



## HOW DO YOU KNOW WHETHER YOU NEED A PSYCHOTHERAPIST?

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**ABSTRACT** A psychotherapist is a person trained to help people overcome a range of difficulties ranging from emotional to psychiatric disorders. They can also cross over to handle mental problems where they help patients to manage their problems effectively (Flavell, 2001). Psychotherapist provides a safer and regular ground to talk with the patient and explore the difficult situation that he is going through. In most cases, they help the clients to find their own insight into finding the problem (Flavell, 2001). Knowing when the patient needs a psychotherapist depend on various conditions. The paper highlights variation things that can act as an indicator that a patient needs the intervention of a psychotherapist. For instance, when there is a change in his eating and sleeping habit, when one has had an experience of trauma, when one considers the use of drugs, when one has a severe psychological problem and the decision from health practitioner.

**KEYWORDS :****When one has had an experience of trauma (PTSD)?**

An experience of trauma can be an indication that one needs to see a psychiatrist. If one has had an experience of traumatic event in life or at one point in life dealt with the experience of trauma, then there is a need to see a psychiatrist. Trauma may include thing like sexual abuse, physical abuse or emotional abuse. In an event that one experiences a traumatic effect, there are high chances that he will experience Post-Traumatic Disorder (PTSD) which affects the patients after they have had an effect of trauma (Flavell, 2001). The symptoms of PTSD include experiences like nightmares, intense fear about the trauma or having fear that the trauma may occur again. In such an event, it is advisable that one visits a psychiatrist.

**Considering The Use Of Substance**

If one has recently begun too much drinking or use of substances at a higher rate, there could be possibility that he person is using he drugs as a way of coping up with the emotional problems that he or she is facing. People often use alcohol or abuse substance in an effort to forget or divert the emotional and the physical pain that they undergo (Bondy, and Frost, 2001). An increased use of the drug substances can be an indicator that there is a problem that is deeply rooted and needs to be addressed.

**When There Is A Change In The Eating And Sleeping**

You may realize that you eating too much as a way of coping up with the tress. Or, perhaps the appetite is completely lost and you barely eat, unable to enjoy the foods that you used to enjoy before. The change in the eating habit can be an indication that one is in stress. There are occasions whereby eating may be comfortable to the extent that you eat excess at the same time you may find food unappetizing and you end up eating less during the day (Meares, and Hobson, 1977). Sometimes it is normal to have variation in the sleeping habits, however, in a case whereby you find yourself oversleeping or having difficulty in sleep, then it is obvious that there is a problem and you need to see a psychotherapist. Both lack sleep and having excess sleep is a sign of distress.

**Consider Severe Psychological Problems**

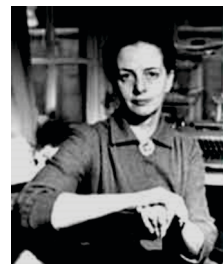
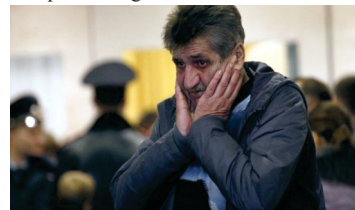
Obsessive- Compulsive Disorder (OCD) can have a greater impact on the thoughts and the behaviours to a dangerous level. People with obsessive- compulsive disorder often check things repeatedly. As much as it is normal to re- check the action of the behavior, people with OCD will do this severally. They show a greater pervasive fear for their life, for instance, in order to avoid germs, they will want to repeatedly wash their hands. Having OCD is a sign that one cannot control the thoughts or urges of life. Taking several hours doing rituals that cause severe distress, may interfere with the life, so it is important to see the psychotherapist to seek treatment.

**Think About The Risk That Your Problems Pose To You.**

It is important that one considers that risk his distress can lead him to. In a case whereby your problems may put you in a risk of harming yourself or causing harm to others, it is important that one seeks for the help of a psychotherapist. Major life events leads to distress and difficulty in dealing with the stress (Rathus, 2002). It is imperative to note that a therapist not only work on the major issues affecting life, but they also work on the lesser issues like marital problems, low self-esteem, social conflict among others.

**Observe The Negatives And Sad Mood**

In case you feel more down than usual, or having experience of disillusionment, apathy may be a good sign that one needs to see a psychotherapist. One may be used to feeling happy and positive about life, but all of a sudden one begins to feel sad. It is always normal for one to feel sad for a day or two, but a case whereby the feeling exceeds two days, it is important to get an immediate treatment.

**Ask Yourself If In Any Case You Have Self- Harming Behaviours**

Cutting oneself is a way that people may use as a coping strategy with the distress. One may decide to cut himself with the sharp objects, like razor blades, however much it is a copying strategy, it is harmful to one's health. It is significant that one finds better outlets of dealing with the problem such as seeing a therapist other than cutting to relive the physical and emotional stress.

### Decision From Your General Practitioner

Doctor is an important person to determine whether there is a need to speak to a therapist; moreover, he can also be an important person to help somebody in a problem to find the therapist. This will start by making appointment with the doctor and explaining to the doctor the feeling. The doctor may do the test and make the right decision as to whether the psychotherapist is needed. In addition to the intervention of the doctor, one has to consider how the therapy may be helpful in his life. One may consider this by assessing his past records with the therapy. In case one had been a beneficiary of the therapy, then he stands high chances of getting help again.



### Consider The Way People Have Been Reacting To You Lately

Some people's responses to you can act as a lesson that there is need to see a therapist. In case people whom you are close to like relative and friends are worried about your actions, for example, they do not want to listen to you, it may be the best time to see a therapist. Perhaps, people are cautious around to the extent that some whom you used to enjoy their company are now trying to avoid you. Then it is an indicator that something is amiss.



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