## Can a psychotherapist really help people with their problems?

Many people today suffer from some mental strain or sometimes even from mental disorders: intrapersonal and interpersonal conflicts, morbid fears, stress-related diseases, depression. Actually, most of these psychological problems originate inside their heads and they obviously need specialist’s help. However, can psychologists or psychotherapists really help deal with such kind of health issues?

As far as I see it, if one has any mental tension, it will be better to undergo a professional treatment. Of course, it is worth making sure that ‘the specialist’ is not a quack, willing to make a good living on people’s gullibility, but a qualified psychologist who does help.

In fact, people may think that talking to their close ones is a better way to overcome their problems, as it is easier to find a connection with a friend than to open your heart to a doctor who probably will not understand you. But it must be remembered that not every psychologist fits every patient. It is like in sports when it seems both the athlete is capable and the coach is experienced but anything they do fails. I mean that if it does not work with one particular psychologist, better not to refuse professional help but look for another specialist. Besides, there is quite a well-known rule in the treatment - the patient is treated themselves, the doctor just directs. Indeed, during the therapy patients has to get themselves what they are worried about and what problems they are going to cope with? If there is an issue identified by patient, then the therapy will be more efficient.

In addition, many people prefer to discuss their problems not with a psychotherapist because talking to a psychotherapist will not be always pleasant as specialists get to the depth of the psyche and try to remove the primary source of the issues. However, people should be aware of that painful moments are often an indicator of the effectiveness of the treatment.

So answering the question whether psychologists or psychotherapists can really help people, I would say definitely yes because people do need some assistance, and better if it is professional, to put things in order in their minds and get well.