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# Counselling Therapy, an Effective Anxiety Treatment (Therapy)

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## ABSTRACT

There is quite one sort of counseling and therapy. The most established and certain most beneficial is cognitive behavioral therapy. Unlike other sorts of therapy, CBT has been consistently shown to profit all kinds of hysteria. Other types of counseling include: Psychodynamic Therapy, Holistic Therapy, Gestalt Therapy, Existential Therapy, Dialectical Behavior Therapy.

## INTRODUCTION

There is quite one sort of counseling and therapy. The most established and certain most beneficial is cognitive behavioral therapy. Unlike other sorts of therapy, CBT has been consistently shown to profit all kinds of hysteria. Other types of counseling include: Psychodynamic Therapy, Holistic Therapy, Gestalt Therapy, Existential Therapy, Dialectical Behavior Therapy.

There are dozens of other therapies as well. It should be noted that not all of those are right for anxiety, and therefore the degree of effectiveness changes for every one. For example, psychodynamic theory-the therapy created by Sigmund Freud that change the way people think about mental health-is now considered to be pseudoscience, which essentially means "fake science," by much of the scientific community.

Anything can call itself counseling, so there are several types that are either ineffective or less effective than practitioners and their patients believe. Other samples of therapies that are claimed to be pseudoscientific include: Attachment Therapy, Hypnosis, Conversion Therapy, Phrenology.

It should be noted, however, that these therapies

could also be effective. This is not a judgment against these therapies, and people that want to aim them my find value in them. But these are samples of therapies that scientific evidence doesn't support, or that are shunned by most of the psychological community.

It's for these reasons that doing all of your research is vital. Make sure you are not just choosing a therapy that "sounds neat," but rather one you truly believe supported the evidence presented to you. Your own belief within the treatment actually does play a task in its success. Otherwise you'll suffer from what's referred to as the "Nocebo" effect (when you think something won't work so strongly that it doesn't work even when it should).

Not everyone affected by anxiety and stress has an mental disorder. That's why there's also counseling available for people who simply want someone to speak to. This type of counseling is extremely valuable, because it can help people who are affected by anxiety get help before it develops into a harder to cure mental disorder.

Also, living with anxiety and stress is usually difficult and hurts your quality of life. Counseling is an efficient thanks to make sure that your life

isn't damaged by living with anxiety, whether you've got an mental disorder or not.

Counseling is an effective anxiety treatment. However, there are several factors that affect its success. Those factors include:

Therapy type first and foremost, not all counseling is made equal. Cognitive behavioral therapy has the foremost empirical support, but other therapies can also be effective and still a fine choice for people who aren't keen on CBT. No therapy is 100% effective, and each one is based on the individual. There is always how to treat anxiety, but sometimes you've got to look a touch to seek out it.

Commitment Therapy isn't magic. It's something that needs commitment, and you've got to require to find out from it. Many people don't take therapy seriously. Others do not believe it'll work and cause it to fail. Still others put themselves into stressful situations and refuse to commit to curing anxiety outside of counseling. All of these can set it back.

Therapist not only are therapies not created equal-therapists aren't either. An unfortunate reality of counseling is that you simply got to have a reference to your therapist. If you do not have that connection or trust, or your therapist doesn't offer you confidence within the outcome, your therapy could also be less likely to figure. You may got to shop around to seek out someone you connect with.

Counseling is additionally expensive, and requires a daily commitment. It's never a nasty idea to undertake to figure with a counselor, but it is also not uncommon to seek out that you simply do not have the time or money.