PSYCHOTHERAPY

Psychotherapy, also known as psychological counselling, is treatment intended to help people with a broad variety of mental illnesses and emotional difficulties. The main purpose of psychotherapy is to help individuals – young and old – with mental health challenges to improve their quality of life. Psychotherapy uses a variety of culturally informed and culturally-sensitive practices to help people prevent and alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives (American Psychological Association). This can relieve or heal the individual through verbal communication and interaction with a psychologist.

Psychotherapy also addresses broader issues like prejudice and discrimination that can affect people in groups, workplaces, and communities. By focusing on people's strengths, they help them prevent or improve problems related to emotions, relationships, health, social life, culture, career, education, and identity.

Book