

1. Details of Module and its structure

Module Detail	
Subject Name	Psychology
Course Name	Psychology 03 (Class XII, Semester - 1)
Module Name/Title	Nature and process of psychotherapy - Part 4
Module Id	lepy_10504
Pre-requisites	Nature and process of psychotherapy, Therapeutic alliance
Objectives	After going through this lesson, the learners will be able to understand the following: <ul style="list-style-type: none">To understand various therapies such as client-centred therapy, Gestalt therapy, Interpersonal therapy and Bio-medical therapiesTo know how people with mental disorders can be rehabilitated.
Keywords	Empathy, Unconditional Positive Regard, Client-Centred, Gestalt, Electro Convulsive Therapy, Bio-Medical Therapies, Catharsis, Therapeutic Alliance, Yoga, Sudarshan Kriya, Meditation, Psychosocial Rehabilitation, Social Skills Training, Occupational Therapy, Vocational Therapy, Cognitive Retraining

2. Development Team

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Client-centred Therapy

Client-centred therapy was given by Carl Rogers. Rogers combined scientific rigour with the individualised practice of client-centred psychotherapy. By using the term client instead of patient, Rogers emphasized the importance of the individual in seeking assistance, controlling their destiny, and overcoming their difficulties. This self-direction plays a vital part of client-centered therapy. Rogers brought into psychotherapy the concept of self, with freedom and choice as the core of one's being.

The therapy provides a warm relationship in which the client can reconnect with her/his disintegrated feelings. The therapist shows **empathy**, i.e. understanding the client's experience as if it were her/his own, is warm and has unconditional positive regard, i.e. total acceptance of the client as s/he is. Empathy sets up an emotional resonance between the therapist and the client. **Unconditional positive regard** indicates that the positive warmth of the therapist is not dependent on what the client reveals or does in the therapy sessions. This unique unconditional warmth ensures that the client feels secure and can trust the therapist. The client feels secure enough to explore her/his feelings. The therapist reflects the feelings of the client in a non-judgmental manner. The reflection is achieved by rephrasing the statements of the client, i.e. seeking simple clarifications to enhance the meaning of the client's statements. This process of reflection helps the client to become integrated. Personal relationships improve with an increase in adjustment. In essence, this therapy helps a client to become her/his real self with the therapist working as a facilitator.

In short, client-centred therapists do the following:

- *Listen and try to understand* how things are from the client's point of view.
- *Check that understanding* with the client if unsure.
- Treat the client with the *utmost respect and regard*.

There is also a mandate for the therapist to be "congruent", or "transparent" - which means being *self-aware, self-accepting, and having no mask between oneself and the client*. The therapist knows themselves and is willing to be known.

Gestalt Therapy

The German word *gestalt* means 'whole'. This therapy was given by Frederick (Fritz) Perls together with his wife Laura Perls. The goal of gestalt therapy is to increase an individual's self-awareness and self-acceptance. Thus, an integrated person is aware of all the elements that unite and make them whole, that is, the body, feelings, intellect and senses. The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness. The therapist needs to be aware that their own ways of perceiving the clients are likely to be different from the clients' ways of perceiving themselves. The initial goal is for the client to gain awareness of what they are experiencing and doing now. The therapist does this by encouraging the client to act out fantasies about feelings and conflicts. This therapy can also be used in group settings.

Interpersonal therapy interpersonal therapy primarily considers the context of social relationships in resolving a client's distress. It focuses on improvement of the relationship that a person holds with the significant others. Its goal is to enhance an understanding of mutual conflicts which may arise due to social skills deficits as well as role transitions. **Biomedical therapies** are forms of therapies that attempt to alleviate mental disorders through physiological means. Three procedures used as interventions are **drug therapies, electroconvulsive (shock) treatment, and psychosurgery.** Drug therapies.

