

Download Developmentally Based Psychotherapy

SPIA, the Somatic Psychotherapy Institute of Australia has been established since 1993 and offers training programs and professional development courses in contemporary psychotherapy. Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways. This article discusses and illustrates the use of mentalization-based psychodynamic psychotherapy for disturbances of awareness of the self and others in patients with psychotic-spectrum disorders. The literature on impairments of mental processes Psychotherapy Training Courses . SPIA's psychotherapy training courses provide education and intensive professional training in a relational, developmentally based approach to the practice of psychotherapy.