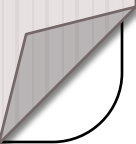


OMICS GROUP



OMICS Group International through its Open Access Initiative is committed to make genuine and reliable contributions to the scientific community. OMICS Group hosts over **400** leading-edge peer reviewed Open Access Journals and organizes over **300** International Conferences annually all over the world. OMICS Publishing Group journals have over **3 million** readers and the fame and success of the same can be attributed to the strong editorial board which contains over **30000** eminent personalities that ensure a rapid, quality and quick review process. OMICS Group signed an agreement with more than **1000** International Societies to make healthcare information Open Access.



OMICS Journals are welcoming Submissions

OMICS Group welcomes submissions that are original and technically so as to serve both the developing world and developed countries in the best possible way.

OMICS Journals are poised in excellence by publishing high quality research. OMICS Group follows an Editorial Manager® System peer review process and boasts of a strong and active editorial board.

Editors and reviewers are experts in their field and provide anonymous, unbiased and detailed reviews of all submissions. The journal gives the options of multiple language translations for all the articles and all archived articles are available in HTML, XML, PDF and audio formats. Also, all the published articles are archived in repositories and indexing services like DOAJ, CAS, Google Scholar, Scientific Commons, Index Copernicus, EBSCO, HINARI and GALE.

For more details please visit our website:

<http://omicsonline.org/Submitmanuscript.php>



Journal of Psychiatry: Open Access

(Previously African Journal of Psychiatry)

Impact Factor: 0.871 (SCI)

Open Access, Peer-reviewed

Editor



Alexandr Merkin

*Department of Addictions and
Psychotherapy
Institute for Advanced Studies of
the Federal Medical-Biological
Agency of Russia*





Biography:

Dr. Alexandr Merkin graduated from the Russian State Medical University (Pirogov Russian National Research Medical University) in 1997. In 1999 he completed his Residency in Functional Diagnostics in Therapy, Neurology and Psychiatry. Then he studied Psychiatry and completed his Residency in Psychiatry, as well as in further advanced trainings in Forensic Psychiatry, Addiction Medicine and Psychotherapy.

Dr. Merkin has been working as a Lecturer at the Institute for Advanced Studies in Moscow since 2005. He completed his PhD dissertation in 2011, and since 2012 he is on Assistant Professor position. He conduct clinical consultations for patients with a variety of mental disorders and psychological problems.

As a researcher he is responsible for research planning, take part in data collection and analysis, write abstracts and articles and present results at scientific conferences. In addition, he give lectures and conduct workshops on different aspects of psychiatry and addiction disorders in Moscow, all around Russia and abroad.



Research Interest:

- General psychopathology
- Psycholinguistics
- Neurosciences and Neuroimaging
- Medical Education
- Psychotherapy



Recent Publications:

- ❑ Alexandr Merkin, Ilya Borisov, Alexandr Shushkevitch, Evgeny Dinov, Evgeny Cheremushkin (2014) Difficulties in diagnosing delirium in elderly patients in a general hospital. *Asian Journal of Psychiatry*, 9, pp. 85-86.
- ❑ Alexandr Merkin, Alexander Komarov, Evgeny Dinov et al. (2014) Asthenic and depressive disorders in elderly patients in outpatient practice (Differential diagnosis and therapy), 3(10), pp. 36-40.
- ❑ Alexandr Merkin. Confusional state (delirium) in geriatrics. Clinical signs, comorbidity, care service organization. Saarbrücken: LAP Lambert Academic Publishing, 2013, 181 p.

Psychotherapy





- Psychotherapy is often used either alone or in combination with medications to treat mental illnesses. Called "therapy" for short, the word psychotherapy actually involves a variety of treatment techniques.
- During psychotherapy, a person with a mental illness talks to a licensed and trained mental health care professional who helps him or her identify and work through the factors that may be triggering the illness.



All psychotherapies provide:

- A working alliance between patient and therapist
- An emotionally safe setting where the patient can feel accepted, supported, un-criticized
- A therapeutic approach that may either be strictly adhered to or modified according to patient needs
- Confidentiality as integral to therapeutic relationship except with safety issues



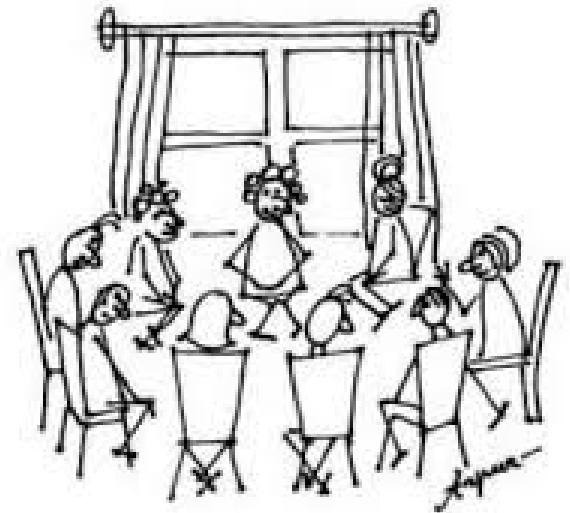
Therapy for....

