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TYPES OF PSYCHOTHERAPY

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ABSTRACT

Acquiring understanding in the area of psychotherapy is becoming very significant in this contemporary era. Psychotherapy, or talk therapy, is a way to assist people with a wide range of mental illnesses and emotional difficulties. Psychotherapy can help control disturbing symptoms so a person can function better and can increase well-being and curing. Tribulations helped by psychotherapy include difficulties in coping with daily life; the impact of trauma, medical illness or loss, like the death of a loved one; and specific mental disorders, like depression or anxiety. There are numerous types of psychotherapy and some types may work better with certain problems or issues. Psychotherapy may be used in amalgamation with prescription or other therapies. In this article the researcher wants to throw light or create insights on the various types of psychotherapy. It is envisaged that due to globalization and digitalization, the future of the youth is likely to be turbulent resulting in increased mental health issues. In order to combat with the enduring situation it is essential or inevitable that all of us need to have more in-depth knowledge regarding psychotherapy. In this paper the research would like to venture in to information relating to the meaning of psychotherapy, types of psychotherapy, and its application.

KEYWORDS: *Application of psychotherapy, Meaning of psychotherapy, and types.*