

Psychology as Therapy

‘Morning ☺

Wishing all who have tuned in, a very good morning and fruitful day ahead; while you sip your morning coffee, and read this post edition and set out on your day ahead...

JoL

How does Psychology & Therapy tie-in together?

How Therapy comes into the picture of psychological understanding?

Info-byte

Psychology developed in the aim to understand the human ‘psyche’ and human development and the digression from normal states of consciousness and psychological phenomena, leading to how to deal with psychological distress through evolving therapeutic ‘approaches’.

*Reflections, Interpretations, Introspections, Observations, Clarifications,
Justifications, Exploration, Identifying*

(These **thought processes** allow us to discuss & understand situations and stimuli-provoking incidents.)

Collectivism, Structuralism, Dualism → Mind Body Debate (Nature vs. Nurture)
[These reasoning of thoughts highlight **our personal “Schools of Thought”**]