

90 minute therapy session

The Rise of the 90-Minute Therapy Session: Implications for the Mental Health Industry

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Introduction:

The traditional 50-minute therapy session has long been the standard in the mental health industry. However, a growing trend is emerging: the adoption of the 90-minute therapy session. This extended timeframe offers significant advantages and disadvantages, prompting a vital discussion about its implications for practitioners, clients, and the overall structure of mental healthcare. This article delves into the benefits and drawbacks of this evolving practice, exploring its impact on treatment efficacy, client engagement, and the financial aspects of mental health care.

H1: Benefits of a 90-Minute Therapy Session

The primary advantage of a 90-minute therapy session lies in its capacity for deeper exploration. Longer sessions provide ample time to delve into complex issues, process difficult emotions, and achieve a more profound level of therapeutic work. Clients can feel less rushed, fostering a greater sense of trust and openness with their therapist.

Deeper Processing: Intense emotional experiences, particularly those related to trauma or significant life events, often require extended processing time. A 90-minute therapy session allows for a more comprehensive exploration of these experiences, reducing the feeling of being cut short and promoting more meaningful progress.

Enhanced Therapeutic Alliance: The extended timeframe can significantly strengthen the therapeutic alliance, the crucial bond between therapist and client. More time allows for a deeper understanding of the client's unique needs and perspectives, fostering trust and a stronger collaborative relationship.

Comprehensive Treatment Plans: For individuals with complex presentations or multiple co-

occurring disorders, a 90-minute therapy session can be particularly beneficial. It allows for a more thorough assessment, the development of more comprehensive treatment plans, and better integration of different therapeutic modalities.

Addressing Resistance: Clients who initially present with resistance to therapy might benefit from the more extended time. The added time may help therapists to build rapport and gently address resistance, opening up pathways to deeper therapeutic work.

H1: Challenges and Considerations of a 90-Minute Therapy Session

While the advantages of a 90-minute therapy session are compelling, there are also several challenges to consider.

Financial Implications: The most significant hurdle is the increased cost for both the client and the therapist. Longer sessions necessitate higher fees, potentially creating accessibility barriers for some clients. Insurance reimbursement often doesn't fully cover the extended time, leaving clients with considerable out-of-pocket expenses.

Therapist Fatigue: Maintaining focus and engagement over a 90-minute period requires significant energy and stamina from therapists. Burnout is a real concern, highlighting the need for appropriate self-care practices and potentially limiting the number of extended sessions a therapist can conduct per week.

Scheduling Difficulties: Scheduling 90-minute therapy sessions can be challenging for both therapists and clients. It requires more careful coordination and potentially fewer appointments per day, impacting the therapist's overall client load.

Effectiveness Debate: While anecdotal evidence suggests benefits, rigorous empirical research comparing the effectiveness of 50-minute versus 90-minute therapy sessions is still limited. Further research is needed to definitively establish the extent to which the longer session improves outcomes.

H1: The Future of 90-Minute Therapy Sessions

The rise of the 90-minute therapy session represents a significant shift in the mental health landscape. While challenges exist, the potential benefits for certain clients and specific therapeutic approaches are undeniable. The future likely involves a more nuanced approach, with the length of sessions tailored to the individual client's needs and the specific therapeutic goals. A potential solution might involve offering a tiered system, with shorter sessions for clients with less complex needs and longer sessions for those requiring more intensive treatment. Increased insurance coverage for extended sessions could also improve accessibility.

Conclusion:

The 90-minute therapy session is not a one-size-fits-all solution. Its effectiveness depends on various factors, including the client's needs, the therapist's expertise, and the availability of adequate resources. While the challenges are substantial, careful consideration of the potential benefits, coupled with a thoughtful approach to implementation, can lead to improved therapeutic outcomes.

for many clients. Further research is crucial to solidify the evidence base and guide the responsible integration of this evolving practice into the mental health industry.

