

Visited 10/07/2015



- [Request an Appointment](#)
- [Find a Doctor](#)
- [Find a Job](#)
- [Give Now](#)

- [Log in to Patient Account](#)
- [Translated Content](#)

PATIENT CARE & HEALTH INFO	DEPARTMENTS & CENTERS	RESEARCH	EDUCATION	FOR MEDICAL PROFESSIONALS	PRODUCTS & SERVICES	GIVING TO MAYO CLINIC
--	---	--------------------------	---------------------------	---	---	---------------------------------------

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

Tests and Procedures

Psychotherapy

- [Basics](#)
- [In-Depth](#)
- [Resources](#)
- [What's New](#)

Definition

[Why it's done](#)

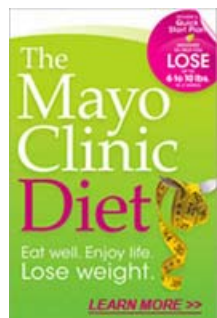
[Risks](#)

[How you prepare](#)

[What you can expect](#)

[Results](#)

[Products and services](#)



Free E-newsletter

Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide

Definition

By Mayo Clinic Staff

Psychotherapy is a general term for treating mental health problems by talking with a psychiatrist, psychologist or other mental health provider.

During psychotherapy, you learn about your condition and your moods, feelings, thoughts and behaviors. Psychotherapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills.

There are many specific types of psychotherapy, each with its own approach. The type of psychotherapy that's right for you depends on your individual situation. Psychotherapy is also known as talk therapy, counseling, psychosocial therapy or, simply, therapy.



Mayo Clinic in Minnesota has been recognized as one of the top Psychiatry hospitals in the nation for 2015-2016 by U.S. News & World Report.

[Learn more about this top honor](#)

[Why it's done](#)

[Share](#)

[Tweet](#)

Advertisement

[Click here for full Prescribing Information, including Boxed WARNINGS and Medication Guide](#)

Important Safety Information About SEROQUEL XR
 Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL

SCROLL

variety of health topics.

Jan. 05, 2013

Visited 10/07/2015

[Sign up now](#)[References](#)

Products and Services

[Newsletter: Mayo Clinic Health Letter](#)[Book: Mayo Clinic Family Health Book, 4th Edition](#)

See also

[ADHD diet: Do food additives cause hyperactivity?](#)[Adjustment disorders](#)[Agoraphobia](#)[Anorexia nervosa](#)[Antidepressant withdrawal](#)[Antidepressants and alcohol](#)[Antidepressants and weight gain](#)[Show more](#)

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship

[Policy](#) | [Opportunities](#)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[Mayo Clinic Health Letter](#)[The Mayo Clinic Handbook for Happiness](#)[Mayo Clinic Essential Guide to Prostate Health](#)[Guide to Your Baby's First Years](#)[The Mayo Clinic Diet Online](#)

Ads by Google

Obamacare Under \$50/Month

obamacareusa.org

Yes! Millions of Americans Can Now Afford Coverage with Obamacare

Public Marriage Records

persopo.com

Type Any Name & State Then Get Marriage Records Instantly

Health Plans - \$19 Month

affordable-health-insurance-plans.org

New 2015 Discounts. Save 55% See If You Qualify Instantly (Free)

Grammar & Spelling Check

grammarly.com

The Ultimate Proofreading & Text Evaluation Tool. Try Now!