**How can a psychiatrist (or psychoanalyst or psychotherapist) help someone with their problems?**

People have always been rather suspicious, when it comes to psychoanalysis.

Psychotherapists are often accused of making a living out of their patients‘ gullibility, of tricking them and convincing them to have lots and lots of completely unhelpful (but, obviously, very expensive) sessions. Unfortunately, these accuses can’t be considered completely wrong, since it’s very easy to find a lot of amateurs without any specific training, who may just have read a couple of books about psychoanalysis and decided to put those theories into practice. These people are, of course, pretty dangerous for their patients, because they can end up making an erroneous diagnosis or making them get even worse.

In spite of this, psychologist are now becoming more and more popular. People are finally beginning to realize how helpful they can be, since we all live in a world where the amount of stress we have to cope with everyday is almost unbearable for our subconscious. It is really hard to free our minds from all the problems and negativity, not to mention the terrible effect that all this stress has on our behaviours and relationships. Creating strong and reliable relationships is becoming more and more complicated, in my opinion: we can always get in touch with everyone, thanks to social networks and messaging programmes, but more and more often we are feeling lonely. That’s why I believe that a professional shrink can really help people, making them talk about their problems and helping them understand how they feel.

It is also important to consider how a psychoanalyst should interact with his/her patients. I think he/she should always keep in mind the patient’s needs: some patients might need their psychologist to be very cheerful, kind and sympathetic, while others might prefer a more cold and detached approach.

In the end, I think that psychotherapists can make people become better and that they help them not only coping with their problems, but often even solving them.

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