

Unlocking the Power of Psychotherapy

In a world where stress, anxiety, and depression are increasingly prevalent, there is a growing need for effective ways to strengthen mental well-being for individuals. And while there are numerous ways to approach mental health, psychotherapy is often considered one of the most beneficial.



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The Rise in Mental Health Issues

For decades, there has been a steady rise in the number of people dealing with anxiety, chronic stress, and depression. The COVID-19 pandemic kicked that trend into high gear and accelerated the spread of mental health symptoms – and it's particularly pervasive among younger cohorts.

While [32.3 percent of all adults](#) self-report symptoms of anxiety and/or depressive disorder, that number increases to

49.9 percent for adults between the ages of 18-24. It's also alarmingly high for those in the 25-49 cohort, with 38 percent of these adults self-reporting symptoms. The numbers decline with age, with less than 30 percent of those over the age of 50 reporting symptoms.

The Power of Psychotherapy

When it comes to treating mental health conditions like anxiety and depression, psychotherapy is one of the preferred options for many mental health professionals.

"Psychotherapy is a type of treatment that can help individuals experiencing a wide array of mental health conditions and emotional challenges," [American Psychiatric Association explains](#).

"Psychotherapy can help not only alleviate symptoms, but also, certain types of psychotherapies can help identify the psychological root causes of one's condition so a person can function better and have enhanced emotional well-being and healing."

Psychotherapy can be conducted in a number of different ways, including in individual, couple, family, or group settings. It's also effective with both children and adults. In certain instances, it's a short-term treatment option (lasting for several weeks or months). In other situations, psychotherapy is deployed as a long-term treatment plan that can last for years.

Psychotherapy can help individuals gain a better understanding of their emotions, how to manage them, and how to express them constructively. It also provides a safe space to process and work through deep-seated emotional issues, which can lead to a sense of emotional relief and liberation.

How Psychotherapy Benefits Individuals

Beyond simply providing a space for people to talk and work

through some of their mental health challenges, psychotherapy offers a structured and evidence-based approach that can have significantly positive effects on the way people process information and deal with different stressors in their lives. Ultimately, the goal is to provide better alignment between life circumstances and emotional processing for a greater sense of balance and control.

- **Emotional Well-Being.** One of the primary benefits of psychotherapy is the improvement it brings to emotional well-being. The process allows individuals to gain a better understanding of their emotions, offering insights into how to manage them effectively and express them constructively. This can be especially helpful for those who struggle with overwhelming emotions or find it challenging to communicate their feelings.
- **Self-Awareness.** One of the defining characteristics of strong mental health is a strong sense of self-awareness. When you understand who you are (and are *not*), it allows you to approach life situations and relationships with greater clarity.
- **Stress and Anxiety Management.** With psychotherapy, most individuals are equipped with practical tools and strategies they can use to cope with daily stressors and triggers. Techniques like cognitive restructuring and mindfulness are extremely practical and result in a greater sense of control and mental well-being.
- **Interpersonal Relationships.** Psychotherapy places a big emphasis on communication and interpersonal skills, which naturally leads to improved relationships with others. Learning to set healthy boundaries, express

needs, and resolve conflicts can result in better and more fulfilling relationships with family, friends, and colleagues.

Finding the Right Therapist for You

Psychotherapy works. It's powerful and proven. But in order to enjoy the maximum benefits, you need to find a skilled therapist who is trained in psychotherapy and can help you get the results you're looking for.

While online therapy is an option, psychotherapy is generally considered more effective when you work with a local therapist in your area. Feel free to ask around for referrals from your personal network or use a resource like [TherapyTribe](#) to find a list of qualified therapists in Edinburgh.

Once you find a therapist, make sure you commit to at least five or six sessions before deciding whether psychotherapy is right for you. It can take several sessions to feel comfortable with your therapist and start to understand the process. The more time you give it, the more likely it is that you'll enjoy some of the benefits we discussed above.