FAQs:

1. Are 90-minute sessions right for everyone? No, the suitability of a 90-minute session depends on individual needs and treatment goals.
1. How much more expensive are 90-minute sessions? The cost increase varies depending on the therapist's fees, but it's generally significantly higher than a standard session.
1. Do insurance companies cover 90-minute sessions? Coverage varies widely by insurer and plan; many do not fully cover the extended time.
1. Can a therapist conduct multiple 90-minute sessions in a day? It is unlikely due to therapist fatigue and the need for breaks between sessions.
1. Are 90-minute sessions more effective than 50-minute sessions? While anecdotal evidence suggests benefits, more research is needed to definitively prove increased effectiveness.
1. What types of therapy benefit most from 90-minute sessions? Complex trauma, personality disorders, and cases requiring intensive processing may benefit.
1. How do I find a therapist who offers 90-minute sessions? Search online directories or contact therapists directly to inquire about session lengths.
1. Are there any ethical considerations for offering 90-minute sessions? Therapists should ensure they have the capacity and training to conduct effective longer sessions.

1. What are the potential downsides for the therapist in offering 90-minute sessions? Therapist burnout and scheduling limitations are major potential downsides.

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1. "The Ethical Considerations of Pricing and Accessibility for Extended Therapy Sessions": Discusses ethical implications of cost and accessibility.

90 minute therapy session: *Single Session Therapy* Moshe Talmon, 1990-08-16 How to use limited therapeutic time most efficiently Research shows that many clients seeking therapeutic help attend for one session only--no matter what their therapist's orientation or approach. Moshe Talmon demonstrates how therapists can turn this single encounter into a positive therapeutic experience. Based on a study of hundreds of single-session cases, this book offers a realistic, practical approach to using a single session to prompt substantial changes in patients' lives. The author describes how to make the most of patients' innate ability to heal themselves--presenting insights into bolstering the patient's existing strengths, restoring autonomy and confidence, and offering solutions that the patient can implement immediately.

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90 minute therapy session: *Dialectical Behavior Therapy in Clinical Practice, Second Edition* Linda A. Dimeff, Shireen L. Rizvi, Kelly Koerner, 2020-12-04 This influential work has now been substantially revised with over 60% new material reflecting over a dozen years of research and clinical advances. Leading experts describe innovative ways to use dialectical behavior therapy (DBT) in a wide range of real-world clinical and community settings. The volume provides wise guidance on setting up, running, and evaluating a comprehensive DBT program. It also presents adaptations designed to meet the needs of particular client populations as time- and cost-effectively as possible. Vivid case examples illustrate diverse applications of DBT for helping adults, adolescents, and children reduce suicidal and self-harming behavior; overcome complex, multiple challenges; and build a life worth living. New to This Edition *Presents current best practices for making DBT more efficient and accessible while maximizing program fidelity. *Chapters on additional populations, including persons with posttraumatic stress disorder and preadolescent children. *Chapters on additional settings, including milieu-based programs, university counseling centers, and middle and high schools. *Chapters on pharmacotherapy, promoting employment and self-sufficiency, training and supervision, and DBT beyond Stage 1. See also *Doing Dialectical Behavior Therapy: A Practical Guide*, by Kelly Koerner, which demonstrates DBT techniques in detail.

90 minute therapy session: *St. Elizabeths Hospital* United States. Congress. House. Committee on the District of Columbia, 1975

90 minute therapy session: *Evaluating Alcohol and Drug Abuse Treatment Effectiveness* Linda Carter Sobell, Mark B. Sobell, Elliott Ward, 2013-10-22 *Evaluating Alcohol and Drug Abuse Treatment Effectiveness: Recent Advances* is a collection of papers that covers the advancement in rehabilitation of individuals with a history of substance abuse. The title aims to find ways in identifying the treatment that best fits a specific patient. The text first provides a historical account of alcohol and drug treatment outcome research. Next, the selection considers the use of multiple measures of life health to assess alcohol treatment. Chapter 3 deals with the behavioral assessment and treatment evaluation of narcotic addiction, while Chapter 4 talks about the evaluation of behavioral and traditional treatment of alcoholics. The fifth chapter tackles the contingency contracting with drug abusers, and the sixth chapter covers the development of a prototype for the evaluation of alcohol treatment. The text also details the problems in alcohol treatment along with the improvement of confidence in treatment of substance abuse. The book will be of great use to behavioral scientists, social workers, and mental health specialists.

