

**Mental Health Therapy**  
*Trends and Effective Treatments*

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# Objectives

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- Defining Therapy
- Providers and Mental Health Therapy
- Collaborative Mental Health Care
- Modalities of Delivery
- Basics of Therapy
- Readiness for Treatment Tx vs Readiness for Change
- Benefits of Therapy
- 6 Broad Emphasis of Therapeutic Models
- Creative and Play Therapies
- Integrative Therapies
- Neuroscience and Therapy
- Questions

# Defining Mental Health Therapy

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Mental Health Therapy refers to a variety of treatments that aims to help individuals identify, manage, and/or change emotions, thoughts, and behaviors (National Institute of Mental Health, 2022)

# Providers and Mental Health Therapy

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- LPC-MHSP
- LCSW
- Creative Arts: Art Therapists, Music Therapists, Recreation Therapists, etc.
- MFT
- Psychologists
- Psychiatrists/Nurse Practitioners (Predominantly Medication Management)

# Collaborative Mental Health Care

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- Parallel
- Sequential
- Integrative

# Benefits of Mental Health Therapy

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- Improves Quality of Life and Wellbeing
- Decreases and relieves symptoms and triggers
- Improves emotional regulation and distress tolerance
- Improves healthy coping skills
- Improves interpersonal relationships
- Reduction in suicidal ideations and self-harm behaviors

# 4 Therapy Types: Who is the client?

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- Individual
- Group
- Couples Counseling
- Family Counseling

# Trends: Modalities of Treatment Delivery

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- In-person Office Visits
- Telehealth
- Texting/Messaging
- Phone
- In-person Ecotherapy (Setting is outside in nature)

# Basics of Mental Health Therapy

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1. Therapeutic Alliance
2. Clarifying, Assessing, and Diagnosing Presenting Problem
3. Identifying and Setting Treatment Goals and Plan
4. Designing and Implementing Interventions and Therapy Processes
5. Termination and Discharge Planning
6. Follow-up

# Readiness for Treatment vs Readiness for Change

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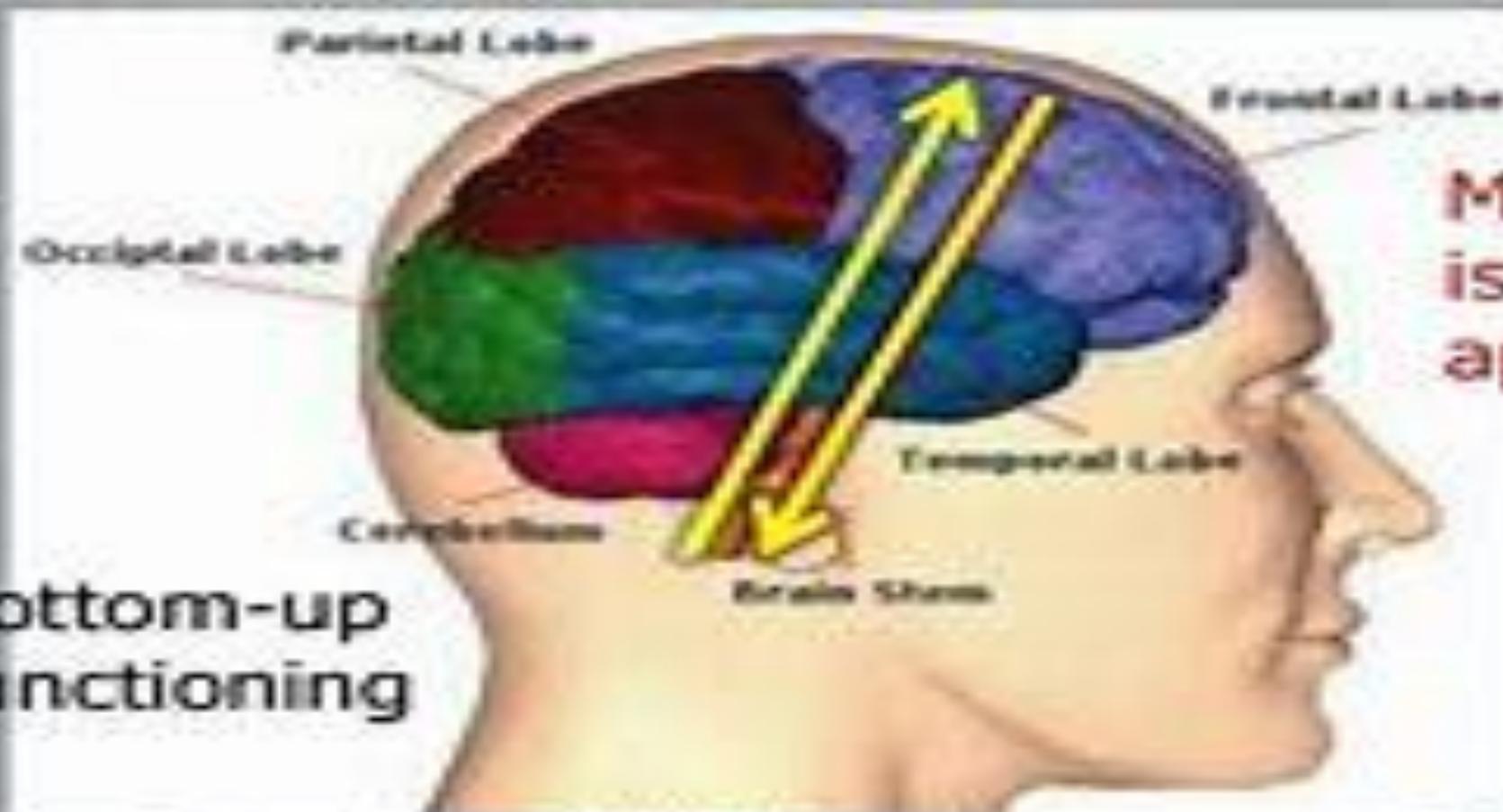


