



# DEPARTMENT OF PSYCHOLOGY, MLSU

## FUTURE OF PSYCHOTHERAPY

MA SEM III

Unit-1

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# Brief History...

Psychology  
(1700)

-Ren e Descartes  
Study of how  
physical and  
chemical changes in  
our bodies  
influence our  
behavior.



(1883)

-Sir Francis  
Galton  
-Study of how  
heredity  
influences a  
person's abilities,  
character, and  
behavior



-Ivan Pavlov  
-study of how  
organisms  
learn or modify  
their behavior  
based on their  
response to  
events in the  
environment



Gestalt  
Psychology  
(1910)  
-Kurt Koffka -  
study of how  
sensations are  
assembled into  
perceptual  
experiences



-Rollo May  
-believes that  
each person  
has freedom in  
direction their  
future and  
achieving  
personal  
growth



Structuralism  
(1879)  
-William Wundt  
-Study of the  
basic elements  
that make up  
human



Functionalism  
(1890)  
-William  
James  
Study of how  
animals and  
people adapt



Psychoanalytic  
Psychology  
(1900)  
-Sigmund  
Freud - study  
of how



cognitive  
psychology  
(1950) - Jean  
Piaget - study  
of how we  
process, store,  
retrieve, and  
use

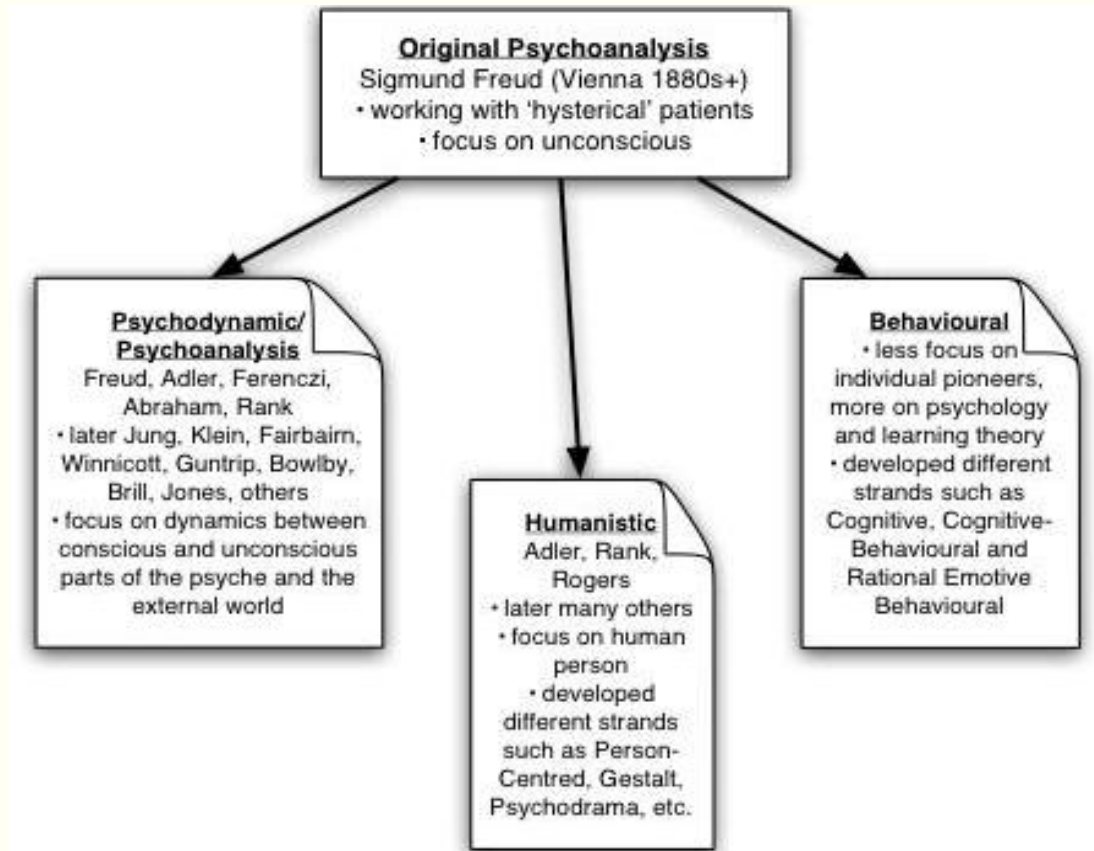


sociocultural  
psychology  
(1990) -  
Leonard Doob  
-study of how  
the influence  
of cultural and  
ethnic

# Quick journey of psychotherapy

## History of psychotherapy

- ▶ Paracelsus (1493-1541) advocated psychotherapy for treatment of the insane.
- ▶ While there were scattered references to the value of “talking” in the treatment of emotional problems, the English psychiatrist Walter Cooper Dendy first introduced the term “psycho-therapeia” in 1853.
- ▶ <http://psychcentral.com/lib/history-of-psychotherapy/000>



# Why Psychotherapies?

Psychotherapy can be an alternative to medication or can be used along with other treatment options, Choosing the right treatment plan should be based on a person's individual needs and medical situation and under a mental health professional's care.



# Elements of Psychotherapies

- ❖ Helping a person become aware of ways of thinking
- ❖ The therapist helps the person find ways to question these thoughts, understand how they affect emotions and behavior(CBT).
- ❖ Identifying ways to cope with stress.
- ❖ Relaxation and mindfulness techniques.
- ❖ Exposure therapy for people with anxiety disorders.
- ❖ Supportive counseling to help a person explore troubling issues and provide emotional support.



# Popular Psychotherapies...

**Adlerian therapy**  
**Analytical psychology**  
**Art Therapy**  
**Autogenic psychotherapy**  
**Behavior therapy**  
**Brief therapy**  
**Cognitive behavioral psychotherapy**  
**Gestalt therapy**  
**Group therapy**  
**Hypnotherapy**  
**Multimodal Therapy**  
**Psychoanalysis**  
**Psychodrama**  
**Rational Emotive Therapy**  
**Reality therapy**  
**Systemic therapy etc....**



# Future of Therapy....

The telephone, Internet, and mobile devices have opened up new possibilities for providing interventions that can reach people in areas where mental health professionals may be not be easily available, and can be at hand 24/7. Some of these approaches involve a therapist providing help at a distance, but others—such as web-based programs and cell phone apps



# Future of Therapy....

- ❖ Using mobile technology for a wider range of disorders, from mild depression or anxiety to schizophrenia, autism, and suicide
  - ❖ Developing and refining *new* interventions, instead of adapting *existing* interventions to work with new technologies
  - ❖ Developing technologies that work on any device
- Incorporating face-to-face contact or remote counseling (phone or online) to provide a balance between technology and the "human touch"





# Future of Therapy....

## VR therapy

Virtual reality (VR) therapy is already starting to gain traction. It's commonly used to treat PTSD in the military by simulating traumatic situations and getting patients to reduce their anxiety when faced with certain visuals.



# Future of Therapy....

## AI counseling

There's also a possibility that AI counseling may become a popular option in the future. As demand for mental health treatment rises and there are fewer human professionals to provide it, AI may become the only way to deal with the demand.



# Future of Therapy....

## Less stigma

One of the biggest improvements in the future is likely to be the growing lack of stigma surrounding psychotherapy. It may begin to no longer be viewed as an emergency option – people will seek help for more minor mental health concerns, which could help to prevent them from turning into major issues. Much like check-up at the doctor or dentist, a mental health check-up could become the norm.



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Thank You..

