Joint meet on

3rd World Congress on Epilepsy and Brain Disorders
16th Annual Conference on Dementia and Alzheimers Disease
&
2nd International Conference on Stress Management

February 26, 2021 | Webinar

Understanding psychotherapy and its impact on patients' mental health and general well-being

Prince Offei
West Africa

People, whose view of Psychotherapy is based on what they see in most movies or television stations, are most likely going to have certain misconceptions about what psychotherapy is all about. The most common misconceptions are: a. sharing your issues with friends and family members can be as effective as sharing them with a psychotherapist or therapist b. Psychotherapists are only interested in digging your past and childhood history c. Only crazy and mad people seek psychotherapy d. Psychotherapy once initiated will take several years and will never end e. Psychotherapy is too expensive and it's only for the rich. Contrary to popular misconceptions, Psychotherapy is very crucial and effective in the treatment of mental disorders, as well as in resolving general life stresses and conflicts/issues. According to WHO, Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". In simple terms, Psychotherapy is a psychological treatment that is based on talking. It is commonly referred to as a "talk therapy" or simply "therapy". Psychotherapy is a generic term for different forms of treatments and techniques intended to treat and improve patients' mental health and well-being. Though there are several psychotherapy treatments, yet, the effectiveness of each treatment can largely be influenced by factors such as the specific mental condition being treated, the severity of the condition, the therapist's preferred treatment method, the patient's response to the specific treatment, and so on. The most common and effective psychotherapy treatments include: a. Cognitive Behavioral Therapy(CBT) b. Dialectical Behavioral Therapy(DBT) c. Eye Movement Desensitization and Reprocessing (EMDR) d. Psychodynamic Therapy e. Exposure Therapy f. Acceptance and Commitment Therapy (ACT) g. Mindfulness-based Cognitive Therapy (MBCT)h. Interpersonal Therapy (IPT).In this Webinar presentation, areas to be covered shall include (but not limited to) the following areas: a. Addressing the most common misconceptions about psychotherapy or therapy b. What psychotherapy is all about c. Who can benefit from psychotherapy or therapy d. The most common and effective treatments in psychotherapy d. Common mental illnesses and disorders that could be treated with each psychotherapy treatment method e. How effective is psychotherapy in contributing to patients' mental health and general well-being?

Biography

Prince Offei is an experienced and inspiring Psychotherapist and Licensed Psychologist based in Accra, Ghana –West Africa; with training in psychology, mental health, counseling, and experience in practicing innovative psychotherapy required to ensure better improved lives in patients. He is also the Executive Director of Counselor Prince & Associates Consult Ltd. (CPAC), a Mental Health and Counseling Consult based in Accra, Ghana –West Africa. Prince believes in making a difference through professional psychotherapy, counseling and training services.

princeoffei22@gmail.com

Notes: