THE DIFFERENT TYPES OF PSYCHOTHERAPY

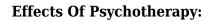
Mental health professionals apply different therapeutic approaches based on the needs of each patient. The following types of psychotherapy are among the most common:



Sources: Cleveland Clinic, Psychology Today, VeryWell Mind, WebMD

Effects Of Psychotherapy

Hans H. Strupp, Suzanne W. Hadley, Beverly Gomes-Schwartz



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