90 minute therapy session: *The Code of Federal Regulations of the United States of America*, 1985 The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government.

90 minute therapy session: The Balanced Body Donald W. Scheumann, 2007 CD-ROM includes 20 massage technique video clips, 10 Acland anatomy video clips, anatomy figures from the text, chapter quizzes.

90 minute therapy session: Treating PTSD in Military Personnel Bret A. Moore, Walter E. Penk, 2011-12-20 This book has been replaced by Treating PTSD in Military Personnel, Second Edition, ISBN 978-1-4625-3844-7.

90 minute therapy session: Effective Treatments for PTSD David Forbes, Jonathan I. Bisson, Candice M. Monson, Lucy Berliner, 2020-08-16 Grounded in the updated Posttraumatic Stress Disorder Prevention and Treatment Guidelines of the International Society for Traumatic Stress Studies (ISTSS), the third edition of this definitive work has more than 90% new content. Chapters describe PTSD assessment and intervention practices that have been shown to work and provide practical, real-world implementation guidance. Foremost authorities address the complexities of trauma treatment with adults, adolescents, and children in diverse clinical contexts. The book delves into common obstacles and ways to overcome them, when to stop trying a particular approach with a client, and what to do next. Special topics include transdiagnostic interventions for PTSD and co-occurring problems, dissemination challenges, and analyzing the cost-effectiveness of treatments. Prior edition editors: Edna B. Foa, Terence M. Keane, Matthew J. Friedman, and Judith A. Cohen. New to This Edition *Fully rewritten to reflect over a decade of clinical, empirical, and theoretical developments, as well as changes in DSM-5 and ICD-11. *Increased research-to-practice focus--helps the clinician apply the recommendations in specific clinical situations. *New chapters on previously covered treatments: early interventions, psychopharmacotherapy for adults and children, and EMDR therapy. *Chapters on additional treatments: prolonged exposure, cognitive processing therapy, cognitive therapy, combined psychotherapy and medication, e-mental health, and complementary and alternative approaches. *Chapters on cutting-edge topics, including personalized interventions and advances in implementation science.

90 minute therapy session: Code of Federal Regulations, Title 32, National Defense, PT. 191-399, Revised as of July 1, 2011, 2011-09-16 The Code of Federal Regulations is a codification of the general and permanent rules published in the Federal Register by the Executive departments and agencies of the United States Federal Government.

90 minute therapy session: Transforming Teen Behavior Mary Nord Cook, 2015-05-28 Transforming Teen Behavior: Parent-Teen Protocols for Psychosocial Skills Training is a clinician's guide for treating teens exhibiting emotional and behavioral disturbances. Unlike other protocols, the program involves both parents and teens together, is intended for use by varied provider types of differing training and experience, and is modular in nature to allow flexibility of service. This protocol is well-established, standardized, evidence-based, and interdisciplinary. There are 6 modules outlining parent training techniques and 6 parallel and complementary modules outlining psychosocial skills training techniques for teens. The program is unique in its level of parent involvement and the degree to which it is explicit, structured, and standardized. Developed at Children's Hospital Colorado (CHCO), and in use for 8+years, the book summarizes outcome data indicating significant, positive treatment effects. - Useful for teens with varied clinical presentations - Evidence-based program with efficacy data included - Explicit, user-friendly protocols, for easy implementation - Appropriate for use by varied provider types in varied settings - Includes activities, patient handouts, and identifies structured format and delivery

90 minute therapy session: Principles of Addiction Medicine Richard K. Ries, Shannon C. Miller, David A. Fiellin, 2009 This respected text from the American Society of Addiction Medicine is valuable for all physicians and mental-health personnel who specialize in addiction medicine and who treat patients with addiction disorders. The chapters blend scientific principles underlying

addiction with the practical essentials of clinical addiction medicine. Many of the contributors are affiliated with leading government agencies that study addiction and its science, such as the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse. The book will appeal to a wide and interdisciplinary range of professionals, especially those with interest or duties relating to addiction-related disorders, and in particular physicians seeking certification status via either the American Board of Addiction Medicine or the American Board of Psychiatry and Neurology. A companion Website will offer the fully searchable text.

