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psychotherapy is any psychological service provided by a trained professional that primarily uses
forms of communication and interaction to assess diagnose and treat dysfunctional emotional
reactions

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psychologists generally draw on one or more theories of psychotherapy a theory of psychotherapy
acts as a roadmap for psychologists it guides them through the process of understanding clients
and

jul 31 2017 psychotherapy is communication between patients and therapists that is intended to
help people feel better resolve problems in living and modify their attitudes and behavior in
constructive

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substance abuse major life transitions or changing problem behaviors and work life balance

apr 1 2025 borderline personality disorder bpd is a common but often misunderstood condition even by seasoned mental health professionals fortunately enhanced diagnostic criteria and training

jul 2 2025 top takeaways healthy boundaries are a form of self care that reduces the risk of workplace burnout setting boundaries early in the therapeutic relationship helps patients learn how

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