

- ▣ Why we need the therapy
- ▣ A primal wound
- ▣ Imbalances
- ▣ Amnesia and denial
- ▣ The emotionally healthy childhood

The marker of emotional health

- ▣ Self love
- ▣ Candour
- ▣ Communication
- ▣ Trust

How therapy work

- ▣ Witnessing
- ▣ Worldliness
- ▣ Kindness
- ▣ Listening
- ▣ Time
- ▣ Interpretation
- ▣ Relationship
- ▣ Inner voices

Psychoanalytic psychotherapy

- ▣ Psychoanalytic therapy is a form of talk therapy based on Sigmund Freud's theories of psychoanalysis. The approach explores how the unconscious mind influences your thoughts, feelings, and behaviors.

- ▣ issues we can help with
- ▣ Psychoanalytic psychotherapy can help with a range of psychological problems, particularly difficulties that can impact on relationships:
- ▣ Anxiety
- ▣ Depression
- ▣ Emotion struggles or trauma
- ▣ Identity problems
- ▣ Self-esteem issues
- ▣ Self-assertion
- ▣ Psychosomatic disorders
- ▣ Relationship issues
- ▣ Self-destructive behavior
- ▣ Sexual problems

Length of treatment

- ▣ Psychoanalytic psychotherapy sessions last for 50 minutes. They usually take place once a week, but sometimes more frequently. Within the Trauma Service this treatment is usually offered at fortnightly intervals.
- ▣ Treatment usually lasts for one year, but can vary from four sessions to two years.

Effectiveness

- ▣ Research shows that psychoanalytic psychotherapy is effective in the treatment of both mild and complex mental health problems.
- ▣ Studies show that psychotherapy in addition to antidepressant medication significantly reduces depressive symptoms, compared to antidepressants alone.
- ▣ Studies also show that for somatic disorders short term psychoanalytic therapy can be more effective than other therapies. Somatic disorders are physical complaints that initially appear to be medical but after investigation can't be explained with a medical diagnosis.

coach



- ▣ Other psychological treatments include:
- ▣ psychodynamic psychotherapy
- ▣ counselling
- ▣ cognitive behavioural therapy
- ▣ group therapy
- ▣ family therapy

conclusion

- درمان فقط برای ادم های دیوانه است
- روان درمانی خود محور است
- روان درمانی شان ما را از میان میبرد
- رواندرمانی فاقد اعتماد به نفس هست
- رواندرمانی همه چیز را دگرگون خواهد کرد

با شکر از توجه تان

