

Role of Integrative Therapies for Management of Behavioral Problems

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DESCRIPTION

Integrative therapy is a method of treatment that involves choosing the strategies from several therapeutic perspectives that are most effective for a client's specific issue. Integrative therapists attempt to achieve the greatest results by customising the therapy for each patient. Integrative treatment isn't obliged to a particular system or way of thinking, unlike certain unique university courses. Instead, if necessary, therapists might use a variety of strategies. The idea behind this is to make treatment more effective and efficient while also tailoring it to the unique requirements of each patient.

There are some significant differences between integrative and eclectic therapy, even though that the terms are commonly used interchangeably. While integrated therapy concentrates on fusing these components into a more seamless experience, eclectic therapy focuses more on literally gathering from various traditions.

Types of integrative therapy

There are numerous special methods of therapy available. Depending on the circumstance and the issue, an integrative therapist may use a variety of specialised methods of therapy, including:

Cognitive-behavioral therapy: The goal of Cognitive Behavioural Therapy (CBT) is to alter the way that people think. According to CBT, people's established negative thoughts contribute to psychological issues.

Psychodynamic therapy: In order to assist patients comprehend some of the unconscious forces and motivations that influence their behaviour and present functioning, psychoanalytic therapy uses psychoanalytic approaches.

Humanistic therapy: This method of therapy aims to assist patients in realising their full potential and comprehending the factors that contribute to happiness.

Mindfulness: One method that has gained popularity in recent years is mindfulness, which teaches people to pay attention to the time at hand rather than dwelling on the past or the future.

Techniques

Integrative therapy utilises a variety of strategies, such as psychodynamic, cognitive, and behavioural methods. These methods can be used in individual, family, and group therapy settings, among other contexts. Depending on the patient's needs and goals, an integrated therapist will adapt and combine various treatments. A therapist may use the following techniques with a patient who is attempting to overcome a behavioural issue:

- Behavior modification techniques include modelling and reinforcement.
- People can gain insight by using psychodynamic techniques such as transference and free association.
- Cognitive techniques such as exposure and cognitive restructuring can assist alter automatic negative thoughts that underlie behaviour.

The following are some elements that are crucial for therapy to be effective:

- The relationship between the client and the therapist
- The beliefs that people hold about their capacity for constructive transformation
- The therapist's capacity to encourage optimism in the patient
- The attributes of a therapist include their capacity to pay attention to, empathise with, and regard their patients positively.

Benefits of integrative therapy

Integrative therapy has a wide range of benefits. Below are a few of them:

Individualized: Integrative therapy can be modified based on the circumstances of the individual because it is so highly individualised. When working with kids, teens, and adults, it can be used. Additionally, it can be applied in both individual and group treatment sessions.

Flexible: Integrative therapy can adjust over time and based on any events, changes, or experiences that could occur throughout treatment, whereas single forms of therapy are frequently more rigid.

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Received: 29-Aug-2022, Manuscript No. JDA-22-19634; **Editor assigned:** 02-Sep-2022, PreQC No. JDA-22-19634 (PQ); **Reviewed:** 16-Sep-2022, QC No. JDA-22-19634; **Revised:** 23-Sep-2022, Manuscript No. JDA-22-19634 (R); **Published:** 30-Sep-2022, DOI: 10.35248/2167-1044.22.11.483

Citation: Kendra M (2022) Role of Integrative Therapies for Management of Behavioral Problems. J Dep Anxiety.11:483

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Adaptable: Integrative therapy also has the advantage of being adaptable to the condition or psychological issue a patient is dealing with. For instance, a therapist may use a variety of successful therapy techniques to help a patient who is suffering from depression.

Holistic: The integration of understanding of various aspects individual's self, such as the mind, body, relationships, spirituality, thoughts, and emotions, can also be facilitated through integrative therapy. This kind of therapy may promote a larger, more comprehensive point of view rather than focusing on a problem from a specific angle or by itself.

CONCLUSION

Integrative ways to deal with psychotherapy would appear, from a certain perspective, to be interestingly fit to the requirements

of patients with different foundations and issues. The sign of successful joining is the adaptability of the advisor and the helpful methodology, and the superseding worry for the uniqueness of the patient. In contrast to numerous customary psychotherapeutic frameworks and schools, wherein the patient is made to squeeze into, or to adjust with, the advisor's assumption of what works for whom, the integrative specialist attempts to fit the treatment to address the issues and qualities of the patient. This study compared the effectiveness of cognitive-behavioral therapy with integrated therapy, which combines short-term psychodynamic psychotherapy and cognitive-behavioral therapy, in treating generalised anxiety disorder. Both methods of therapy were successful in treating generalised anxiety disorder, according to the findings of the Analysis of Covariance (ANCOVA) and Analysis of Variance (ANOVA).