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Topic: ECP04 - Early Career Psychiatrists: Symposia: Psychotherapy update

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## Psychotherapy in Practice - an Example of Applying Different Models and Theories to a Clinical Case

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Psychotherapies are treatments performed through psychological means, based in specific techniques, which arouse from different theoretical models. Either individual or in-group, they are all accomplished through an inter-human relationship that implies a 'changing process".

Whether it is considered relevant to become a psychotherapist, psychiatrists will often find themselves placed in a psychotherapeutic position. However, being a psychotherapist doesn't just happen out of the blue, and no one should be practicing psychotherapy without a proper training.

During this presentation, we will put psychotherapy into practice with the help of one clinical example. We will picture how therapists from different schools would treat one particular patient.