

Contemporary Issues in Social Science

Volume I



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Contemporary Psychotherapies

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Introduction

Psychology, a study of cognitive, conative and affective behavior formally started in 1879 with the establishment of first lab by Wilhelm Wundt. Since, then it has come a long way and its terminology became a part of day to day language. The subject matter of psychology is man and man is a social animal. Hence, Psychology is one of the most sort after field in the 21st century.

The subject matter of psychology is human behavior and so, psychology is required wherever there are human beings. As the whole social system is centered around the human beings, so psychology has become a very important field. The concepts and principles of psychology are applied in all the spheres of life varying from school, office, industry, law, to learning, memory, emotions etc. Hence, psychology has a vast knowledge.

The modern world with industrialization, modernization and technical revolution brings in a new era where there is change in both the personal and social aspects of life. The transition of the whole system gives rise to different demands from the individual leading to lot of stress which in turn become the cause of health problems.

“Health is wealth.” Even WHO defines health as “physical, mental and social well-being” (World Health Organisation, 1948). The stress of the transitory world is a threat to the healthy state. If the stress goes unattended it may lead to psychosomatic disorders. Therefore, stress should be handled at an early stage. Though the stigma of going to a psychologist is vanishing yet people are unable to get the benefits of counseling due to the following reasons:

1. **Time consuming:** The traditional psychotherapies are quite time consuming and may take years to reach termination stage. The clients usually lack so much patience and hence discontinue the therapy in between.
2. **Costly:** The traditional therapies continue for long time and the client has to pay per visit. So, continuing the therapy becomes quite expensive.
3. **Lack of awareness:** There are many people having psychological problems. The people prefer to go to a psychiatrist rather than the psychologist as they do not know the difference between the services of the two.
4. **Un availability of counsellors:** The number of counsellors per lakh population is less 1 in India. Therefore, counsellors are not available at every place.

