



## **Psychotherapy: Explanations of Concepts and Terms**

### **Psychoanalytic Psychotherapy**

Psychoanalytic psychotherapy is an effective and scientifically well-researched psychotherapy method used in the psychotherapeutic treatment of a broad spectrum of mental and psychosomatic illnesses and life difficulties and crises in children, adolescents and adults.

The psychoanalytic approach is based on the psychoanalysis founded by Sigmund Freud, in which the biographical imprint of the human being and the unconscious play a significant role. The aim of this treatment method is to uncover the unconscious fears, desires and themes underlying the symptoms and life difficulties and to work on them in the therapeutic relationship.

### **Behavioural Therapy**

Behavioural therapy is a form of psychotherapy with recognised effective, psychologically based methods for the treatment of mental disorders in adults, adolescents and children.

The aim is to bring about changes in feelings, thoughts, attitudes as well as changes in behaviour and actions. Modern behavioural therapy views human suffering primarily as the result of learning processes. Attitudes can be changed by applying behavioural and learning principles.

The aim is to analyse one's own behavioural patterns and identify conditions that promote problem behaviour.

The task of behaviour therapists is to support patients in achieving their goals in the best possible way. The focus is on helping people to help themselves.

### **Systemic Psychotherapy**

Systemic psychotherapy is an independent procedure with a multitude of methods and areas of application.

Originally developed from family therapy, systemic therapy and counselling is now used counselling is used today in work with individuals, couples, families and groups. It the individual in the network of relationships in his or her environment and sees symptoms as unsuitable attempts at solutions in the existing relationship patterns. The aim of interventions is to make these patterns clear, to activate resources and to resources and to broaden the perspectives and options for action of those involved. of the participants in a solution-oriented way.

The system considered relevant depends on the symptoms and the persons affected and involved.



**Psychotherapy** is predominantly used as individual therapy. Depending on the problem or specific difficulties, such as social inhibitions and fears, group therapy can also be useful. Other "settings", i.e. areas of application, are couple therapy or family therapy for conflicts and difficulties within a couple relationship or family.

### **Psychologist**

The professional title "psychologist" is protected and serves to protect the consumer. Only those who hold a Master's, licentiate or FH diploma in psychology are allowed to practice psychology. Only those who hold a Master's, licentiate or FH diploma in psychology may call themselves a "psychologist" in Switzerland.

### **Psychiatrist**

A psychiatrist has a degree in medicine and has subsequently completed a recognized further training course in psychiatry and psychotherapy. A psychiatrist can prescribe medication, issue certificates and, like all doctors, bill basic insurance.