

Psychological Treatments Fact Sheet

There are many types of psychological treatments. Here are some of the most commonly used treatments for people with a mental illness.

Interpersonal therapy

Interpersonal therapy (IPT) views the troubling behaviours and attitudes of people as a result of inadequate or unsupportive relationships. The aim of IPT is to reduce a person's social isolation by improving how that person relates to important individuals in their lives.

Psychodynamic therapy

Psychodynamic therapy views mental illness as a result of unsuccessful progression through childhood, leading to problems with the balance of personality in adulthood. Psychodynamic therapy emphasises the importance of insight and self-reflection to discover the unconscious motives of a person's behaviour.

Humanistic therapy

Humanistic therapy views people as having the freedom to choose their actions and behaviours. Humanistic therapists believe the people are intrinsically good and are in charge of how they react to life experiences. The ability to make choices in turn creates philosophical struggles within oneself.

Person centred therapy

Person centred therapy (PCT) requires the clinician to build a relationship of trust and genuineness with the client; good rapport building is essential for this type of therapy to succeed. Psychodynamic and Humanistic therapies are two examples of PCT.

Cognitive behavioural therapy

Cognitive behavioural therapy (CBT) views people as actively involved in learning their thoughts, feelings and behaviours. The therapy focuses on people changing unhelpful or unhealthy thoughts, feelings and behaviours to change the way they view their environment.

Integrative therapy

Integrative therapy uses techniques from several different theories. An Integrative therapist may consider how a person's behaviours (behaviourism) and thoughts (cognitive) relate to each other to create their current situation (humanistic).

Dialectical behaviour therapy

Dialectical behaviour therapy (DBT) was specifically designed to treat people diagnosed with borderline personality disorder, but research has shown it has been effective with people with mood disorders, drug and alcohol issues or survivors of sexual abuse. DBT helps people learn to better control their emotions and learn appropriate ways of responding to situations and people.

Family interventions

Family interventions provide support by fostering relationships where mental illness has created stress and unease. Family interventions provide education about mental illness, focus on solving problems encountered as a result of the illness, and looks at ways or improving communication between family members.

Biofeedback

Biofeedback is a technique used to improve health by learning to manipulate one's own biological signals using relaxation, visualisation, and other control techniques. Biofeedback has been successful in treating a number of disorders such as depression, anxiety, post-traumatic stress disorder (PTSD) and substance abuse.