

Types of mental health treatments

Psychotherapy is a method of talking face-to-face with a therapist. The following are a few of the types of available therapy:

- **Behavior Therapy**--Includes stress management, biofeedback and relaxation training to change thinking patterns and behavior.
- **Psychoanalysis**--Long-term therapy meant to "uncover" unconscious motivations and early patterns to resolve issues and to become aware of how those motivations influence present actions and feelings.
- **Cognitive Therapy**--Seeks to identify and correct thinking patterns that can lead to troublesome feelings and behavior.
- **Family Therapy**--Includes discussion and problem-solving sessions with every member of the family.
- **Movement/Art/Music Therapy**--These methods include the use of movement, art or music to express emotions. Effective for persons who cannot otherwise express feelings.
- **Group Therapy**--Includes a small group of people who, with the guidance of a trained therapist, discuss individual issues and help each other with problems.

Drug Therapy--Drugs can be beneficial to some persons with mental or emotional disorders. The patient should ask about risk, possible side-effects and interaction with certain foods, alcohol and other medications. Medication should be taken in the prescribed dosage and at prescribed intervals and should be monitored daily.

Electric Convulsive Treatment (ECT)--Used to treat some cases of major depression, delusions, and hallucinations, or life-threatening sleep and eating disorders that can not be effectively treated with drugs and/or psychotherapy. Discuss with your physician about the risks and side effects of ECT.