

Psychosocial Interventions and Therapeutic Approaches

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1. Overview

- Psychosocial interventions address the psychological and social dimensions of mental disorders, complementing or replacing medication.

2. Cognitive Behavioral Therapy (CBT)

- Identifies and restructures distorted thoughts and maladaptive behaviors; strong evidence base across many disorders.

3. Psychodynamic Therapy

- Explores unconscious conflicts and past experiences to build insight into current difficulties.

4. Humanistic/Person-Centered Therapy

- Focuses on unconditional positive regard and self-growth, empowering the client to find their own solutions.

5. Group and Family Therapy

- Uses social support and systemic change (within a family or peer group) as part of the healing process.

6. Community-Based Interventions

- Psychoeducation, peer support programs, and rehabilitation services that help reintegrate individuals into society.

7. Choosing an Approach

- Effective treatment often combines approaches based on the disorder, client preference, and available resources.