Psychotherapy with religious patients: review of the literature

This paper reviews recent literature on the effects of patients' and therapists' religious values on psychotherapy. Methods: Relevant psychiatric and psychological publications were searched; both empirical studies and clinical discussions were included. Results And Conclusions: Psychotherapists communicate their values to patients in psychotherapy. Many therapists have secular values, which may clash with some patients' religious values. To avoid negative counter-transferences, therapists must be sensitive to patients' values and aware of their own attitudes about religion. Therapists' self-disclosure of their attitudes and beliefs has been encouraged, and referral of ... 3. Psychotherapy in Europe Regulation of the activity of psychotherapy and professional titles Provision of psychotherapy by the public health system 4. Conclusion 5. References. 5 7 8 9 10 11 12 14 14 17 18 19 21 22. Table of Contents | 3.  . Psychotherapy outcome studies. This section gives a brief summary of the available evidence on the outcomes achieved with psychotherapy. In the following it is useful to distinguish two terms relating to the benefits that can be achieved with an intervention, although it should be noted that these are really endpoints of a continuum rather than two distinct categories. In psychotherapy research this means that it is carefully controlled that patients entering the study fulfil specific diagnostic criteria for a well-described disorder.