

## Main types of psychotherapy

When a person needs help, the first step is usually to consult a medical doctor who will attempt diagnosis and medical therapy. If that is not effective, then various psychotherapeutic approaches can be considered. There are today several hundred psychotherapies available! But, for convenience, the therapies in this book will be divided into seven main groups. The first is **medical** or **somatic therapy** – literally “body therapy”, mainly using drugs.

