Psychotherapy: Talking Therapy for Mental Illness

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Abstract—*Nearly 10-20 million Indians suffer from severe mental disorders such as Schizophrenia, bipolar disorder, clinical depression, suicidal tendency and personality disorder and 50 million people suffer from common mental disorders such as depression, anxiety/phobias, eating disorder and stress which affect the inner emotions and mood.*

The inner emotions are the conscious experiences, such as feelings of joy, anger, anxiety, hope, love etc. And the term mood reflects the inner emotions which affects the perception of the person. The mood disorders are characterised into depressive disorders, bipolar disorders and schizophrenia which are the major mental/psychiatric illness in today's time.

Depressive disorder is characterised by a feeling of sadness, loss of interest, anxiety, sleeplessness and a decrease in appetite. It is associated with the decrease in neuronal activity in the forebrain area. These brain regions also show inconsistent abnormalities called bipolar disorders in which the patient sometimes experiences euphoria, which is an unrealistic sense of wellbeing, overconfidence and impulsiveness or the patient experiences feeling of sadness, negative thoughts and goes into depression.

The symptoms of mental disorders can have a profound effect on someone's ability to function and quality of life. The current treatment of the mental disorders emphasizes on combination of psychotherapy and drugs. Although the major medications like biogenic amine neurotransmitters: serotonin, nor epinephrine and dopamine are known to affect the mood disorders but they have long lasting side effects. Psychotherapy is an interpersonal intervention and is also called as talk therapy which includes different techniques and aims to help the person identify and change the emotions, thoughts and behaviour. Psychotherapy is a general term for treating mental health problems by talking with a psychologist, mental health provider or psychiatrist. Although medications relieve symptoms, psychotherapy and other interventions can help a person address specific issues like self-defeating ways of thinking, demotivating thoughts and dealing with situations. Discussions in therapy are deeply personal and it's important that the sufferer trusts the therapist and have confidence in his or her expertise.

There are many types of psychotherapies and are variations on cognitive behavioral therapy. Research involving large numbers of patients have provided evidence that psychotherapy treatment is effective for specific disorders and has helped to reduce symptoms of depression, anxiety, and other mental disorders.