

# Chapter 61

## Psychotherapeutic Interventions in Emotional and Behavioural Problems with Adolescents

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### ABSTRACT

*Children undergo a variety of interrelated changes in their adolescence and at times most children exhibit difficult behaviours. The problem becomes more severe in adopted children because such status of adoption affects various aspects of the developing personality. Feeling of rejection in early childhood generates a tendency of insecurity and fear in these children and to overcome from these beliefs they adopt aggressive behaviour. Psychotherapy with adolescents is different in a number of substantive ways from adults, because an adolescent is a person who is no longer a child but is not yet an adult. They are special population for whom psychotherapeutic intervention needs to be customized considering the emotional and behavioural exigencies. Identification and changing unhealthy thoughts and behaviours is the central idea of CBT and is becoming the treatment of choice for children and adolescents. The chapter deals with application of CBT in adolescent.*

### INTRODUCTION

The origin of the term psychotherapy dates back to 1891, and first appeared in the paper entitled ‘*Hypnotism, suggestion, psychotherapy*’ by Hippolyte Bernheim. Then it was discussed in psychoanalytical approach as a talking cure. In 20<sup>th</sup> century psychotherapy grew manifold and various form of psychotherapy emerged. Across time, many professionals and writers have defined psychotherapy in their own words. However, the most accepted definition of psychotherapy was given by Wolberg, (1995) who defined psychotherapy “a psychological treatment of emotional problems in which a trained person

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deliberately establishes a professional relationship with the patient in order to: (a) remove or modify or retard existing symptoms; (b) mediate disturbed patterns of behavior; (c) promote positive personality growth and development”. In simple term we can say that psychotherapy is a meet between a clinician and an individual taking place in a trustful environment, and clinician talks through the patient’s concerns with the goal of bringing about changes in his thoughts, feelings, and behaviours. It is essential to clarify what not qualifies as psychotherapy. The interventions that use biological means of producing change, such as medication, diet, exercise, and psychosurgery are not psychotherapy. Other intervention such as tuitions and counselling aiming to enhance academic performance and achievement are also excluded. Engagement in leisure time activities such as chatting with friends and relatives, sports activities, or other individual or group activities like dancing, singing; and merely spending time with one’s spouse or significant other are also omitted from the standard definitions of psychotherapy, though each of these can be a part of intervention for therapeutic benefit in improving.

## **TYPES OF THERAPIES**

Wolberg, (1995) in his book “The techniques of psychotherapy” discussed psychotherapies in three major categories: Supportive Psychotherapies, Re-educative Psychotherapies and Reconstructive psychotherapies. According to him all psychoanalytical and psychodynamic therapies comes under re-constructive therapy and all time framed, short form, aiming on symptomatology comes under re-educative psychotherapies. While, techniques that are sympathetic in nature and provide hope, and sympathy and are basically uses as an adjunctive therapy are supportive therapies.

Every schools of psychology have different view toward mental illness and their management. Theoretical development of each school was based on particular target group and specific problems. Hence each school have their own understanding for casual and maintaining factors of all type of psychological problems. Therefore, founders and developers of different schools have generated and adopted a little unique way of management. Therapies developed on the theories of these schools are different in nature and we can divide them as follows.

1. Psychoanalysis and Psychodynamic psychotherapies,
2. Humanistic psychotherapy,
3. Gestalt psychotherapy,
4. Existential psychotherapy,
5. Cognitive behaviour therapy,
6. Transactional therapy,
7. Family therapy,
8. Reality therapy.

## **APPROACHES OF THERAPIES**

Psychotherapeutic need of every client differs from another client and Therapists too employ different approaches as per the need. Approaches differ from anything between a few sessions to a number of years of intensive contact between client and therapist. Professionals select a type of psychotherapy for

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