90 minute therapy session: Complicated Grief Margaret Stroebe, Henk Schut, Jan van den Bout, 2013-05-07 How can complicated grief be defined? How does it differ from normal patterns of grief and grieving? Who among the bereaved is particularly at risk? Can clinical intervention reduce complications? Complicated Grief provides a balanced, up-to-date, state-of-the-art account of the scientific foundations surrounding the topic of complicated grief. In this book, Margaret Stroebe, Henk Schut and Jan van den Bout address the basic questions about the concept, manifestations and phenomena associated with complicated grief. They bring together researchers from different disciplines, providing a broad range of cultural and societal perspectives, to enable the reader to access the scientific knowledge base regarding complicated grief, on both theoretical and empirical levels. The book is divided into four main sections: An exploration of the nature of complicated grief Diagnostic categorizations Contemporary research on complicated grief Treatment of complicated grief Illuminating the foundations and new innovations in research, Complicated Grief will be essential reading for professionals working with bereavement such as clinical psychologists, health psychologists and psychiatrists, researchers, as well as graduate students of psychology and psychiatry. Margaret Stroebe is Professor at the Department of Clinical and Health Psychology, Utrecht University, and the Department of Clinical Psychology and Experimental Psychopathology, University of Groningen, The Netherlands. Henk Schut is Associate Professor at the Department of Clinical and Health Psychology, Utrecht University, The Netherlands. Jan van den Bout is Professor of Clinical Psychology at Utrecht University, The Netherlands. Contributors: Paul Boelen, Kathrin Boerner, George Bonanno, Laurie Burke, Rachel Cooper, Atle Dyregrov, Kari Dyregrov, Francesca Del Gaudio, Ann-Marie Golden, Jennifer Jacobs, David Kissane, Rolf Kleber, Yeulin Li, Jeffrey Looi, Anthony Mancini, Mario Mikulincer, Michelle Moulds, Robert Neimeyer, Mary-Frances O'Connor, John Ogrodniczuk, William Piper, Holly G. Prigerson, Therese Rando, Beverley Raphael, Paul C. Rosenblatt, Edward Rynearson, Henk A.W. Schut, Phillip Shaver, Margaret S. Stroebe, Jan van den Bout, Marcel van den Hout, Birgit Wagner, Jerome C. Wakefield, Edward Watkins, Talia I. Zaider.

90 minute therapy session: Treatment of Child and Adult Survivors Byrgen P. Finkelmann, 2013-08-06 First published in 1995. This is Volume five of a series that looks at the developmental stages in addressing the complex and social problem of child abuse. The articles in this volume address the treatment of child victims and adult survivors of childhood sexual, physical, and emotional abuse and neglect. Where physical abuse is concerned treatment of victims and survivors lagged far behind the treatment of sexual abuse victims and survivors. This may be due in part to the fact that in cases of physical abuse—with its physical manifestations that heal—more attention is paid to the immediate physical safety of children than to their short- and long-term emotional needs. Thereafter, the focus of treatment tended to be on parents—in hopes of preventing further abuse—rather than on the abused children.

