

TYPES OF THERAPY

Recovering from sexual violence of any kind is a process, and that process looks different for everyone. It may take weeks, months, or years—there's no timetable for healing. Therapeutic treatments, from traditional talk therapy to expressive art therapy, are designed to give survivors tools to structure their life and interact with their environment in a healthy way.

Below, for your reference, is a list of types of therapies that may be helpful in your healing.

BEHAVIORAL THERAPY

Behavioral therapies focus on learning's role in developing both healthy and unhealthy behaviors. An important feature of behavioral therapy is its focus on current problems and behavior, and on attempts to change or replace behavior the patient finds troublesome. This type of learning relies on awareness and reinforcement to shape an individual's behavior.

Common types of behavioral therapies are:

- Applied Behavioral Analysis (ABA)
- Systematic Desensitization
- Dialectical Behavioral Therapy (DBT)
- Exposure Therapy

COGNITIVE THERAPY

Cognitive therapies emphasize how our thoughts influence our affect, our behaviors, and our beliefs about ourselves. Cognitive therapists believe that it's dysfunctional thinking that leads to dysfunctional emotions or behaviors. By changing their thoughts, people can change how they feel and what they do.

Common types of cognitive therapies are:

- Cognitive Therapy
- Cognitive Behavioral Therapy (CBT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Imagery Rehearsal Therapy
- Rational Emotive Behavioral Therapy

EXPRESSIVE THERAPY

Expressive therapy, also known as the expressive therapies, expressive arts therapy or creative arts therapy, is the use of the creative arts as a form of therapy. Unlike traditional art expression, the *process* of creation is emphasized rather than the final product. Expressive therapy is predicated on the assumption that people can heal through use of imagination and the various forms of creative expression.

Common types of expressive therapies are:

- Bibliotherapy
- Dance and Movement Therapy
- Expressive Art Therapy / Trauma-Informed Expressive Art Therapy

HUMANISTIC THERAPY

This approach emphasizes an individual's capacity to make rational choices and develop to their maximum potential. Humanistic therapies focus on self-development, growth and responsibilities. They seek to help individuals recognize their strengths, creativity and choice in the 'here and now'. Concern and respect for others are also important themes.

Common types of humanistic therapies are:

- Existential Therapy
- Gestalt Therapy
- Person-Centered Therapy
- Solutions-Focused Brief Therapy

INTEGRATIVE AND HOLISTIC THERAPY

Integrative therapy, or integrative counselling, is a combined approach to psychotherapy that brings together different elements of specific therapies. Integrative therapists take the view that there is no single approach that can treat each client in all situations. Each person needs to be considered as a whole and counselling techniques must be tailored to their individual needs and personal circumstances. These therapy approaches are simply called “integrative” or “holistic” therapy.

A common type of integrative or holistic therapies is:

- Accelerated Experiential Dynamic Psychotherapy (AEDP)

PSYCHOANALYTIC AND PSYCHODYNAMIC THERAPY

These theories focus on the unconscious meanings and motivations underlying our behaviors, feelings, and thoughts, and value insight into how the past continues to impact our present. Psychoanalytically oriented therapies are characterized by a close working partnership between therapist and patient. Patients learn about themselves by exploring their interactions in the therapeutic relationship.

Common types of psychoanalytic or psychodynamic therapies are:

- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Brief Psychodynamic Therapy (BPT)
- Internal Family Systems (IFS)

SOMATIC THERAPY

This form of psychotherapy integrates a variety of approaches and emphasizes the mind-body connection. Trauma-informed somatic therapies consider the impact trauma has on the nervous system and how to understand and alleviate stress through the body.

Common types of somatic therapy are:

- Sensorimotor Psychotherapy
- Somatic Experiencing (SE)