

# JOINT PRACTICE



## PSYCHOTHERAPY

### Psychotherapy

Psychotherapy is a **treatment** to decrease psychological suffering or to make it more manageable.

It is not possible to predict the precise **outcome** of psychotherapy. It depends on the nature of the problems and of one's possibilities. A successful psychotherapy cannot guarantee that someone will be happy for the rest of his or her life. Psychotherapy certainly can help to make problems more manageable and bearable.

The **frequency** of psychotherapy is generally on a weekly basis. For different reasons there may be several sessions a week, or two weekly or monthly sessions.

**In therapy**, everything can be said, as long as it can be spoken about and everything can be asked, but not every question will be answered.

Usually the **duration** of psychotherapy varies from a couple of months to a few years. At all times, the patient is free to interrupt or stop the therapy, whatever the reason may be.

An individual session lasts approximately 45 minutes, a couple session 60 minutes.

### Child psychotherapy

During treatment the therapist takes into account both the child's individual development and the context in which s/he lives (family, school etc..). There is a difference between individual therapies designed for the child and therapies in which family members and the child meet with one another.

### Conditions for going into psychotherapy

The decision to seek help must be made voluntarily by oneself. A willingness to take a close look at yourself and be prepared to talk honestly and openly about yourself.

Psychotherapy requires, in addition to a financial and a time investment, courage to look in the mirror and to confront yourself.