

Different Types of Psychotherapies

- 1.. Cognitive Behavioral Therapy (CBT): Focuses on changing negative thought patterns and behaviours.
2. Dialectical Behavior Therapy (DBT) : Combines CBT with mindfulness to improve emotional regulation.
3. Psychoanalysis : Explores unconscious thoughts and past experiences to understand current behaviour.
4. Psychodynamic Therapy : Similar to psychoanalysis, focuses on unconscious processes but is typically shorter.
5. Humanistic Therapy : Emphasises personal growth and self-actualization.
6. Existential Therapy : Addresses existential questions and seeks to find meaning in life.
7. Gestalt Therapy : Focuses on the present moment and personal responsibility.
8. Person-Centred Therapy : Centers on the client's capacity for self-direction and understanding.
9. Acceptance and Commitment Therapy (ACT) : Encourages accepting thoughts and feelings while committing to personal values.
10. Mindfulness-Based Cognitive Therapy (MBCT) : Combines mindfulness practices with cognitive therapy to prevent depression relapse.
11. Solution-Focused Brief Therapy (SFBT) : Focuses on finding solutions in the present time and exploring hope for the future.
12. Eye Movement Desensitization and Reprocessing (EMDR) : Uses eye movements to help process and reduce traumatic memories.
13. Interpersonal Therapy (IPT) : Focuses on improving interpersonal relationships and social functioning.
14. Narrative Therapy : Encourages clients to rewrite their personal narratives to create a more positive self-image.
15. Schema Therapy : Integrates elements of CBT with psychoanalytic and attachment theories to address deep-seated patterns.
16. Emotionally Focused Therapy (EFT) : Focuses on improving emotional bonds in relationships.
17. Art Therapy : Uses creative art-making to improve mental health and emotional well-being.
18. Play Therapy : Helps children express and process emotions through play.

19. Family Therapy : Addresses issues within the family system to improve communication and relationships.

20. Group Therapy : Involves therapy with a group of individuals who share similar issues.

21. Exposure and Response Prevention (ERP) : A type of CBT that helps reduce compulsive behaviors by gradually exposing individuals to their fears.

Emerging Therapies

1. Virtual Reality Therapy (VRT) : Uses virtual reality technology to simulate environments for therapeutic purposes.

2. Ecotherapy : Involves engaging with nature to improve mental health.

3. Sensorimotor Psychotherapy : Integrates physical movement and psychotherapy to address trauma.

4. Neurofeedback Therapy : Uses real-time monitoring of brain activity to teach self-regulation of brain function.

5. Brainspotting : Uses eye positions to process and release emotional pain and trauma.

6. Compassion-Focused Therapy (CFT) : Helps individuals develop self-compassion to reduce shame and self-criticism.

7. Somatic Experiencing : Focuses on bodily sensations to release trauma stored in the body.

8. Internal Family Systems Therapy (IFS) : Views the mind as composed of multiple sub-personalities or "parts" and aims to harmonise them.

9. Functional Analytic Psychotherapy (FAP) : Uses the therapist-client relationship to bring about change in daily life behaviours..

10. Ketamine-Assisted Psychotherapy (KAP) : Uses ketamine under professional supervision to enhance the psychotherapy process.

11. Integrative Body Psychotherapy (IBP) : Combines body awareness and psychotherapy to address emotional and physical health.

12. Psychedelic-Assisted Psychotherapy : Uses psychedelic substances under supervision to aid in psychotherapy.