

Clinical and Non-Clinical Therapies for Treating Mental Health¹

A combination of treatment strategies is often better than just one.

THERAPY	PURPOSE	EXAMPLES	
Biological	Alleviate symptoms	<p>Medications</p> <ul style="list-style-type: none"> • Antipsychotics for psychosis • Antidepressants for depression • Anticycling agents for bipolar • Hypnoanxiolytics for anxiety • Electroconvulsive Therapy (ECT) <ul style="list-style-type: none"> • Chiefly used when other therapies are not successful. • Monitored Use of Psychedelics <ul style="list-style-type: none"> ▪ Beginning to be used. 	
Psychosocial	Address underlying issues, which will lead to changes in behavior.	<p>Individual Therapy</p> <ul style="list-style-type: none"> • Psychotherapy or counseling with a psychiatrist, psychologist, or therapist • Pastoral counseling with a minister <p>Group Therapy</p> <ul style="list-style-type: none"> • Professionally run groups • Peer support groups ex: Alcoholics Anonymous <p>Couples and Family Therapy</p> <ul style="list-style-type: none"> • Marriage counseling • Family Therapy 	
Behavioral	Address behavior, which will lead to change in feelings and attitudes	<ul style="list-style-type: none"> • Biofeedback: Electronic instrument gives feedback to patient. • Relaxation Systematic relaxation of parts of the body • Operant Conditioning Reward and reinforce positive behaviors 	
Non-Clinical Therapies	Not part of mainstream mental health care.	Energy Therapies	Acupuncture
		Massage	Meditation
		Wearable Brain Stimulation	More...

¹ Sources:

- *Essential Psychopathology and Its Treatment, 4th Ed.* by Mark Kilgus, Jerrold Maxmen and Nicholas Ward, W.W. Norton, 2015.
- *Counseling for the Soul in Distress, 2nd Ed.* by Richard W. Roukema, M.D., Haworth Pastoral Press, 2003.
- [Wearable Brain Stimulation by Fisher Wallace Labs](#)
- [“Psychedelics and Mental Health: What Does the Science Say?”](#):
- [Complementary and alternative treatments for mental health](#)