



SB-YOU: Take Care of Your Mental Health
Types of Mental Health Therapists and Therapies
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Mental Health Therapists

Therapy is not just for times when people are in great emotional distress. Therapy can be a wonderful resource for anyone who wants to look after their mental and emotional needs. Good therapists provide a sympathetic ear, connections and referrals to vital resources, and may be able to suggest additional ideas for solving both your internal and external problems.

When researching prospective counselors and therapists, you will realize that they may hold many titles, degrees, and credentials, including:

- Advanced Psychiatric Nurse (APN)
- Advanced Practice Registered Nurses (APRN)
- Clinical Psychologist (PhD)
- Counseling Psychologist (PhD)
- Licensed Clinical Social Worker (LCSW)
- Licensed Practical nurse (LPN)
- Licensed Professional Counselor (LPC)
- Life Coach (Credentials may vary)
- Marriage and Family Therapist (MFT)
- Nursing assistant or CNA
- Psychiatrist (MD)
- Psychologist (PsyD)
- Registered Nurse (RN)
- Social Worker (MA, DSW, or PhD)
- Therapist/Counselor (MA or MS)

Psychiatrists and nurse practitioners are able to prescribe medication. Psychologists, with a few notable exceptions, cannot.

Social workers often work with families who are dealing with issues like domestic or sexual abuse or addiction. Social workers also assist individuals to secure benefits and social services when they are unemployed or disabled, and help them with other issues related to employment, food, housing, finances, and other basic day-to-day concerns.



Mental Health Therapies

Just as there are various types of therapists, there are many therapeutic modalities made to suit particular personalities and needs. Popular types of therapies include:

- **Cognitive Behavioral Therapy (CBT)**
 - “Action” or “problem-oriented” short-form therapy focused on identifying and challenging/revising unhelpful or unproductive thoughts, in order to change the moods and behaviors that stem from those thoughts. Effective in treating stress, depression, and various anxiety disorders. Often involves written ‘homework assignments’ devoted to reflecting on and identifying specific thoughts, feelings, and behaviors.
- **Dialectical Behavioral Therapy (DBT)**
 - Off-shoot of CBT originally used primarily with clients with Borderline Personality Disorder, but also effective in treating eating disorders and addiction. Likewise, it may involve written homework assignments.
- **Eye-Movement Desensitization and Reprocessing (EMDR)**
 - Facilitates the processing and resolution of traumatic or upsetting memories by activating particular neural networks using specific eye and, sometimes hand movements. Effective in the treatment of PTSD.
- **Internal Family Systems (IFS)**
 - Facilitates dialogue with different ‘parts’ of the Self in order to identify the underlying adaptive purpose or intention behind maladaptive reactions and behaviors and heal traumatic memories. Originally used with clients with eating disorders, but also used with depression, various anxiety disorders, and substance abuse disorders.
- **Emotion-Focused Therapy (EFT)**
 - Short-form therapy that focuses on attachment and emotional expression by helping clients to explore patterns in their previous relationships in order to forge more secure bonds in their current and future relationships.
- **Existential Therapy**
 - Clients are invited to approach their problems from a broader philosophical perspective, by exploring questions related to meaning and purpose in life.
- **Relational Therapy**
 - Focused on helping clients identify unproductive relational patterns and forge healthier relationships with those around them.
- **Narrative Therapy**
 - Invites clients to separate themselves from their problems and view them more objectively, so that they may ‘rewrite’ their life story to feel more empowering and fulfilling.



- **Psychoanalytic/Psychodynamic Therapy**
 - In-depth talk therapy where the client is encouraged to speak freely about whatever comes to mind. The therapist may identify recurring or underlying themes in how the client relates to the world and other people.
- **Gestalt Therapy**
 - Places emphasis on clients' experiences and thoughts in the present moment. Clients may be invited to re-enact or roleplay experiences from their past, rather than simply describing them, so as to gain greater insight into the counterproductive thoughts and behavioral patterns that are keeping them from realizing their true potential as human beings.
- **Adlerian Therapy**
 - Short-term goal-oriented therapy devoted to reframing obstacles in the client's life and helping the client to identify new proactive strategies for overcoming those obstacles, thereby gaining self-confidence and overcoming neuroticism.
- **Art Therapy**
 - Employs both guided and/or 'open' art projects (which may include dance and music) to spark emotional expression and insight.
- **Marriage and Family Therapy**
 - Comprises myriad modalities for addressing problems in marriages and/or families.
- **Play Therapy (for children)**
 - Uses play to identify deeper themes in a child's life, roleplay life and coping skills, help a child process and express thoughts and feelings, and forge a secure attachment with the child that can extend to the outer world.