# Phases of Healing

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- Safety and Stabilization
- Working Through and Mourning
- Reconnection and Integration

## TOP DOWN VS. BOTTOM UP THERAPY



Most therapy  
is top-down  
approach

bottom-up  
functioning

- ❖ From Trauma Integrated Addiction perspective, must calm ANS activation in order to promote Semantic Memory system access.
- ❖ Increase effectiveness of talk therapy increase access to "recovery message."

# 5 Broad Emphasis of Therapeutic Models

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1. Behavior Models
2. Affective Models
3. Cognition Models
4. Body Models
5. Systemic Models
6. Background Models

# Therapies Emphasizing Behaviors

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## Three Main Modalities of Behavioral Therapies

1. Social Learning Theory Therapies (Bandura): Social skills training, Relapse Prevention Model, etc.
2. Operant Conditioning Therapies (Skinner, 1938): Applied Behavior analysis, Exposure therapy, Aversion Therapy, token economies, extinctions, contingency management, behavior activation, etc.
3. Classical Conditioning (Pavlov, 1927): Applied Behavior Analysis, Systematic Desensitization Exposure Response Prevention, Aversion therapy, flooding, etc.

# Behavioral Therapies and Mental Health

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- Phobias
- Autism
- Anxiety Disorders
- Eating Disorders
- Substance Abuse
- ADHD
- Conduct Disorder
- ODD
- Panic Disorders
- Self-Harm
- Substance Use Disorders

# Therapies with an Emphasis on Cognition

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- Three Waves of CBT

**First Wave:** Principles based on Operant and Classical Conditioning-Learning and conditioning

**Second Wave:** CBT & Rational Emotive Therapy-Aaron T. Beck and Albert Ellis- Based on the cognitive model

**Third Wave:** Extension of the 2<sup>nd</sup> wave, but based on context, processes, and functions of how person relates to internal experiences. More holistic and includes themes based on mindfulness, acceptance, and wellbeing.

# Third Wave CBT Therapies

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- Mindfulness Based Cognitive Therapy (MBCT)
- Mindfulness Based Stress Reduction (MBSR)
- Acceptance and Commitment Therapy (ACT)
- Meta-Cognitive Behavioral Therapy
- Cognitive Behavioral Analysis System of Psychotherapy (CBASP)
- Compassion Focused Therapy (CFT)
- Dialectical Behavior Therapy (DBT)
- Functional Analytic Psychotherapy (FAP)

# Constructivist Therapies

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- Solution Focused Brief Therapy
- Narrative Therapy
- Strength Based Therapy

# Cognitive-Based Therapies and Mental Health

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- PTSD
- Depression/Mood Disorders
- Anxiety Disorders
- Phobias
- Panic
- ADHD
- Physical Health
- Substance Dependence
- Eating Disorders
- Personality Disorders

# Therapies with an Emphasis on Affect

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- Client Centered
- Existential
- Emotion Regulation Therapy
- Emotion Focused Therapy
- Gestalt

# Emotion-Based Therapies and Mental Health

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- Major Depression
- Anxiety Disorder
- Trauma
- Couples
- Life stressor
- Lack of purpose and Meaning

# Therapies with an Emphasis on Integration

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- Transtheoretical Model
- Integrative psychotherapy
- Eclectic

# Therapies with an Emphasis on Systems

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- Internal Family Systems (IFS)
- Structural Family Therapy
- Strategic Family Therapy
- Narrative Family Therapy
- EFT
- Multigenerational Family Therapy
- Eco-systemic Family Therapy
- Multi-Systemic Therapy

# Therapies with an Emphasis on the Body

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- EMDR
- Brain Spotting
- Deep Breathing/ Grounding/ Mindfulness
- Emotional Freedom Technique (EFT) Tapping
- Sensory Motor Psychotherapy
- Somatic Expression
- Neuro-Somatic Therapy
- Bio-Feedback
- Yoga

# Therapies with an Emphasis on Background

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- Psychodynamic
- Multi-Cultural Therapy
- Culturally Sensitive Therapy

# Creative Therapies

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- Art Therapy
- Music Therapy
- Recreation Therapy
- Play Therapy
- Psychodrama

# Questions

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