Medicines may be prescribed to treat psychological disorders. Prescription of medicines for treatment of mental disorders is done by qualified medical professionals known as psychiatrists. They are medical doctors who have specialised in the understanding, diagnosis and treatment of mental disorders. The nature of medicines used depends on the nature of the disorders. Severe mental disorders such as schizophrenia or bipolar disorder require anti-psychotic drugs. Antidepressants are often effective in treating depression. However research evidence suggests that antidepressants are not necessarily more effective than several forms of psychotherapy especially cognitive and behavioral therapies. Common mental disorders such as generalised anxiety, GAD, may also require milder anti-anxiety drugs. These anti-anxiety drugs have also been used to treat obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder, and post-traumatic stress disorder. The medicines prescribed to treat mental disorders can cause side-effects which need to be understood and monitored. Hence, it is essential that medication is given under proper medical supervision. Long term use of these drugs can be quite dangerous. Even the drugs which normal individuals use to stay awake to study for

examinations or to get a 'high' at a party have dangerous side-effects. These drugs can cause addiction, and harm the brain and the body by causing dependency. Individuals experience withdrawal symptoms when they are abruptly stopped. Therefore, it is dangerous to self-medicate with drugs which affect the mind.

Electro-convulsive Therapy (ECT)

You must have seen people with mental problems being given electric shocks in films. Electro-convulsive Therapy (ECT) is another form of biomedical therapy. Mild electric shock is given via electrodes to the brain of the patient to induce convulsions. The shock is given by the psychiatrist only when it is necessary for the improvement of the patient. ECT is not a routine treatment and is given only when drugs are not effective in controlling the symptoms of the patient. ECT seems to work at least for some disorders. There are important risks connected with ECT. In some cases it does irreversibly damage to portions of the brain.

Psychosurgery

Psychiatric neurosurgery, or psychosurgery, involves the surgical ablation or disconnection of brain tissue with the intent of altering abnormal affective and behavioral states caused by mental illness. In simple terms it is surgery performed on the brain in an effort to reduce or eliminate mental disorders. However it should be viewed as a very drastic form of treatment an approach to be tried only when everything else has failed.

Healing in Psychotherapy

As we have read, psychotherapy is a treatment of psychological distress. There are several factors which contribute to the healing process. Some of these factors are as follows :

1. A major factor in the healing is the techniques adopted by the therapist and the implementation of the same with the patient/client. The therapist may adopt multiple methods based on the requirement of the individual client. If the behavioural system and the CBT school are adopted to heal an anxious client, the relaxation procedures and the cognitive restructuring largely contribute to the healing.
2. The therapeutic alliance, which is formed between the therapist and the patient/client, has healing properties, because of the regular availability of the therapist, and the warmth and empathy provided by the therapist.
3. At the outset of therapy while the patient/client is being interviewed in the initial sessions to understand the nature of the problem, s/he unburdens the emotional problems being faced. This

process of emotional unburdening is known as catharsis, and it has healing properties.

4. There are several non-specific factors associated with psychotherapy. Some of these factors are attributed to the patient/client and some to the therapist. These factors are called non-specific because they occur across different systems of psychotherapy and across different clients/patients and different therapists. Non-specific factors attributable to the client/patient are motivation for change, expectation of improvement due to the treatment, etc. These are called patient variables. Non-specific factors attributable to the therapist are positive nature, absence of unresolved emotional conflicts, presence of good mental health, etc. These are called therapist variables.

Guidelines to choose an effective therapist

Many a times one may experience mental health issues, which may be severe for the person, to the extent that it is difficult to deal with one's situation. The unpleasantness and uneasiness, accompanied with feelings of hopelessness and helplessness further weakens the coping mechanisms of a person. Discussing this with one's friends and relatives may seem meaningless. Thus seeking effective help is imperative and here are the basic guidelines.

Ask for help: One has to take the first step as there are many mental health professionals who want to help but can't approach you, as they may not be aware of your condition. Students have help desks and counsellors in schools and colleges. They can provide help or direct you to the right place. Moreover, mental health Association in every city can provide details of Mental Health professionals in that area. One may have obtained the names of many therapists. It is difficult to choose amongst them. Thus one must keep in mind that before he/she consults a therapist they must be sure that the person has a degree in psychology, and the counselling psychologist/psychiatrist specialises in providing help for that particular disorder.

Look for signs of progress once the therapy starts. Be regular with the sessions and seek for positive changes. If two to three months have passed and one doesn't see a relevant change, it is time to ask the therapist. Generally psychotherapy is short term in nature.

