

The Efficacies of Short Term Therapies

Psychotherapy is among the most recommended methods for treating psychiatric disorders and mental health problems (Barlow, 2014). These can range from various approaches such as, cognitive behavioural approaches, psychodynamic approaches and humanistic approaches, (amongst others). For the purpose of this analysis we will be looking at the approach of short term therapies and analysing how effective they are.

Short term therapies can be seen as a brief form of therapy (usually around 12 sessions or less) that relies on goal setting and active techniques and overall aims to correct certain behaviours. These forms of therapies suit people who want to see a therapist however only for a brief period of time and have been shown to be just as effective as long term therapies in addressing a variety of therapeutic issues (Bakermans-Kranenburg et al., 2003; Schleider & Weisz, 2017; Tully & Hunt, 2016).

One such example of short term therapies include single session interventions which involves participants attending a short 30-45 minute session where they end up learning a new skill or style of thinking which aids them in addressing particular issues they may be facing, such as phobias (Ollendick et al., 2009) or disruptive behaviours (Joachim et al., 2010). This single sessions were shown to be just as effective as multiple long term therapy sessions in treating issues such as anxiety and conduct problems (Schleider & Weisz, 2017).

References

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