

## Psychotherapy

Psychotherapy is not based on a single theory; rather the different schools of psychotherapy have their own theories and methods. A main point of contention is the extent to which therapists exert their influence and there is a large range of therapist action among the psychotherapy schools. Though these different types of therapy are quite different, they share several goals:

- Learning:
  - A lasting change in the behavior of the individual as a result of practice, experience or the acquisition of new patterns of behavior
- Suggestion:
  - Influence of the individual through affective influence
  - Eluding the rationality
  - The therapist's adoption of a deliberate demeanor, which is in his/her knowledge and there for in his/her power
- Persuasion:
  - Through logical and rational arguments
  - Through admonition and advice
- Catharsis:
  - Liberation from traumatic experiences through purposeful emotional reliving
- Insight:
  - Into personal wishes and ambitions
  - Understanding the connections between conscious actions and the underlying unconscious factors
- Paradox:
  - "Prescription of Symptoms" – the therapist makes surprise prescriptions, confronting the patient with a special technique
- Group Effects:
  - Deliberate use of group settings
  - Exploitation of groups to end the isolation of the individuals
  - Enable the reflection on the diversity of experiences

## **The main schools of psychotherapy**

**Depth psychology** is a broad term for one of the prominent directions of psychotherapy. Special emphasis is made on childhood development and traumas and the unconscious as influencing the patient's behavior. It is divided into several forms, which include:

- *Psychoanalysis*: The first school of thought founded by Sigmund Freud which includes theories of drives and structures. The other forms of depth psychology developed from these ideas.
- *Individual Psychology*
- *Analytic Psychology*

**Behavioral therapy** is another extensive group of therapy types that focuses on the acquisition of new patterns of behavior and/or the unlearning of damaging behaviors. *Cognitive behavioral therapy* represents a further development of this school and includes internal processes such as feelings and emotions which determine behavior.

**Humanistic psychology** is based on existentialism and phenomenology. This school assumes an idea of humans as individuals and stresses autonomy and self responsibility. It focuses on the healthy development of creativity.

**System therapies** always look at problems in terms of their social connections and assume that they must be included in the patient's therapy. It developed from *family therapy*.

## **Goals and intentions of psychotherapy within the framework opioid maintenance therapy**

Psychotherapy concurrent to opioid maintenance therapy is very desirable because of the multiple factors that influence the development of addiction. Diversification of individual therapy options is recommended for the success of the treatment. The creation of a supportive system of care including medical personnel, social workers and psychotherapists is crucial. This approach treats not only the opioid dependence via the maintenance medication, but also the disturbances in personality structure that are common in substance dependent patients. Mental stability and social reintegration are cornerstones of an interdisciplinary treatment.

Stabilization at an adequate dose of opioid medication for maintenance therapy is a prerequisite for psychotherapy. The psychotherapy then attempts to support the patient's

momentary living situation, identifies new patterns of behavior and coping strategies, strengthens motivations for actions and helps in the processing of conflicts and unsolved problems. Cognitive behavioral therapy is especially suited for these goals. It is most important to see the medication treatment and psychotherapy as complimentary: Both should be used and not one or the other.