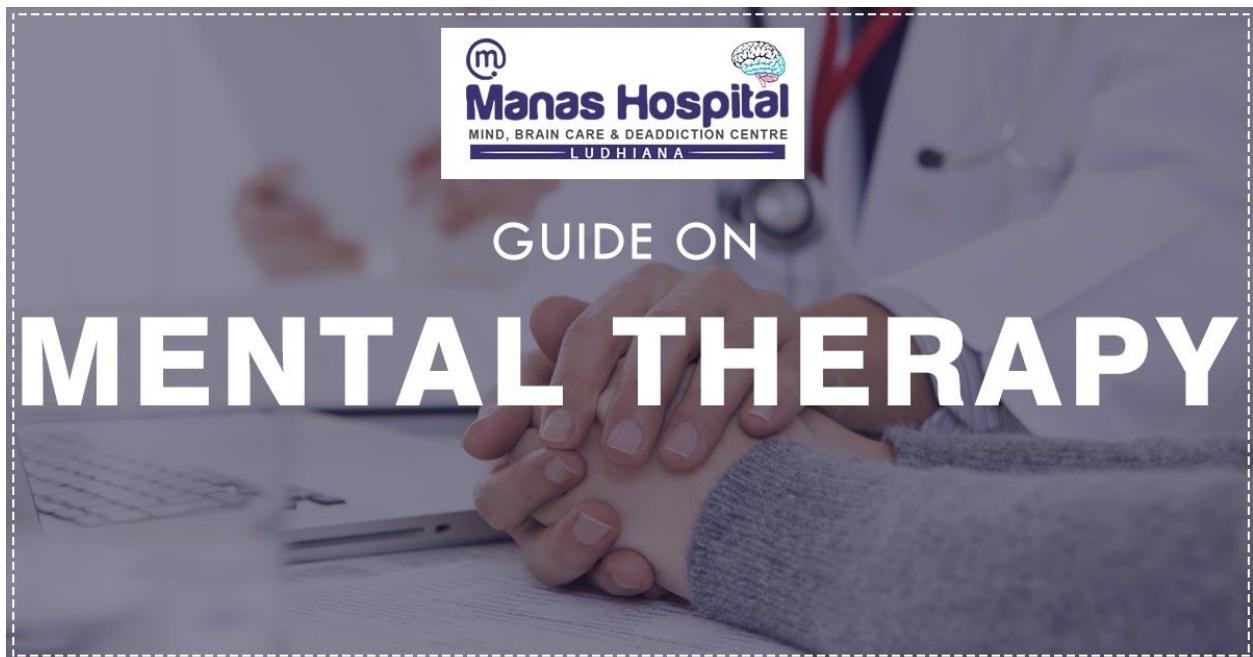


# What is mental therapy and how many types of therapies are there?

Mental illness is not treated as an illness. Rather people think of it as the wild functioning of the mind. But mental illness is not a disorder. [Psychiatrist in Ludhiana](#) explains that it becomes a disorder if not taken care of at the right time.



## What is intrinsically a therapy?

It usually happens with many of us, to say precisely, with all of us that we want someone to hear us. Sometimes it does happen that we have many people around who could hear us but we are not comfortable talking with them. Reasons could be many like:

- Fear of being judged
- Fear of being a center of laughter

- Fear of exposing one's weakness
- Fear of being misguided

If one is facing any of these fears, then he is right in facing these because these are probable. But if we are going to a trained therapist, none of the above-mentioned reasons should be the basis of our concern. Therapists are the people who are really concerned to take out the root cause of the problem we are facing. A therapist will listen to you and try to reach the depth of your thought process.

It is not to be mistaken that one can go to the therapist only if one is facing a mental imbalance. Once in a while, it comes to pass that people want to see certain things according to a wide perspective which obviously therapists have. They could give the best guidance in case of:

- Social Anxiety
- Fear of losing something or someone
- Depression
- Couple or relationship problems

### **Can therapy and medication be used for treatment interchangeably?**

No, medicines and counselling or therapy can not be used interchangeably. None of the two are substitutes for each other. Let us take an example to exemplar this; An individual is hit by a car in a road accident. There are severe injuries in his internal and external body. In that case, would you be telling the person, "Try not to feel the pain. Feel as if your bones are not broken and everything will be healed".

### **What are indiscriminate types of therapies?**

There are variegated kinds of therapies to treat a patient. The choice of type is solely dependent on the patient. The other deciding factor will be the condition of the patient.

- **Individual Therapy**

Individual therapy is that therapy in which the individual who is facing the problem is subjected. Only that person is put effort on for healing rather than involving every person around who is related to that problem.

- **Family Therapy**

Family therapy is the type of therapy in which all the family members who are facing the problem are counselled.

- **Group Therapy**

Group therapy is a type that has nothing to do with the patient. It is related to the team of doctors who are specialized in treating different problems like depression, anxiety, and phobia, etc.

### **Bottom Line**

No matter how engraved the mental problems are, one should never feel shy in taking consultation from a psychiatrist. A psychiatrist could help you to get out of the problem which otherwise could take a bad shape.