

# PSYCHOTHERAPY: MEANING AND OBJECTIVES OF PSYCHOTHERAPY



**COURSE: CLINICAL ASSESSMENT AND INTERVENTION  
Paper VII (PGDCP; SEM II); Unit III**

**By**

**Dr. Priyanka Kumari**

**Assistant Professor**

**Institute of Psychological Research and Service**

**Patna University**

**Contact No.7654991023; E-mail- Priyankakumari1483@yahoo.com**

## **PSYCHOTHERAPY: MEANING AND OBJECTIVES OF PSYCHOTHERAPY**

**Psychotherapy is the treatment given to mentally ill and emotionally disturbed people through psychological techniques. It is also called clinical intervention because in this method clinical psychologist use their professional capacity and try to influence and bring given changes in the behaviours of mentally ill and emotionally disturbed people.**

## Definition of psychotherapy

**Wolberg (1967)**: “Psychotherapy is a form of treatment for problems of an emotional nature in which a trained person deliberately establishes a professional relationship with a patient with the object

- of removing, modifying or retarding existing symptoms,
- of mediating disturbed patterns of behaviour, and
- of promoting positive personality growth and development.

**(Rotter)**: “Psychotherapy ... is planned activity of the psychologist, the purpose of which is to accomplish changes in the individual that make his life adjustment potentially happier, more constructive, or both.”

**J. D. Frank (1982)** elaborates this general theme as follows:

**“Psychotherapy is a planned, emotionally charged, confiding interaction between a trained, socially sanctioned healer and a sufferer. Psychotherapy also often includes helping the patient to accept and endure suffering as an inevitable aspect of life that can be used as an opportunity for personal growth.”**

The psychodynamic approach to therapy focuses on unconscious motives and conflicts in the search for the roots of behaviour (**Shedler, 2010**). It likewise depends heavily on the analysis of past experience. The roots of this perspective reside in the original psychoanalytic theory and therapy of Sigmund Freud.

**Fisher** “Psychotherapy is a planned and systematic application of psychological facts and theories to the alleviation of large variety of human ailments and disturbances, particularly those of psychogenic origin”.

**J. D Page** “Psychotherapy means treatment of mental disorders especially psychoneurosis by psychological techniques”.

Thus psychotherapy is the systematic application of techniques derived from psychological principle, by trained and experienced professional therapists, for the purpose of helping psychologically troubled people.

## Objectives of Psychotherapy

- 1. Psychotherapy aims towards, changing mal adaptive behaviour pattern.**
- 2. Minimising or eliminating environmental condition that may be causing or maintaining such behaviour.**
- 3. Improving interpersonal and other competences.**
- 4. Resolving handicapping and disabling inner conflicts and alleviating personal distress.**
- 5. Modifying inaccurate assumption about oneself and one's world and fostering a clear cut sense of oneself identity and opening of pathways to a more meaningful and fulfilling existence.**

**The chief objective of psychotherapy is to rid the patients of symptoms which make his life a burden to him, and it is the duty of the psychiatrists to help the patients regain his self-confidence and to strengthen his personality so that he can solve his own problems and adjust with the environment.**

# The Ultimate goal and some mediate goals of psychotherapy

**Ultimate goals-** The ultimate goal is what the psychologist wants to achieve at last.

Some of the ultimate goals are

1. Removing the symptoms.
2. Freeing the person to be self-actualizing.
3. Restoring earlier level of functioning.
4. Helping the patient find personal meaning and values.

**Mediate goals-** They are not less important than ultimate goal. The mediate goals define the needs which are necessary to move the patient towards ultimate goal.

1. Releasing pend-up feelings.
2. Conditioning or reconditioning of particular responses.
3. Examining ones values and concepts.
4. Muscular relaxation.
5. Becoming aware of unconscious impulses.

**According to Sundburg and Taylor- The purpose/objective or goal of psychotherapy:**

- 1. Strengthen the patient's motivation to do the right thing.**
- 2. Reducing emotional pressure by facilitating the expression of feeling.**
- 3. Releasing the potential for growth.**
- 4. Changing habits.**
- 5. Modifying the cognitive structure of the person.**
- 6. Gaining self-knowledge.**
- 7. Facilitating interpersonal relations and communication.**
- 8. Gaining knowledge and facilitating decision making.**
- 9. Altering or changing the bodily states.**
- 10. Altering states of consciousness.**
- 11. Changing the social environment.**



**It is helpful to view therapeutic approaches in these terms before considering psychoanalysis, client-centered therapy and other systems. These purposes do not correspond in any one-to-one fashion with the approaches of different schools. Rather, they are themes which run through different therapeutic systems, though one or another may be emphasized in each case. They also describe different patients or with the same patients at different points in the therapeutic process. Thus, a therapist attempting to alter the cognitive structures of a person in order for him to rectify distorted perceptions and beliefs may still find it necessary to encourage emotional release and/or enter directly into attempts to change the patient's social environment.**

**Thank You**