

Guide to psychotherapy: How to seek help?



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What is the first
thing we think
of when we
hear the word
psychologist?

Psychologist

noun. [sahy-kol-uh-jist]

someone who solves a problem
you didn't know you had in a
way you don't understand

See also *wizard, magician*

When can a psychologist help?



- **Crisis, loss** (grief, illness, divorce, unresolved trauma, midlife crisis, quarter-life crisis)
- **Overload and stress management issues** (anxiety, burn-out, psychosomatic symptoms, sleep disorders, anger management problems)
- **Stagnation and recurring problems** (relationship difficulties, repetitive conflict patterns, career stagnation, decision-making difficulties)
- **Addictions** (alcohol, drugs, gambling, shopping)
- **Mood disorders** (depression, bipolar disorder)
- **Anxiety and phobias** (fear of illness, social anxiety, fear of flying, agoraphobia, OCD, panic disorder)
- **Self awareness and personal development, prevention**

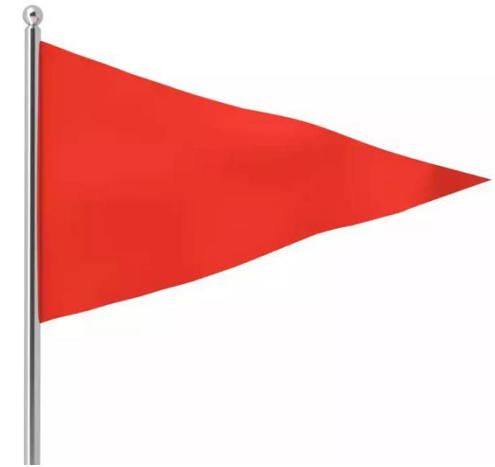


What can hold us back?

- „What will people think of me?”
- „I can handle it on my own”
- „I’d rather talk to my friends/family”
- „It would be weird to talk to a stranger about my problems”
- „I don’t want the psychologist to judge me”
- „I don’t believe that talking alone can help”
- „It’s too expensive / I don’t have time for it”
- „I’ve tried it before, and it didn’t work”

When to seek help?

- Mood changes (feeling down for more than 2 weeks, hopelessness, extreme mood swings)
- Withdrawal from social interactions and previously enjoyable activities
- Passivity and apathy
- Decline in work or school performance
- Difficulty maintaining attention, memory issues, brain fog
- Sleep problems and persistent fatigue
- Increased nervousness, anxiety, panic attacks
- Using alcohol or other substances to relieve tension
- Irrational thoughts, strange beliefs, paranoia
- Suicidal thoughts or communication



If I see that someone is in trouble...

What should I do/say?

Let's check in regularly, even with a simple „how are you”?

Encourage asking for help

„Even if I can't fully understand how you feel, I want to help”

„What can I do to help you?”

„What do you need right now?”

„I'm sorry you're feeling this way, I'm here if you want to talk”

What not to do/say?

Do not trivialize or invalidate the other person's problem

„Surely you know it only exists in your head, right?”

„Others have much bigger problems”

„You should have a more positive attitude towards things”

„You should be better by now/move past this”

„All you achieve is pushing everyone away from you”

Who is the right professional for me?

| Typical life situation | The depth of assistance | The helper's qualifications |
|---|---|---|
| An unclear life situation requiring knowledge of alternative options for resolution | Information delivery Main goal: Providing information | Professional forums, blogs, internet, books |
| Problematic life situation, lack of information, emotional conflict, and tension | Consultation Main goal: Stress reduction, exploring possible solutions | Coach, Mental Health Helper, Counselor |
| Issues in certain areas of life, significant internal tension, difficulties in emotion and behavior regulation | Psychological Counseling Main goal: Resolving current issues | Psychologist <ul style="list-style-type: none"> - MA degree - Personal experience |
| Extensive problems affecting multiple areas of life, disturbances in deeper functions of personality, neurotic symptoms (anxiety, irritability, sadness, impulsivity, etc.) | Focused Psychological Counseling Main goal: Resolving the current issue, exploring its background | Psychologist with a postgrad degree <ul style="list-style-type: none"> - MA degree - Personal experience - Clinical or Counseling Psychologist certification - Method-specific trainings |
| Fractured personality, personality disorders, mental disorders | Psychotherapy Main goal: Exploring deeply rooted issues, treating clinical disorders | Psychotherapist <ul style="list-style-type: none"> - Psychologist MA degree + Clinical Psychologist certification + method + personal experience + psychotherapy training - MD + Psychiatrist specialist certification + method + personal experience + psychotherapy training - may also suggest medication therapy |


Types of therapy

- Individual therapy
- Couples consulting
- Family consulting
- Group therapies
- Crisis intervention



Therapeutic approaches I.

