

Why, When and how to get benefitted from Problem-Solving Therapy?

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Introduction

Problem-solving therapy is a type of therapy in which patients are given tools to recognize and address problems that emerge from life stressors, both big and small, in order to enhance overall quality of life and lessen the negative effects of psychological and physical illness.

Types of Problems Treated

Problem-solving counselling is often used to resolve concerns related to life stress and to find solutions to real problems.

The following are some of the reasons why problem-solving therapy is recommended:

- Anxiety-related conditions
- Psychological and relational problems that are fundamental
- Common mental health problems
- Dealing with the stresses of daily life
- Grieving the death of a loved one
- Coping with the fallout from a divorce
- A desire to infuse your life with more personal meaning
- Unsatisfied or unhappy at work or at home?
- Problems with money
- For treating depression's particular symptoms
- Dealing with life's traumatic occurrences
- Mental health problems as a result of life stressors
- Heart disease-related complications
- As a consequence of a medical condition, problems occur.
- Friendship difficulties
- Suffering from self-harm issues
- Anxiety brought about by a slew of small life problems (e.g., long commutes, stressful job)
- Anxiety caused by a cancer diagnosis
- Struggles as a result of family issues
- Suffering from the loss of a career
- To deal with specific issues in your life

A psychiatrist or mental health professional will tell you if problem-solving therapy is appropriate for your situation. Problem-solving therapy can be beneficial for you if you are dealing with real-life concrete issues for which you are having difficulty seeking solutions.

Format of Problem-Solving Therapy

What does a problem-solving therapy session look like? Let's take a look at the various features it entails.

- A doctor or a mental health professional should prescribe it.
- It's possible to combine it with other care options.
- May be done one-on-one or in a group environment.
- Emphasizes the development of a strategy.
- Concentrates on real-life issues that you are currently dealing with.
- Walks you through the process of solving problems in your life, step by step.
- Consists of a number of psychotherapy phases
- Requires the completion of homework assignments
- It entails psychoeducation
- Sessions will last anywhere between 30 minutes and two hours.
- Involves the patient's personal empowerment being created.
- Is a form of intervention in cognitive behavioral therapy.
- It can last anywhere from six to sixteen sessions.
- Takes place as a result of a joint effort between the therapist and the patient.

Problem-solving therapy is also very realistic in nature, focusing solely on the moment rather than going back in time.

Benefits

- Being able to recognize a stressor cause you to experience negative emotions (e.g., sadness, anger).
- Self-assurance that you can deal with any issues that arise
- Having a methodical approach to dealing with life's issues
- Having a toolbox of solutions to tackle the issues you're dealing with.
- Increased faith in one's ability to come up with innovative solutions.
- Being able to recognize which roadblocks would obstruct your development.
- Being able to deal with these feelings as they occur.
- A decrease in avoidance and an increase in intervention.
- The courage to recognize life's unsolvable problems.
- The capacity to make sound judgments.
- The cultivation of patience (realizing that not all problems have a "quick fix").