

Logotherapy Techniques Anxiety

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hypnotherapy wikipedia

hypnotherapy is a type of mind body intervention in which hypnosis is used to create a state of focused attention and increased suggestibility in the treatment of a medical or psychological disorder or concern popularized by 17th and 18th century psychologists such as james braid and milton h erickson today the use of hypnosis as a form of therapy to retrieve and integrate

cognitive therapy wikipedia

cognitive therapy ct is a type of psychotherapy developed by american psychiatrist aaron t beck ct is one therapeutic approach within the larger group of cognitive behavioral therapies cbt and was first expounded by beck in the 1960s cognitive therapy is based on the cognitive model which states that thoughts feelings and behavior are all connected and that

logotherapy simply psychology

jun 26 2020 three techniques used in logotherapy include dereflection paradoxical intention and socratic dialogue dereflection dereflection which is based on self transcendence seeks to redirect one s attention from oneself or one s own goals toward others this technique posits that when one is self absorbed and is struggling with issues in one s life one can significantly

acceptance and commitment therapy wikipedia

acceptance and commitment therapy act typically pronounced as the word act is a form of psychotherapy as well as a branch of clinical behavior analysis it is an empirically based psychological intervention that uses acceptance and mindfulness strategies along with commitment and behavior change strategies to increase psychological flexibility this

motivational interviewing wikipedia

motivational interviewing mi is a counseling approach developed in part by clinical psychologists william r miller and stephen rollnick it is a directive client centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence compared with non directive counseling it is more focused and goal directed

albert ellis wikipedia

albert ellis september 27 1913 july 24 2007 was an american psychologist and psychotherapist who founded rational emotive behavior therapy rebt he held ma and phd degrees in clinical psychology from columbia university and was certified by the american board of professional psychology abpp he also founded and was the president of the new york

george kelly psychologist wikipedia

george alexander kelly april 28 1905 march 6 1967 was an american psychologist therapist educator and personality theorist he is considered the father of cognitive clinical psychology and is best known for his theory of personality personal construct psychology

paradoxical intention wikipedia

paradoxical intention pi is a psychotherapeutic technique used to treat recursive anxiety by repeatedly rehearsing the anxiety inducing pattern of thought or behaviour often with exaggeration and humor paradoxical intention has been shown to be effective in treating psychosomatic illnesses such as chronic insomnia public speaking phobias etc by making

rollo may wikipedia

rollo reece may april 21 1909 october 22 1994 was an american existential psychologist and author of the influential book love and will 1969 he is often associated with humanistic psychology and existentialist philosophy and alongside viktor frankl was a major proponent of existential psychotherapy the philosopher and theologian paul tillich was a close friend who