- **Children:** behavioral, school, family issues
- **Adolescents:** as above and issues of separation and peer relationships
- **Young adults:** all of above plus career issues
- **Mature adults:** all of above plus issues of changing relationships, family alignments, health, work and social status
- **Older adults:** all of above plus end of life issues



Types of Therapy

- Therapy can be given in a variety of formats, including:
- **Individual:** This therapy involves only the patient and the therapist.
- **Group:** Two or more patients may participate in therapy at the same time. Patients are able to share experiences and learn that others feel the same way and have had the same experiences.



- **Marital/couples:** This type of therapy helps spouses and partners understand why their loved one has a mental disorder, what changes in communication and behaviors can help, and what they can do to cope.
- **Family:** Because family is a key part of the team that helps people with mental illness get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.





Different approaches to therapy include:

Psychodynamic Therapy

- Psychodynamic therapy is based on the assumption that a person is having emotional problems because of unresolved, generally unconscious conflicts, often stemming from childhood.
- The goal of this type of therapy is for the patient to understand and cope better with these feelings by talking about the experiences. Psychodynamic therapy is administered over a period of at least several months, although it can last longer, even years.



Interpersonal Therapy

- Interpersonal therapy focuses on the behaviors and interactions a patient has with family and friends.
- The primary goal of this therapy is to improve communication skills and increase self-esteem during a short period of time.
- It usually lasts three to four months and works well for depression caused by mourning, relationship conflicts, major life events, and social isolation.





Although many subtypes and variations on therapies exist, some psychotherapy techniques proven to be effective include:

- **Cognitive behavioral therapy**, which helps you identify unhealthy, negative beliefs and behaviors and replace them with healthy, positive ones
- **Dialectical behavior therapy**, a type of cognitive behavioral therapy that teaches behavioral skills to help you handle stress, manage your emotions and improve your relationships with others



- **Acceptance and commitment therapy**, which helps you become aware of and accept your thoughts and feelings and commit to making changes, increasing your ability to cope with and adjust to situations
- **Supportive psychotherapy**, which reinforces your ability to cope with stress and difficult situations



Psychotherapy can be helpful in treating most mental health problems, including:

- **Anxiety disorders**, such as obsessive-compulsive disorder (OCD), phobias, panic disorder or post-traumatic stress disorder (PTSD)
- **Mood disorders**, such as depression or bipolar disorder
- **Schizophrenia** or other disorders that cause detachment from reality (psychotic disorders)

I am not obsessive
I am not obsessive
I am not obsessive
I am NOT OBSESSIVE
I AM not obsessive
I am not OBSESSIVE
I am NOT OBSESSIVE
I AM NOT OBSESSIVE
I am not obsessive





- **Addictions**, such as alcoholism, drug dependence or compulsive gambling
- **Eating disorders**, such as anorexia or bulimia
- **Personality disorders**, such as borderline personality disorder or dependent personality disorder



Not everyone who benefits from psychotherapy is diagnosed with a mental illness. Psychotherapy can help with a number of life's stresses and conflicts that can affect anyone. For example, it may help you:

- **Resolve conflicts** with your partner or someone else in your life
- **Relieve anxiety or stress** due to work or other situations
- **Cope with major life changes**, such as divorce, the death of a loved one or the loss of a job
- **Learn to manage unhealthy reactions**, such as road rage or passive-aggressive behavior



- **Come to terms with an ongoing or serious physical health problem**, such as diabetes, cancer or ongoing (chronic) pain
- **Recover from physical or sexual abuse** or witnessing violence
- **Cope with sexual problems**, whether they're due to a physical or psychological cause
- **Sleep better**, if you have trouble getting to sleep or staying asleep (insomnia)



- **Psychoanalysis**

- Focus on unconscious as it emerges in treatment relationship
- Insight by interpretation of unconscious conflict
- Most rigorous: 3-5 times/week, lasts years, expensive
- Patient (analysand) lies on couch, analyst unseen to eliminate visual cues
- Must be stable, highly motivated, verbal, psychologically minded and be able to tolerate stress without becoming overly regressed, distraught, impulsive

- Analyst neutral
- Goal: structural reorganization of personality
- Techniques: interpretation, clarification, working through, dream interpretation

Psychiatry Related Journals

- [International Journal of Emergency Mental Health and Human Resilience](#)
- [Journal of Alzheimers Disease & Parkinsonism](#)
- [Journal of Child and Adolescent Behaviour](#)

Psychiatry

Related Conferences

➤ Neurology & Therapeutics



OMICS Group Open Access Membership

OMICS publishing Group Open Access Membership enables academic and research institutions, funders and corporations to actively encourage open access in scholarly communication and the dissemination of research published by their authors.

For more details and benefits, click on the link below:

<http://omicsonline.org/membership.php>

