

# 90 minute therapy sessions

## 90-Minute Therapy Sessions: A Comprehensive Guide to Extended Therapy

Author: Dr. Evelyn Reed, Licensed Clinical Psychologist with 15 years of experience specializing in trauma-informed therapy and extended session modalities.

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Editor: Sarah Miller, MA, Licensed Professional Counselor with 8 years experience in editing and publishing mental health literature.

Summary: This guide explores the benefits and challenges of 90-minute therapy sessions. It delves into best practices for structuring these extended sessions, including pacing techniques, effective use of time, and managing potential pitfalls like client fatigue or therapist burnout. The guide also examines the types of clients and therapeutic approaches that are best suited to 90-minute sessions, offering practical advice for both therapists and clients considering this longer format.

### Introduction: Exploring the Landscape of 90-Minute Therapy Sessions

The standard 50-minute therapy session has long been the norm. However, 90-minute therapy sessions are gaining traction as therapists and clients seek deeper dives into complex issues. This extended time offers unique opportunities for therapeutic exploration, but it also presents specific challenges that require careful consideration. This guide aims to provide a comprehensive understanding of the benefits, pitfalls, and best practices associated with 90-minute therapy sessions.

### H1: Benefits of 90-Minute Therapy Sessions

Extended sessions provide several key advantages:

**Deeper Exploration:** The extra time allows for more in-depth exploration of complex emotional experiences, traumatic memories, or intricate relational dynamics. This is particularly beneficial for clients grappling with significant trauma or chronic mental health conditions.

**Enhanced Therapeutic Alliance:** The longer duration fosters a stronger therapeutic alliance. This increased time allows for greater rapport-building and a deeper sense of trust between the therapist and client.

**Addressing Complex Issues:** 90-minute therapy sessions are ideally suited to clients facing multifaceted problems, such as those navigating multiple life stressors, relationship challenges, or long-standing patterns of maladaptive behavior.

**Intensive Work:** Clients who require intensive therapeutic intervention, such as those undergoing trauma processing or intensive psychotherapy, may find the longer session structure more effective and efficient.

**Improved Treatment Outcomes:** Studies suggest that longer sessions can lead to improved treatment outcomes in certain populations and for specific therapeutic goals.

## H2: Structuring 90-Minute Therapy Sessions: Best Practices

Effectively utilizing a 90-minute therapy session requires careful planning and execution:

**Clear Agenda:** Begin each session with a clear agenda, co-created with the client, outlining the topics to be covered. This ensures focused and productive use of time.

**Pacing and Breaks:** Incorporate natural breaks throughout the session. This prevents client fatigue and allows for processing of intense emotional experiences. Short, mindful breaks can be highly beneficial.

**Integration of Techniques:** Integrate a variety of therapeutic techniques to keep the session engaging and avoid monotony. This could involve cognitive exercises, mindfulness practices, somatic experiencing, or creative expression.

**Process Monitoring:** Regularly check in with the client to ensure they are comfortable with the pace and intensity of the session. Adjust as needed.

**Documentation:** Thorough documentation is crucial given the increased amount of material covered in extended sessions.

## H3: Potential Pitfalls of 90-Minute Therapy Sessions

While offering significant benefits, 90-minute therapy sessions also present potential drawbacks:

**Client Fatigue:** Extended sessions can lead to client fatigue, particularly if the client is experiencing significant emotional distress. Careful pacing and break incorporation are essential.

**Therapist Burnout:** Therapists must also be mindful of potential burnout. Proper self-care, supervision, and maintaining healthy boundaries are crucial.

**Cost and Accessibility:** Longer sessions may be less accessible due to higher costs, creating barriers for some clients.

**Scheduling Challenges:** Scheduling 90-minute therapy sessions can be more challenging for both therapists and clients due to time constraints.

**Ineffective Use of Time:** Without careful planning, extended sessions can become unproductive if the time isn't used effectively.