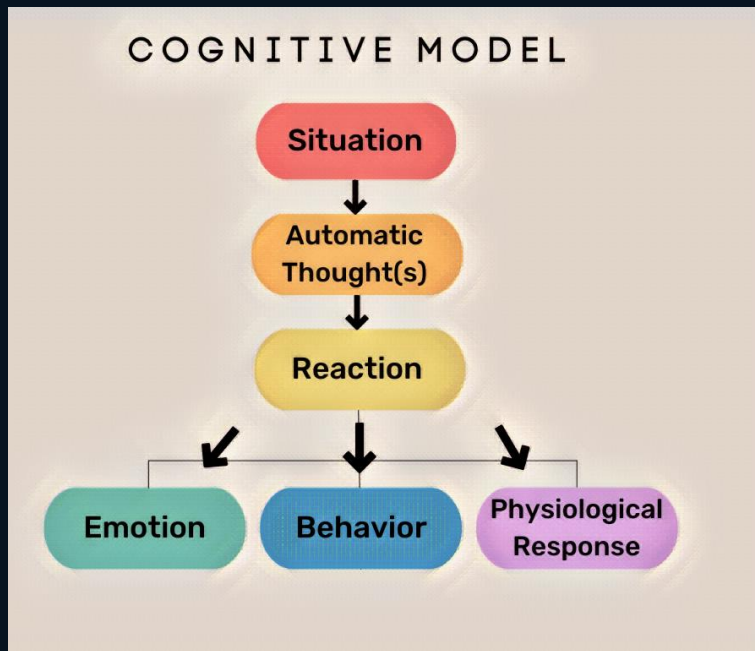
Analytical therapies

- A longstanding, well-known therapeutic approach, which evolved from classical psychoanalysis
 - Explore and understand unconscious internal conflicts, which initiate change in personality structure and functioning
 - Goal may be to resolve blockages in personality development and to create an integrated personality
 - Standard psychoanalysis, psychoanalytically oriented therapy, psychodynamic therapy, brief dynamic-analytic therapies
- 
- A photograph of a therapist in a dark blazer sitting in a wooden chair, writing on a clipboard. In the background, a client is lying on a brown leather couch, gesturing with their hands. The setting is a bright, modern therapy room with large windows.

Therapeutic approaches II.

Cognitive and behavioral therapies

- Beliefs and automatic thoughts fundamentally shape emotional reactions and behavior
- Cognitive therapies help recognize and change incorrect or distorted beliefs and automatic thoughts and that can change the emotional response and behavior
- Useful in case of depression, panic attacks, addictions, psychosomatic conditions, self-esteem issues, relationship problems
- CBT (Cognitive Behavioral Therapy), Schema Therapy (integrative approach), Systemic-Strategic Brief Therapy (primarily for phobias)



Therapeutic approaches III - IV.



Person-centered approach

- In therapy, the quality of the relationship is crucial
- It emphasizes not the past, but the events of the present moment
- The psychologist is non-directive and encourages the other's initiative, thus helping the client find their own way to change

Altered states of consciousness

- Hypnotherapy, Autogenic Training, KIP, Symbol Therapy
- They facilitate connection with unconscious internal contents



Group therapies

- Especially useful when someone struggles with their social behavior and relationships
- Understanding and acceptance by the group enhance self-esteem
- Depending on the method, the groups usually consist of 7-15 members
- Psychodrama, various thematic self-awareness groups, group analysis, psychodynamic movement therapy

Burnout syndrome



Emotional, physical, and mental exhaustion resulting from prolonged and heightened emotional stress (Freudenberger, 1974)

A syndrome caused by untreated or unsuccessfully managed chronic workplace stress (WHO, 2019)

Symptoms of burnout

Physical

- Persistent and unrelenting exhaustion
- Difficulty sleeping despite fatigue
- Frequent illnesses, weakened immune system
- Regular headaches, muscle pains
- Difficulty concentrating and memory issues, brain fog

