**Topic 14: Psychotherapy, fields of application, techniques.**

**Purpose of the lesson:** Have an idea of the main methods of psychotherapy and the indications for its use.

**Questions for discussion:**

1. Definition of psychotherapy as a method of treatment of mental disorders. Indications. Contraindications.

2. Classification of psychotherapeutic techniques.

3. The main stages of the psychotherapeutic process.

4. The main groups of psychotherapeutic methods and their application.

**Recommended literature:**

1. Tsygankov, B. D. Psychiatry : textbook / B. D. Tsygankov, S. A. Ovsyannikov. - Moscow : GEOTAR-Media, 2022. - 464 с. - ISBN 978-5-9704-6515-8. - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : [https://www.studentlibrary.ru/book/ISBN9785970465158.html](https://www.studentlibrary.ru/book/ISBN9785970465158.html%20)