## H4: Client and Therapist Suitability for 90-Minute Sessions

Not all clients or therapists are suited to this format. Consider these factors:

**Client's Tolerance:** The client's ability to engage intensely for 90 minutes should be assessed before implementing this format.

**Complexity of Issues:** Clients with particularly complex or deeply rooted issues may benefit from the extended time.

**Therapist's Experience and Training:** Therapists should have adequate training and experience in managing extended sessions effectively.

**Therapeutic Approach:** Some therapeutic approaches lend themselves more readily to extended sessions than others.

## H5: Conclusion

90-minute therapy sessions can be a powerful tool for therapeutic progress, enabling deeper exploration and fostering stronger therapeutic alliances. However, successful implementation requires careful planning, mindful pacing, and awareness of potential pitfalls. By utilizing best practices and considering client and therapist suitability, therapists can harness the full potential of this extended format to enhance treatment outcomes.

## FAQs:

1. Are 90-minute therapy sessions more expensive? Yes, generally they cost more due to the increased time commitment.
1. Are 90-minute sessions right for everyone? No, suitability depends on the client's needs, the complexity of the issues, and therapist expertise.
1. How can I prepare for a 90-minute session? Ensure you have enough time before and after the session for processing and reflection.
1. How do therapists prevent burnout with extended sessions? Self-care, supervision, and maintaining healthy boundaries are crucial.
1. What types of therapy benefit most from 90-minute sessions? Trauma-focused therapy, intensive psychotherapy, and work addressing complex issues often benefit.

1. Can I request a 90-minute session from my therapist? Discuss your needs with your therapist to determine if this format is appropriate.
1. What if I feel overwhelmed during a 90-minute session? Communicate this to your therapist immediately. They can adjust the pace and offer breaks.
1. How does insurance coverage typically handle 90-minute sessions? Coverage varies widely, so check with your insurance provider.
1. What are the alternatives to 90-minute sessions for intensive therapy? More frequent shorter sessions could be an alternative, depending on the individual's needs.

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**90 minute therapy sessions:** *Handbook of Group Psychotherapy* Addie Fuhrman, Gary M. Burlingame, 1994-06-14 Intended as the group therapy equivalent to Bergin and Garfield's *The Handbook of Psychotherapy and Behavior Change*. Renowned contributors offer a comprehensive survey of all empirical evidence concerned with process and outcome in group therapy. Contains both general considerations and applications to specific disorders and with determinate populations.

**90 minute therapy sessions:** Code of Federal Regulations , 2009

**90 minute therapy sessions:** **Code of Federal Regulations, Title 32, National Defense, Pt. 191-399, Revised as of July 1, 2010** , 2010-10-08

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United States. Congress. House. Committee on the District of Columbia, 1975

**90 minute therapy sessions:** *Approaches to Drug Abuse Counseling* , 2000

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**90 minute therapy sessions:** *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 sessions:** *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 sessions:** *The Code of Federal Regulations of the United States of America* , 1988 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 sessions:** *Introduction to Massage Therapy* Mary Beth Braun, 2013-08-29 Practical, concise, and well-illustrated, *Introduction to Massage Therapy*, 3rd Edition provides everything you need to build strong, foundation skills that will carry you throughout your studies, help you prepare for the national exam, and launch you into a successful career as a massage therapist. This proven book includes step-by-step instructions for massage techniques, assessments, and treatments, along with striking photos that illustrate difficult-to-understand

concepts. As the most concise introductory book on the market, *Introduction to Massage Therapy* makes it easy for you to find the information you need when you need it, while coverage of anatomy and physiology, pathology, and pharmacology integrated with techniques helps you understand the science behind the practice. The Third Edition is enhanced by new evidence-based references and new online videos that demonstrate common procedures, techniques, and flow sequences. You'll also find practical information that will help you create and maintain a successful massage therapy practice, including communication and documentation tips, safety and self-care practices, and essential business concepts.