Emotional

- Feeling of incompetence, constant self-doubt
- Loss of motivation
- Increasingly cynical and negative attitude
- Sense of hopelessness

Behavioral

- Isolation from others
- Decreased effectiveness, prolonged working hours, procrastination
- Projecting frustration onto others
- Increasing tardiness, absenteeism from work

Burnout is a process



1. **Idealization:** enthusiasm, desire for validation, unrealistic goals
2. **Initial stress:** stressful periods appear in the day, fatigue becomes more frequent, feeling of irritability, decrease in focus and efficiency
3. **Chronic stress:** stress and fatigue become constant, cynicism and negativism appear, which also affect social relationships
4. **Burnout:** the future seems bleak, withdrawal from social relationships, neglect of health, physical symptoms, constant self-doubt
5. **Persistent/Habitual burnout:** if treatment is neglected, chronic mental and physical exhaustion, lasting low mood, prolonged absenteeism from work, increased risk of depression

Burnout prevention

A hand is shown in the upper left, placing a smooth, light-colored stone onto a stack of similar stones. The stack is built on a beach with many other stones scattered around. The background is a soft, out-of-focus view of the ocean and sky.

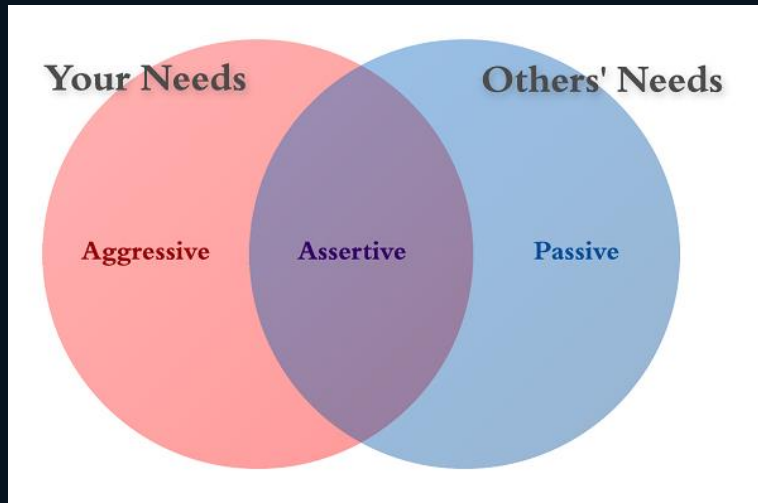
Working environment

- Transparent processes, clear responsibilities
- Clearly communicated, realistic expectations
- Regular feedback, recognition
- Tasks providing professional challenge, opportunity for development
- Creating a psychologically safe atmosphere

Individual level

- In case of high level of perfectionism or Type A personality, coach or psychologist can be beneficial
- Reducing the need for excessive control
- Practicing delegation
- Developing assertiveness
- Seeking social support, strengthening social relationships
- Consciously increasing the time spent on activities outside of work

What is assertiveness?



- Advocating for oneself in a manner that also respects the interests of the other party
- The emphasis is neither solely on one's own (aggressiveness) nor on the other party's (passiveness) perspectives, but rather on considering the interests of both
- Creating win-win situations, seeking compromises
- DESC technique: Description + Emotion + Solution + Consequence

How to find a professional?



Referral (the same professional cannot treat too close acquaintances or family members)

Database:

- <https://pszichologuskereso.hu/>
- <https://foglaljorvost.hu/pszichologus/>

State provided care:

- Hospital psychotherapy departments
 - <https://www.tunderhegy.hu/>
 - <https://www.thalassahaz.hu/>
 - <https://nyiro.euintezmeny.hu/>
 - <https://semmelweis.hu/pszichoterapiasosztaly/>
- District psychiatric outpatient clinics: <https://pszi.hu/allami/>
- Emergency care:
 - <https://peterfykh.hu/osztaly/krizisintervencios-es-pszichiatricai-osztaly-43>
 - <https://semmelweis.hu/pszichiatra/betegellatas/felnott-surgossegi-pszichiatricai-szakambulancia/>
 - <https://ongyilkossagmegelozes.hu/ambulans-es-fekvobeteg-pszichoterapias-helyek-listaja/>

In case of crisis:

- <https://sos116-123.hu/>
- <https://kek-vonal.hu/>