

Supportive and Interpersonal Psychotherapy

Student's Name:

Institutional Affiliation:

### Supportive and Interpersonal Psychotherapy

Interpersonal psychotherapy and supportive psychotherapy have many differences, although both of these therapies share some similarities. In the client's assessment and selection of treatments, it will be essential for therapists to be aware of the differences between interpersonal psychotherapy and supportive psychotherapy and how these differences will impact the patients. This paper compares interpersonal and supportive psychotherapy and identifies an ideal therapeutic approach that I might prefer for use with my clients.

#### **Similarities between Interpersonal and Supportive Psychotherapies**

Both interpersonal and supportive psychotherapies will be typically used in the treatments of different mental disorders, which may affect patients. Supportive psychotherapy approach will include a combination of cognitive-behavioral therapy as well as psychodynamic and interpersonal conceptual approaches of psychotherapy and their accompanying techniques (Misch, 2015). By utilizing supportive psychotherapy, a therapist tries to improve the healthy and adaptive patterns of patients with the principal objective being to reduce the inter-psycho conflict, which might be contributing to the current patient condition (Misch, 2015).

Interpersonal psychotherapy will be based on a brief strategy that will be mainly focused on the identification and the resolution of interpersonal problems, which might be prevailing in a bid to alleviate the symptoms which might be presenting (Markowitz & Weissman, 2014). Both approaches to psychotherapy share the similarity of aiming at achieving a therapeutic impact on patients who present with the symptoms of different psychiatric conditions.

### Differences between Interpersonal and Supportive Psychotherapies

The first difference between interpersonal and supportive psychotherapy is that the interpersonal approach tends to be time-limited and highly structured approach, which will often be between three to four months. In contrast, the support approach will not be structured and will utilize an interpersonal, conceptual approach, or other cognitive behavioral and psychodynamic approach as a combination of the two (Glickstein & Williams, 2019). The second difference between interpersonal and supportive approaches is that the interpersonal approach will mainly identify and create interpersonal relationships. In contrast, the supportive approach primarily addresses patient's adaptive and healthy patterns so as to try and reduce interpsychic conflict, which might be causing certain mental disorders. Finally, when utilizing the interpersonal approach, the therapist will need to evaluate the different relational aspects of the patient, which may not be required when adopting the supportive approach (Glick, 2019).

As a mental health counselor, the differences between the supportive and the interpersonal approaches will impact my practice in that I will prefer the use of the supportive approach when dealing with patients with behavioral issues such as addiction, alcoholism, and

**eating disorders. On the other hand, I will adopt the interpersonal approach in the treatment of  
clinical mental disorders, for example, schizophrenia and depression.**

### **Preferred Therapeutic Approach**

**As a mental health counselor, my preferred therapeutic approach is the interpersonal  
approach. This is because this approach encompasses the importance of interpersonal  
relationships. According to Mink (2012), poor interpersonal relationships will be the root of  
various psychiatric disorders, including mood and behavior disorders. According to Hunkler,  
Hines, & Thomas, (2012), the interpersonal approach will be more efficient in the treatment of  
psychiatric conditions, especially when compared to the cognitive approach, which will be  
mainly limited to behavioral problems.**

**In providing psychotherapy services to clients, the most important ethical and legal standards to  
follow are maintaining confidentiality, informed consent, and the establishment and maintenance  
of boundaries during sessions (Wong, Lohrman, & Mink, 2019).**

### **Conclusion**

In summary, supportive psychotherapy approach includes a combination of cognitive-behavioral therapy as well as psychodynamic and interpersonal conceptual approaches of psychotherapy and their accompanying techniques. Interpersonal psychotherapy will be based on a brief therapy that will be mainly focused on the identification and the resolution of interpersonal problems, which might be prevailing in a bid to alleviate the symptoms which might be prevailing.

**References**

**Handy, J., Miller, E., & Thomas, E. (2012). The History and Evolution of Psychological Treatment. Canadian Psychological Association.**

**Minuchin, P. C., & Wolcott, M. M. (1979). Interpersonal psychotherapy: principles and application. World psychology of Child Journal of the World Psychiatric Association (1979), 17(2), 125-129.**

**Minuchin, P. C. (1974). Basic strategies of dynamic, supportive therapy. The Journal of psychotherapy practice and research, 1(2), 173-183.**

**Wang, R., Lohrman, J., & Minuchin, P. C. (1980). Ethical and Legal Issues in Psychotherapy. In Minuchin, P., Bergman, A. (eds) Ethical Issues in Counseling and Psychotherapy Practice. Springer, Singapore.**