**90 minute therapy sessions: 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 sessions: 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 sessions: Attachment Focused Emdr** Laurel Parnell, 2013-09-24 Integrating the latest in attachment theory and research into the use of EMDR. Much has been written about trauma and neglect and the damage they do to the developing brain. But little has been written or researched about the potential to heal these attachment wounds and address the damage sustained from neglect or poor parenting in early childhood. This book presents a therapy that focuses on precisely these areas. Laurel Parnell, leader and innovator in the field of eye-movement desensitization and reprocessing (EMDR), offers us a way to embrace two often separate worlds of knowing: the science of early attachment relationships and the practice of healing within an EMDR framework. This beautifully written and clinically practical book combines attachment theory, one of the most dynamic theoretical areas in psychotherapy today, with EMDR to teach therapists a new way of healing clients with relational trauma and attachment deficits. Readers will find science-based ideas about how our early relationships shape the way the mind and brain develop from our young years into our adult lives. Our connections with caregivers induce neural circuit firings that persist throughout our lives, shaping how we think, feel, remember, and behave. When we are lucky enough to have secure attachment experiences in which we feel seen, safe, soothed, and secure—the “four S’s of attachment” that serve as the foundation for a healthy mind—these relational experiences stimulate the neuronal activation and growth of the integrative fibers of the brain. EMDR is a powerful tool for catalyzing integration in an individual across several domains, including memory, narrative, state, and vertical and bilateral integration. In Laurel Parnell’s attachment-based modifications of the EMDR approach, the structural foundations of this integrative framework are adapted to further catalyze integration for individuals who have experienced non-secure attachment and developmental trauma. The book is divided into four parts.

Part I lays the groundwork and outlines the five basic principles that guide and define the work. Part II provides information about attachment-repair resources available to clinicians. This section can be used by therapists who are not trained in EMDR. Part III teaches therapists how to use EMDR specifically with an attachment-repair orientation, including client preparation, target development, modifications of the standard EMDR protocol, desensitization, and using interweaves. Case material is used throughout. Part IV includes the presentation of three cases from different EMDR therapists who used attachment-focused EMDR with their clients. These cases illustrate what was discussed in the previous chapters and allow the reader to observe the theoretical concepts put into clinical practice—giving the history and background of the clients, actual EMDR sessions, attachment-repair interventions within these sessions and the rationale for them, and information about the effects of the interventions and the course of treatment.

**90 minute therapy sessions: *Health System Management and Leadership - E-Book*** William R. Vanwye, 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 sessions: *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 sessions: 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 sessions: 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 sessions: Diagnosis, Management and Modeling of Neurodevelopmental Disorders** Colin R Martin, Victor R Preedy, Rajkumar Rajendram, 2021-05-29 *Diagnosis, Management and Modeling of Neurodevelopmental Disorders: The Neuroscience of Development* is a comprehensive reference on the diagnosis and management of neurodevelopment and associated disorders. The book discusses the mechanisms underlying neurological development and provides readers with a detailed introduction to the neural connections and complexities in biological circuitries, as well as the interactions between genetics, epigenetics and other micro-environmental processes. In addition, the book also examines the pharmacological and non-pharmacological interventions of development-related conditions. - Provides the most comprehensive coverage of the broad range of topics relating to the neuroscience of aging - Features sections on the genetics that influences aging and diseases of aging - Contains an abstract, key facts, a mini dictionary of terms, and summary points in each chapter - Focuses on neurological diseases and conditions linked to aging, environmental factors and clinical recommendations - Includes more than 500 illustrations and tables

**90 minute therapy sessions: The Schema Therapy Clinician's Guide** Joan M. Farrell, Neele Reiss, Ida A. Shaw, 2014-04-15 *The Schema Therapy Clinician's Guide* is a complete clinical resource for psychotherapists implementing schema therapy, group schema therapy or a combination of both in a structured, cost-effective way. The authors provide ready-made individual and group sessions with patient hand-outs. A unique resource providing ready-made individual and group schema therapy sessions, linked across schema modes, allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six week intensive program to a one year outpatient treatment

Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders, thus increasing clinical flexibility and ensuring shelf life through changes in diagnostic classification  
Provides step-by-step instructions and tips for therapists, along with a wealth of unique clinical resources including sample scripts, handouts, session exercises, assignment forms and patient materials  
Meets the current need for effective clinical treatments that can provide tangible effects on time and on budget

**90 minute therapy sessions: Clinical Handbook of Couple Therapy** Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-06-02 This book has been replaced by Clinical Handbook of Couple Therapy, Sixth Edition, edited by Jay L. Lebow and Douglas K. Snyder, ISBN 978-1-4625-5012-8.

**90 minute therapy sessions: 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 Ogrodnick, 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 sessions: Comprehensive Textbook of Psychotherapy** Andrés J. Consoli, Larry E. Beutler, Bruce Bongar, 2016-10-03 Preceded by Comprehensive textbook of psychotherapy: theory, and practice / edited by Bruce Bongar, Larry E. Beutler. 1995.

**90 minute therapy sessions: *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 sessions: Using Technology to Support Evidence-Based Behavioral Health Practices** Michael A. Cucciare, Kenneth R. Weingardt, 2009-10-30 The use of technology to provide cost-effective behavioral healthcare is emerging as a crucial aspect of treating a wide variety of behavioral health problems. However, many behavioral health providers lack the knowledge and skills necessary to effectively integrate technology-based behavioral tools into their practice. In *Using Technology to Support Evidence-Based Behavioral Health Practices*, the authors help providers implement technology-based behavioral health practices in various healthcare settings and with various mental health disorders. Divided into two parts, the text first addresses specific disorders or problem areas, then presents issues concerning implementation and evaluating such tools in clinical practice and important ethical issues to consider when doing so.

**90 minute therapy sessions: *Cognitive-Behavioral Therapy for PTSD*** Claudia Zayfert, Carolyn Black Becker, 2006-11-27 This book has been replaced by *Cognitive-Behavioral Therapy for PTSD*, Second Edition, ISBN 978-1-4625-4117-1.

**90 minute therapy sessions: *Psychological Therapies for Adults with Intellectual Disabilities*** John L. Taylor, William R. Lindsay, Richard P. Hastings, Chris Hatton, 2013-02-11 *Psychological Therapies for Adults with Intellectual Disabilities* brings together contributions from leading proponents of psychological therapies for people with intellectual disabilities, which offer key information on the nature and prevalence of psychological and mental health problems, the delivery of treatment approaches, and the effectiveness of treatment. Offers a detailed guide to available therapies for adults with intellectual disabilities Includes case illustrations to demonstrate therapies in action Provides up-to-date coverage of current research in the field Puts forward a consideration of the wider contexts for psychological therapy including the relationship with social deprivation, general health, and the cost effectiveness of treatment Places individual interventions in the context of the person's immediate social network including families and carers Includes contributions from leading proponents from around the world

**90 minute therapy sessions: *Treatment of Disorders in Childhood and Adolescence, Fourth Edition*** Mitchell J. Prinstein, Eric A. Youngstrom, Eric J. Mash, Russell A. Barkley, 2021-05-19 Now completely revised (over 90% new), this definitive practitioner reference and course text comprehensively reviews evidence-based treatments for psychological disorders in children and adolescents. The significantly expanded fourth edition covers an increased number of disorders, as well as transdiagnostic issues and public health concerns. Psychosocial, pharmacological, and complementary therapies are identified and described in well-organized chapters that include rich clinical illustrations. Prominent experts address developmental considerations in treatment and offer guidance for tailoring interventions to each child and family's needs. Prior edition title: *Treatment of Childhood Disorders, Third Edition*, edited by Eric J. Mash and Russell A. Barkley. New to This Edition \*All chapters are new, reflecting over a decade of clinical and empirical developments. \*Chapters on additional clinical issues: bipolar disorder, suicidal and nonsuicidal self-injury, obsessive-compulsive disorder, infant and toddler problems, posttraumatic stress disorder, coping and emotion regulation, bereavement, early-onset schizophrenia, personality disorders, childhood obesity, and sleep problems. \*Chapters on case conceptualization and evidence-based therapist flexibility. \*Illustrative case examples and transcripts added throughout. \*Updated for DSM-5; every chapter also considers transdiagnostic and dimensional issues. See also the editors' *Assessment of Disorders in Childhood and Adolescence, Fifth Edition*.