90 minute therapy session: 2018 CFR Annual Print Title 32 National Defense Parts 191 to 399 Office of The Federal Register, 2018-07-01

90 minute therapy session: Advances in Psychiatry and Behavioral Health, E-Book 2021 Deepak Prabhakar, 2021-08-09 Advances in Psychiatry and Behavioral Health is an annual review publication that covers the current practices and latest developments in the field. Each issue is divided into sections for comprehensive coverage of relevant hot topics areas within psychiatry, including, Neurosciences, Psychotherapeutics, Suicide Research, Women's Mental Health, Sports Psychiatry, and Education. The Editor-in-Chief of the publication is Dr. Dr. Deepak Prabhakar, a

leading expert in the field. Topics covered this year include but are not limited to: Multifunctional Antidepressants: Beyond the SSRIs; Neuropsychiatric Manifestations of COVID-19; Third-wave CBT for OCD; Advances in Psychotherapy for PTSD; Advances in Psychotherapy for Eating Disorders; Lethal means safety approaches for suicide prevention; Identifying People at Risk for Suicide; Digital technology for suicide prevention; Treatment of Premenstrual Dysphoric Disorder (PMDD); Domestic violence and its impact on women's mental health; Review of GABA-A receptor modulators in treatment of reproductive depression; Anxiety disorders in athletes; mental health symptoms and disorders in women athletes; diagnosis and management of substance use disorders in athletes; Mental Health in Youth Athletes; Advances in Psychology training; Learning Psychiatry Then and Now; and Dementia after traumatic brain injury.

90 minute therapy session: Health System Management and Leadership - E-Book

William R. Vanwyke, Dianna Lunsford, 2023-10-05 Prepare to be a more effective physical or occupational therapy professional by learning skills in healthcare leadership, management, and policy! Health System Management and Leadership for Physical and Occupational Therapists provides a guide to essential topics such as health legislation, current issues in health care, professionalism, proposal and grant writing, business administration, quality assurance, insurance and billing, and managing a therapy practice in a variety of care settings. Written by a team of expert contributors led by physical and occupational therapy educators, William R. VanWye and Dianna Lunsford, this resource helps readers become well-informed and knowledgeable physical and occupational therapy professionals. - Objectives and Key Terms at the beginning of each chapter guide your study and ensure that you understand important concepts and terminology. - Chapter Summaries review the key content in each chapter. - Figures with discussion prompts and key points are provided throughout the text. - An eBook version is included with print purchase. The eBook allows you to access all of the text, figures and references, with the ability to search, customize your content, make notes and highlights, and have content read aloud.

90 minute therapy session: Counseling Individuals With Co-Occurring Addictive and Mental Disorders Reginald W. Holt, PhD, Regina R. Moro, PhD, 2023-04-03 The premier text on co-occurring mental and substance use disorders Written by professional counselors for counselors, this lucid text delivers comprehensive information for those who work with individuals suffering from these complex maladies. It is distinguished by its grounding in the holistic, wellness orientation of the counseling profession and a segment dedicated to specific populations such as military, LGBTQ+, multicultural, and those that are gender- or age-related. Contributing authors from diverse backgrounds, comprised mostly of counselors, provide an orientation that is distinct from that of the medical community. Written for masters and doctoral-level students in counselor education programs, the text provides the most current information available and is aligned with DSM-5 and CACREP standards. It offers a step-by-step approach to understanding COD concepts, guiding principles for working with such clients, treatment approaches and diagnostic considerations, and the neuroscience of addiction and mental health. It includes a breakdown of specific co-occurring disorders and describes special population considerations. Clinical case illustrations bring content to life and discussion questions reinforce information. A robust instructor's package includes an Instructor Manual, Test Banks, and Instructor Chapter PowerPoints. Key Features: Written by professional counselors for counselors Grounded in a holistic wellness orientation Offers a dedicated special populations section with considerations for age, gender, military, and LGBTQ+ groups Discusses diagnosis and treatment of specific co-occurring disorders Provides clinical case illustrations from the perspective of a practicing counselor Includes chapter learning objectives and discussion questions to foster critical thinking Aligned with DSM-5 and CACREP standards

90 minute therapy session: Substance Abuse Treatment for Youth and Adults David W.