Discontinue with the therapy sessions if the distress is not reduced or even aggravated. Do not compromise with your moral standards and values. Beware of unrealistic claims that state that the other person, i.e. the therapist, has the ability to provide extreme happiness

Ethics in Psychotherapy

In psychotherapy the focus of intervention is targeting the most internal, sometimes hidden and intimate world of an individual. This makes it crucial to maintain the ethical standards during psychotherapy. Ethical values of, responsibility, integrity, confidentiality, competence, respect concern in detail are relevant. It helps psychotherapists to be thoughtful about ethical principles, potential challenges, and dilemmas as well as about getting appropriate training and supervision that can help them in initiating the therapeutic alliance and carry on therapy in a fulfilling manner.

Some of the ethical standards that need to be practiced by professional psycho-therapists are :

1. Informed consent needs to be taken.
2. Confidentiality of the client should be maintained.
3. Alleviating personal distress and suffering should be the goal of all attempts of the therapist.
4. Integrity of the practitioner-client relationship is important.
5. Respect for human rights and dignity.
6. Professional competence and skills are essential.

Alternative Therapies

Alternative therapies are so called, because they are alternative treatment possibilities to the conventional drug treatment or psychotherapy. There are many alternative therapies such as yoga, meditation, acupuncture, herbal remedies and so on. In the past 25 years, yoga and meditation have gained popularity as treatment programmes for psychological distress. **Yoga** is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutras. Yoga as it is commonly called today either refers to only the asanas or body posture component or to breathing practices or pranayama, or to a combination of the two. The use of yoga for rehabilitation has diverse applications. Yoga practice benefits patients by improving their mental ability, motor co-ordination and social skills. This makes the restoration of functional ability of a patient possible. With regard to psychotherapy yoga practice has helped restore the psychological function and mental equilibrium in persons with posttraumatic stress disorder and even certain psychotic conditions. Yoga practice can help people who are at a disadvantage because of their social circumstances.

How does meditation help an individual develop higher self-esteem? The goals of existential-humanistic psychology and meditation share a core goal: increase an individual's self-awareness

and enable them to get in touch with their thought processes. The major goal of meditation is to gain tranquility and awareness of oneself by cultivating focus and concentration through focused intentional attention (Brown & Ryan, 2004; Germer, Siegel, & Fulton, 2005). Mindfulness meditation has its roots in Buddhism, which is over 2500 years old. The founder of Buddhism, Siddhartha Gautama (later called Buddha), was a prince. Through this attentiveness and awareness one achieves an understanding of the self and begins to comprehend the meaning and purpose of life. It is from these beginnings that variations of the original meditation took place. Some of the popular types of meditation in our present century are: (1) Mindfulness meditation (Vipassana), (2) Transcendental Meditation (TM), and (3) Zen.

Meditation.

Mindfulness has been associated with words such as awareness, spaciousness, concentration, insight, and focused attention. The two basic approaches are: (1) TM-type meditations, where the focus of attention is on a single object (samatha) or the repetition of mantra and (2) mindfulness meditation, where the key factor is to observe the continuous movement of thoughts (vipassana)

Meditation refers to the practice of focusing attention on breath or on an object or thought or a mantra. Here attention is focused. In Vipassana meditation, also known as mindfulness-based meditation, there is no fixed object or thought to hold the attention. The person passively observes the various bodily sensations and thoughts that are passing through in her or his awareness.

The rapid breathing techniques to induce hyperventilation as in Sudarshana Kriya Yoga (SKY) is found to be a beneficial, low-risk, low-cost adjunct to the treatment of stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related medical illnesses, substance abuse, and rehabilitation of criminal offenders. SKY has been used as a public health intervention technique to alleviate PTSD in survivors of mass disasters. Yoga techniques enhance well-being, mood, attention, mental focus, and stress tolerance. Proper training by a skilled teacher and a 30-minute practice every day will maximise the benefits. Research conducted at the National Institute of Mental Health and Neurosciences (NIMHANS), India, has shown that SKY reduces depression. Further, alcoholic patients who practice SKY have reduced depression and stress levels. Insomnia is treated with yoga. Yoga reduces the time to go to sleep and improves the quality of sleep.