**90 minute therapy sessions: *Prolonged Exposure Therapy for PTSD*** Edna B. Foa, Elizabeth Ann Hembree, Barbara Olasov Rothbaum, Sheila Rauch, 2019 This PE manual provides all of the logistics necessary for a trained mental health provider to implement Prolonged Exposure

Therapy for PTSD with their patients. This intervention is the most researched and well-supported PTSD treatment available. The model is flexible and individualized to address the needs of a variety of trauma survivors suffering with PTSD. PE has been recommended as a first-line treatment for PTSD in every guideline; this is the manual that tells a practitioner how to do it.

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**90 minute therapy sessions: 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.

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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*

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**90 minute therapy sessions: Cognitive Processing Therapy for PTSD** Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2024-04-10 The authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD) is now in a revised and updated second edition, with an easier-to-use format and a new chapter on conceptualizing treatment. From CPT's developers, the manual includes session-by-session implementation guidelines and extensive sample dialogues. Shaded index tabs in the margins help clinicians quickly navigate to each session. The authors explain the theoretical and empirical underpinnings of CPT and discuss ways to work effectively with specific populations, such as combat veterans, sexual assault survivors, and culturally diverse and LGBTQIA+ clients. Forty-eight reproducible handouts can be photocopied from the large-size book or downloaded from the companion webpage. New to This Edition \*Each session now has its own chapter, printed with shaded tabs for easy reference. \*Reflects a wealth of new treatment research, conceptual refinements, and feedback from trainings of thousands of clinicians. \*Chapter on cognitive case conceptualization. \*Discusses additional treatment variations (telehealth, intensive CPT) and client populations (first responders). CPT is endorsed as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE). See also *Getting Unstuck from PTSD*, by Patricia A. Resick, Shannon Wiltsey Stirman, and Stefanie T. LoSavio, which presents CPT in a guided self-help format for trauma survivors.

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*Other Healing Professionals* Lynn Grodzki, 2015-03-30 A much-anticipated second edition to this classic practice-building text. *Building Your Ideal Private Practice*, a best-seller in its genre, is now fully revised after its original publication in 2000. Much has changed for therapists in private practice over the past fifteen years, including the widespread encroachment by insurance and managed care into the marketplace, the density of new therapists as over 600,000 therapists nation-wide try to stay viable, and the role of the Internet in marketing services. The revision of *Building Your Ideal Private Practice* is a comprehensive guide, updated with six new chapters and targeted for therapists at all stages of private practice development. It covers the essential how-to questions for those starting out in practice and explains the common pitfalls to avoid. For those already in practice, worried about profitability in an age of increasing competition, the author offers informed strategies such as the best way to create websites and other online marketing to find clients, and then goes further to explain how to retain the new breed of fickle clients who shop for therapists online, but are hard to satisfy. Other new chapters support veteran therapists edging towards retirement, including how to sell a therapy business for a profit or whether to stay working solo or expand into a more lucrative group business model. The revision comprises a complete, easy to use and fascinating business plan that shows therapists not just what to do, but also who to be in order to succeed. It adds depth, up-to-date information and a wealth of strategies to the original book, often referred to as the "bible" for therapists in private practice. Like the original, the revision conveys the author's experience, optimism and warmth as she presents case examples, checklists and exercises to make the business advice come alive. Whether you have insurance-based or a fee-for-service practice, this book will help you thrive.

## Additional Resources

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