

Different Types of Psychotherapy

Cognitive Behavioral Therapy (CBT)

Changes ways of thinking and coping

Psychodynamic

Focuses on past experiences shaping current behaviors

Holistic

A personalized approach that combines different elements of all other types

Dialectical Behavioral Therapy (DBT)

Works on coping and reactions to stressful situations

Humanistic

Finds the power an individual has to change their life



Group Psychotherapy A Behavioral Approach

**Thirumalaisamy P.
Velavancorresponding**



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