Springer, Allen Rubin, 2009-08-21 State-of-the-art, empirical support for the treatment of substance abuse Part of the Clinician's Guide to Evidence-Based Practice Series, Substance Abuse Treatment for Youth and Adults provides busy mental health practitioners with detailed, step-by-step guidance for implementing clinical interventions that are supported by the latest scientific evidence. Edited by

renowned educators David W. Springer and Allen Rubin, this thorough yet practical reference draws on a roster of experts and researchers in the field who have assembled state-of-the-art knowledge into this well-rounded guide. Each chapter serves as a practitioner-focused how-to guide and covers interventions that have the best empirical support for treating substance abuse problems, including: Family behavior therapy for substance abuse and associated problems Motivational interviewing Problem solving and social skills training Adolescent community reinforcement approach (A-CRA) Cognitive behavioral coping skills therapy for adults Seeking Safety treatment for clients with PTSD and substance abuse Easy-to-use and accessible in tone, Substance Abuse Treatment for Youth and Adults is an indispensable resource for practitioners who would like to implement evidence-based, compassionate, effective interventions in their care of substance-abusing clients.

90 minute therapy session: Clinical Reasoning and Decision Making in Physical Therapy Gina Musolino, Gail Jensen, 2024-06-01 Clinical reasoning is an essential non-negotiable element for all health professionals. The ability of the health professional to demonstrate professional competence, compassion, and accountability depend on a foundation of sound clinical reasoning. The clinical reasoning process needs to bring together knowledge, experience, and understanding of people, the environment, and organizations along with a strong moral compass in making sound decisions and taking necessary actions. While clinical reasoning and the role of mentors has been a focus of the continued growth and development of residency programs in physical therapy, there is a critical need to have a broader, in-depth look at how educators across academic and clinical settings intentionally facilitate the development of clinical reasoning skills across one's career. Clinical Reasoning and Decision Making in Physical Therapy: Facilitation, Assessment, and Implementation fills this need by providing a comprehensive and in-depth focus on development of the patient-client management skills of clinical reasoning and clinical decision-making. It takes into account teaching and learning strategies, assessment, and technological applications across the continuum from novice to residents/fellows-in-training, along with academic and clinical faculty for both entry-level and specialist practice. Drs. Gina Maria Musolino and Gail Jensen have designed this comprehensive resource with contributions from professional colleagues. The text centers on life-long learning by encouraging the development of clinical reasoning abilities from professional education through residency education. The aim and scope of the text is directed for physical therapy education, to enhance clinical reasoning and clinical decision-making for developing professionals and post-professionals in both clinical and academic realms, and for the development of clinical and academic faculty. Clinical Reasoning and Decision Making in Physical Therapy uniquely offers both evidence-based approaches and pragmatic consultation from award-winning authors with direct practice experiences developing and implementing clinical reasoning/clinical decision-making in practice applications for teaching students, residents, patients, and clinical/academic faculty in classrooms, clinics, and through simulation and telehealth. Clinical Reasoning and Decision Making in Physical Therapy is the first of its kind to address this foundational element for practice that is key for real-world practice and continuing competence as a health care professional. Physical therapy and physical therapist assistant students, faculty, and clinicians will find this to be an invaluable resource to enhance their clinical reasoning and decision making abilities.

90 minute therapy session: Dope Therapy Shani Tran, 2022-08-23 Seeking help is hard. Dope Therapy makes it easier. For many people, there is fear and stigma associated with entering the therapy room. Maybe you've been told that going to therapy means something is wrong with you. Maybe you don't know what to expect. Even if you recognize the benefits of seeking help, it can feel scary and unknown to take that first step. If you've thought about therapy but don't know where to start, or if you've tried therapy in the past but it hasn't helped, Dope Therapy is for you. With humor and compassion, author and therapist Shani Tran validates the anxiety that can arise around seeking counseling and offers guidance for navigating the uncomfortable conversations that can come up in therapy. She is with you each step of the way, from finding the right therapist to determining when you've reached the end of your therapy journey. Get answers to your questions, including: • Why isn't therapy working? • What if I don't want to take medication? • How do I deal with all these

feelings? • What will happen if I tell my therapist that I'm having suicidal thoughts? • How do I break up with my therapist? What a breath of fresh air! This book lays out everything you need to know about therapy and how to navigate it - especially if you are BIPOC, queer, or young. Finally, a fun, accessible book that can guide people to the help they need. —Ryan Schwartz, founder, Mental Health Match

90 minute therapy session: A Casebook of Cognitive Therapy for Traumatic Stress Reactions Nick Grey, 2009-09-10 *A Casebook of Cognitive Therapy for Traumatic Stress Reactions* aims to help therapists who may lack specific training or who may not have an extensive range of clinical experience.

