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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Practice Of The Therapy Profession

By Dave Lloyd

Therapy is a profession that has increased in the awareness of the general population as we've

become a culture more focused on self-care and taking care of our body, mind, and soul more consistently. There are many professions that fall under the title of therapy. The most common is that of psychotherapy which encompasses grief therapy, group therapy, couples therapy, cognitive therapy, and family therapy. Individuals who offer services in these types of therapy typically are Counselors, Social Workers, or Psychologists with graduate degrees. The primary focus is on helping individuals, couples, and groups improve their quality of life through gain a better understanding of their emotional and mental health. Typically, clients visit with these professionals on a weekly basis and may meet for a short-term to resolve the immediate need or over a longer period of time to get to deeper issues limiting someone's enjoyment of life. Play therapy is a variant of psychotherapy that focuses on working with children or those with emotional trauma. Through the use of play techniques, the therapist aims to help in resolving whatever issue may be keeping the person stuck. Techniques here include acting, drawing, thought-provoking games, taking pictures, storytelling, and combining different elements like stories and drawing. The intent is to use these methods as a metaphor for assisting the child in discovering a truth or understanding about themselves.

Massage therapy and physical therapy are other professions more focused on the physical health of those who are seeking proactive or reparative health, respectively. Massage therapy is usually performed on a weekly basis – or occasionally if in a resort, salon, or spa area. Physical therapy is a restorative healing profession, typically affiliated with a hospital or outpatient clinic. Increased movement, mobility, or a decrease in pain are the typical objectives of someone seeking physical therapy.

Through the use of various forms of therapy, individuals can increase their quality of life emotional, mentally, and physically.

Dave Lloyd has created an online guide to understanding and choosing a mental health, massage, or physical therapy professional at

<http://www.therapysecrets.com>

Therapy And Treatment - No Longer Tabu

By Therapy And Treatment Guide

A keystone of one of television's most popular series is the practice of therapy in HBO's *The Sopranos*. *The Sopranos* manages to address the biases and benefits of therapy and treatment while also combining clear-cut, unavoidable realities as to its effectiveness and the reasons why it seems to be everywhere.

Just like on the show, therapy has long been thought of as untrustworthy, the refuge of the weak, practiced by money grabbing pseudo doctors who offer little more than an extensive and hard to comprehend vocabulary. As society finds that it is spending less and less time on the struggle for the basics necessary to life, however, the more therapy has become a part of our social fabric.

Therapy is now common practice for the individual as well as within relationships. *The Sopranos* is not the only show to find a huge market among those interested in the practice of therapy, as anyone who has seen the latest daytime television ratings can attest to. *The Dr. Phil* show has made a huge cultural impact on nothing more than one man's practice of therapeutical processes.

One of the main strengths of therapy is the fact that no matter how small the problem seems, it always helps to talk about it. It is true that disturbed individuals commonly benefit and are required to receive therapy and treatment, and in part this is the cause for much of the reason for the cultural vilification of the process. More and more people, however, are beginning to realize that going to therapy doesn't mean they have the makings of a sociopath or a horrible marriage. It just gives them a chance to discuss area in their lives that they might be struggling with, and a qualified therapist is equipped to point the discussions in the right direction and offer solutions to immediate as well as potential problems.

As with any treatment, therapy needs to be approached with caution. Therapists who are not properly qualified can do much more damage to a person than they had before going in. Always take care to confirm a therapist's credentials and record before signing up for sessions.

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