

Title:

Which Therapy?

Word Count:

301

Summary:

Therapy is a word that covers a very broad spectrum. Nowadays there is an ever increasing amount of therapies available. Depending on what your problem is, or what it is you want to achieve there will be a specialist recommended.

For mental health problems, depression etc, talking therapies are recommended. This can range from counselling to CBT.

Keywords:

Article Body:

Therapy is a word that covers a very broad spectrum. Nowadays there is an ever increasing amount of therapies available. Depending on what your problem is, or what it is you want to achieve there will be a specialist recommended.

For mental health problems, depression etc, talking therapies are recommended. This can range from counselling to CBT.

The idea of CBT is to help change your thinking, by challenging and changing your automatic negative thoughts.

For Seasonal Affective Disorder SAD, light therapy is recommended, this can be attained by using a light box.

For physical problems, caused by age, illness or an accident, physiotherapy may be offered. Physiotherapy is a branch of medicine that aims to restore function to an impaired body part.

Your local GP or healthcare specialist will be able to advise you of which therapy may be beneficial for you.

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