90 minute therapy session: *Complementary and Alternative Medicine for PTSD* David M. Benedek, Gary H. Wynn, 2016-08-03 The number of individuals diagnosed with posttraumatic stress disorder has increased in the past decade, not only in the military and veteran population but within the civilian population as well. Traditional treatments such as pharmacotherapy and psychotherapy have provided less-than-ideal results proving to be less effective when used alone to treat the disorder. *Complementary and Alternative Medicine for PTSD* supplements these traditional treatments, using new and effective techniques to fill the therapeutic void. The alternative therapies covered include acceptance and commitment therapy, acupuncture, alternative pharmacology, canine assistive therapy, family focused interventions, internet and computer-based therapy, meditation techniques, mobile applications, recreational therapy, resilience training, transracial magnetic stimulation, virtual reality exposure therapy, and yoga. Each chapter delivers the most up-to-date understanding of neurobiology, best practices, and key points for clinicians and patients considering inclusion of these treatments in patient care. Drs. David Benedek and Gary Wynn offer insight into the future of complementary and alternative medicine, shining a light onto how these techniques fit into clinical practice to create the most beneficial treatments for the patient. This book is both an essential resource and practical guide to everyday clinical interactions. It is a necessary addition to the medical library for students and senior clinicians alike.

90 minute therapy session: *Extraordinary Sex Therapy* Gina Ogden, 2017-10-02 How do we help our clients discover the depth and breadth of sexual healing? *Extraordinary Sex Therapy* offers a range of innovative health-based approaches and models to explore the complexities inherent in sexual pleasure and potential as well as in trauma, pain, and dysfunction. The practitioners whose work is represented here expand the clinical conversation about sex beyond performance goals and tread courageously into unquantifiable realms of sexual and relational desire, health, and transformation. All of these practitioners describe work that embodies therapeutic collaboration with their clients as they confront sexual concerns that include body image, emotions, meanings, and nuances of partner interactions along with the influence of neurobiology, language, gender, addiction, socioeconomics, and cultural conditioning about pleasure. Their interventions range from education, visualization, and role-play to identifying erotic archetypes, coaching about sensual touch, and using plant spirit medicines to activate imagination and spiritual connection. Their descriptions ring with singular authenticity, depending on their training and the particular clients and issues they address. Each practitioner provides clinical examples and techniques in enough detail so that readers can incorporate elements of these approaches into their own practices. This book was originally published as a special issue of the *Journal of Sexual and Relationship Therapy*.

90 minute therapy session: *Advances in Virtual Reality and Anxiety Disorders* Brenda K. Wiederhold, Stéphane Bouchard, 2014-10-27 The interactive computer-generated world of virtual reality has been successful in treating phobias and other anxiety-related conditions, in part because of its distinct advantages over traditional in vivo exposure. Yet many clinicians still think of VR technology as it was in the 1990s—bulky, costly, technically difficult—with little knowledge of its evolution toward more modern, evidence-based, practice-friendly treatment. These updates, and their clinical usefulness, are the subject of *Advances in Virtual Reality and Anxiety Disorders*, a timely guidebook geared toward integrating up-to-date VR methods into everyday practice. Introductory material covers key virtual reality concepts, provides a brief history of VR as used in

therapy for anxiety disorders, addresses the concept of presence, and explains the side effects, known as cybersickness, that affect a small percentage of clients. Chapters in the book's main section detail current techniques and review study findings for using VR in the treatment of: · Claustrophobia. · Panic disorder, agoraphobia, and driving phobia. · Acrophobia and aviophobia. · Arachnophobia. · Social phobia. · Generalized anxiety disorder and OCD. · PTSD. · Plus clinical guidelines for establishing a VR clinic. An in-depth framework for effective (and cost-effective) therapeutic innovations for entrenched problems, *Advances in Virtual Reality and Anxiety Disorders* will find an engaged audience among psychologists, psychiatrists, social workers, and mental health counselors. *eractive*

