

Psychotherapeutic Treatments

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Empirically relevant psychotherapeutic treatments are commonly utilized in Individual, Couples and Family Psychotherapy. Approaches are many; ranging from psychodynamic, cognitive-behavioral and behavioral. Below are two widely accepted empirically-based treatments.

Clinical Hypnosis works with the assumption that the unconscious mind drives our motivation, beliefs and behaviors (Lynn, Rhue, Kirsch, 2010). It is mostly used in addition to another form of psychotherapy (Kirsch, Montgomery, & Sapirstein, 1995).

The way clinical hypnosis works is that it:

- Uses specific mental skills and techniques such as visualization, imagery and mental rehearsal
- Releases unproductive and unhealthy emotions and transforms negative beliefs, habits and behaviors through use of positive suggestions
- Changes result in sensation, perception, thought, and behavior (Kirsch et al., 1995)

Eye Movement Desensitization Reprocessing (EMDR) allows healing from emotional and physical symptoms which have resulted from trauma (Shapiro, 2002). EMDR is considered an extremely effective psychotherapeutic method for treatment of post-traumatic stress disorder (PTSD) and trauma-based symptoms (Van Etten & Taylor, 1998) (Schubert & Lee, 2009) (Lee & Cuijers, 2013). It is also effective in the treatment of anxiety and depressive disorders and stress-related symptoms (Maxfield, 2007).

The way EMDR works is that it:

- Facilitates the accessing and processing of traumatic memories in order to release emotional distress
- Enhances information processing related to the maladaptive memory of an event
- Can create new adaptive associations so that positive emotional connections and cognitive insights can develop

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