

# PSIHOTERAPIJA I PSIHOSOCIJALNA INTERVENCIJA

Psihoterapija i psihosocijalne intervencije mogu pomoći u pronalasku novih načina snalaženja ili prilagodbe u društvenom životu.<sup>9</sup>



Takve terapije mogu vam pomoći u promišljanju o sebi, drugima i vašoj okolini. To može smanjiti utjecaj bolesti na vaše svakodnevne društvene aktivnosti poput odlaska u kupnju ili druženja s ljudima. Postoji nekoliko vrsta psihosocijalne terapije, a neke od njih su kognitivne (povezane s razmišljanjem) ili bihevioralne terapije.<sup>9</sup> To znači da je cilj terapije pomoći bolesniku tako da normalizira misli i ponašanje bolesnika te da poboljša sposobnost bolesnika da primjereno

funkcionira kod kuće, na poslu, u zajednici ili u bolnici tijekom društvenih interakcija.

Specijalisti za mentalne bolesti provode psihoterapiju individualno ili u grupama koje uključuju obitelj bolesnika.<sup>9</sup> Timovi koji se bave mentalnom higijenom sve češće koriste psihoterapiju i psihosocijalne intervencije u svom svakodnevnom radu.

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