90 minute therapy session: *Evidence-Based Psychotherapy with Adolescents* Joanna Ellen Bettmann, 2019-11-01 Most courses in counseling, social work, therapy, and clinical psychology programs lump clinical work with children and adolescents together into a single unit while the social, emotional, physical, and neurobiological development of youth is often only a portion of a development course that covers the entire human lifespan. The consequence is twofold: department chairs, accrediting agencies, administrators, and faculty are tasked with covering too much content in too few course hours; and graduate students and beginning practitioners are woefully unprepared for working with difficult populations, including teenagers and young adults. *Evidence-Based Psychotherapy with Adolescents* helps new clinicians working in any treatment setting learn how to conduct psychotherapy with adolescents from a place of understanding and empathy. In addition to addressing adolescent development, psychological theories in practice, neurobiology of adolescents, clinical assessment, and evidence-based treatment approaches for a range of common mental health concerns, the text explains how to build therapeutic alliances with adolescent clients and work with vulnerable populations commonly seen in treatment. A complete guide that empowers readers with the insight and tools necessary to support adolescents as they progress towards adulthood, this book effectively builds the core skill sets of students and new clinicians in social work, psychology, psychiatry, and marriage and family therapy.

90 minute therapy session: *Case Formulation in Cognitive Behaviour Therapy* Nicholas Tarrier, Judith Johnson, 2015-07-06 Since the successful first edition of *Case Formulation in Cognitive Behaviour Therapy*, there has been a proliferation of psychological research supporting the effectiveness of CBT for a range of disorders. Case formulation is the starting point for CBT treatment, and *Case Formulation in Cognitive Behaviour Therapy* is unique in both its focus upon formulation, and the scope and range of ideas and disorders it covers. With a range of expert contributions, this substantially updated second edition of the book includes chapters addressing; the evidence base and rationale for using a formulation-driven approach in CBT; disorder-specific formulation models; the formulation process amongst populations with varying needs; formulation in supervision and with staff groups. New to the book are chapters that discuss: Formulation amongst populations with physical health difficulties Formulation approaches to suicidal behaviour Formulation with staff groups *Case Formulation in Cognitive Behaviour Therapy* will be an indispensable guide for experienced therapists and clinical psychologists and counsellors seeking to continue their professional development and aiming to update their knowledge with the latest developments in CBT formulation.

90 minute therapy session: *Treating Trauma in Dialectical Behavior Therapy* Melanie S. Harned, 2022-04-13 Many DBT clients suffer from posttraumatic stress disorder (PTSD), but until now the field has lacked a formal, tested protocol for exactly when and how to treat trauma within DBT. Combining the power of two leading evidence-based therapies--and designed to meet the needs of high-risk, severely impaired clients--this groundbreaking manual integrates DBT with an adapted version of prolonged exposure (PE) therapy for PTSD. Melanie S. Harned shows how to implement the DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma-focused treatment. In a convenient large-size format, the book includes session-by-session guidelines, rich case examples, clinical tips, and 35 reproducible handouts and forms that can be downloaded and printed for repeated use.

90 minute therapy session: *Mastering Intensive Short-Term Dynamic Psychotherapy* Josette ten Have-De Labije, Robert J. Neborsky, 2018-05-08 This book evolved from the First International Meeting of the Experiential Dynamic Psychotherapy Association on intensive short-term dynamic psychotherapy. It will help readers to make use of the conscious working alliance with the patient to increase the unconscious part of the working alliance.

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