Kundalini Yoga taught in the USA has been found to be effective in treatment of mental disorders. Kundalini Yoga is one of many traditions of yoga that share common roots in ancient Indian philosophy. It is comprehensive in that it combines physical poses with breath control exercises, chanting (mantras), meditations, prayer, visualizations, and guided relaxation. It is an elaborate system focused on healing and "purifying" the mind, body, and emotions. Kundalini Yoga incorporates many aspects of other forms of yoga as well as related techniques of meditation and relaxation. It also offers teachings for all aspects of life including diet (vegetarian), serving others, and yogic life skills such as conscious parenting and partnering. However, the emphasis is more on breathing and meditation exercises, and less on challenging physical postures to build strength or flexibility, as is the emphasis in some other forms of yoga. The Institute for Non-linear Science, University of California, San Diego, USA has found that Kundalini Yoga is effective in the treatment of obsessive-compulsive disorder. Kundalini Yoga combines pranayama or breathing techniques with chanting of mantras. Prevention of repeated episodes of depression may be helped by mindfulness-based meditation or Vipassana. This meditation would help the patients to process emotional stimuli better and hence prevent biases in the processing of these stimuli.

Psychosocial Rehabilitation of the Mentally Ill

Deinstitutionalization refers to releasing patients from mental hospitals to the community. Effective drugs for treating mental disorders became readily available in the 1940s and 50s. It was hoped that the drugs will help alleviate the distressing condition of the patients and the patient will be a functional member of the community. However over a period of time it was observed that these patients were not accepted by the society. The stigma of mental illness can be an added burden. It may be particularly difficult to find work, have a reasonable income, or to be included by other people. They may have to cope not only with a difficult mental illness, but also with the attitudes of other people. Thus, non acceptance by community members made them drift towards homelessness and unemployment. The mental health professionals and psychologist made efforts to help them deal effectively with their disorders by learning the coping mechanisms. Thus, they were able to recognise that they were more equipped to manage their deteriorating condition. Through this **psychosocial rehabilitation** they were enabled to live a more normal life in the community. It helps the patient to develop the emotional, social and intellectual skills needed to live, learn and work in the community with the least amount of professional support. Rehabilitation facilitates a patient to resume normal life after an illness, or to restore to a previous position of work and community living

We need to understand that the **treatment of psychological disorders has two components**, i.e. reduction of symptoms, and improving the level of functioning or quality of life. In the case of milder disorders such as generalised anxiety, reactive depression or phobia, reduction of symptoms is associated with an improvement in the quality of life. However, in the case of severe mental disorders such as schizophrenia, reduction of symptoms may not be associated with an improvement in the quality of life. Many patients suffer from negative symptoms such as disinterest and lack of motivation to do work or to interact with people. Rehabilitation is required to help such patients become self-sufficient. The aim of rehabilitation is to empower the patient to become a productive member of society .

Aims of rehabilitation

To be motivated to lead a fulfilling life.

To learn or re-learn life skills.

To get your confidence back.

To cope better without seeking help from others.

To develop a sense of high self esteem.

To achieve the things you want to, like living in your own flat, or starting a family.

To get a job in accordance with one's previous experience,skills and aptitude.

To feel independent and comfortable with your life.

In rehabilitation, the patients are given **occupational therapy, social skills training, and vocational therapy**. In occupational therapy, the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline. This is done with a view to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement .

Social skills training helps the patients to develop interpersonal skills through role play, imitation and instruction. Social skills are the behaviours, verbal and non-verbal, that we use in order to communicate effectively with other people.The objective is to teach the patient to function in a social group.

Cognitive retraining is given to improve the basic cognitive functions of attention, memory and executive functions including retrieval, organization, problem solving, concrete versus abstract thinking, instructional routines, self-regulatory routines, transfer of training, cognitive and learning strategies, and others.

After the patient improves sufficiently, vocational training is given wherein the patient is helped to gain skills necessary to undertake productive employment. Thus, the primary goal of vocational training is to assist patients to regain their independence through employment or some form of meaningful activity brings sustenance and well being and helps in reintegration into society.