

## **A list of therapies used by those hoping to recover from poor mental health**

Acupuncture - [www.acupuncture-warwickshire.co.uk/acupuncture.html](http://www.acupuncture-warwickshire.co.uk/acupuncture.html)

ACT -

Aromatherapy –

Art therapy –

CBT - Cognitive behavioural therapy - [http://hcd2.bupa.co.uk/fact\\_sheets/html/CBT.html](http://hcd2.bupa.co.uk/fact_sheets/html/CBT.html)

Counselling –

Dance therapy for mental patients - <http://news.bbc.co.uk/1/hi/health/3551063.stm>

DBT -

Drama Therapy

ECT - Electroconvulsive Therapy –  
[www.mentalhealth.org.uk/information/mental-health-a-z/electroconvulsive-therapy](http://www.mentalhealth.org.uk/information/mental-health-a-z/electroconvulsive-therapy)

Gardening therapy - <http://news.bbc.co.uk/1/hi/health/5083742.stm>

Gestalt?

Hypnotherapy

Interpersonal psychotherapy (IPT), monthly maintenance interpersonal psychotherapy (IPT),  
<http://www.medicalnewstoday.com/medicalnews.php?newsid=69556&nfid=crss>

Laughter Therapy –

Magnetic Therapy - Reduce your stress and anxiety, and feel more peaceful and relaxed by removing imbalances in your human energy field and aura.

- [www.magnetictherapy.co.uk/Resources/therapy----conditions-problems-mental-health.htm](http://www.magnetictherapy.co.uk/Resources/therapy----conditions-problems-mental-health.htm)

Massage Therapy - [www.massagetherapy.co.uk](http://www.massagetherapy.co.uk)

Mindfulness

Music Therapy - [www.therapymusic.co.uk](http://www.therapymusic.co.uk)

Occupational Therapy

Origami as Mental Health Therapy - <http://go.to/origami>

Personal Coaching - [Personal Development](#)

Positive Psychology - <http://www.authentic happiness.sas.upenn.edu/>

Psychotherapy - [www.existentia ltherapist.co.uk](http://www.existentia ltherapist.co.uk), [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

Physiotherapy

REBT – Rational Emotive Behavioural Therapy - [www.thelighthousepractice.co.uk](http://www.thelighthousepractice.co.uk)

Sexual and Relationship Therapy - <http://www.basrt.org.uk/>

Writing Therapy -

EFT

EMDR

Counselling

Dream Analysis

Past life regression

Future life Progression

Vortex healing

Here is a detailed list = [http://www.psychnet-uk.com/psychotherapy/summary\\_of\\_therapy\\_types.htm](http://www.psychnet-uk.com/psychotherapy/summary_of_therapy_types.htm)

More therapies here - <http://www.jr2.ox.ac.uk/bandolier/booth/booths/altmed.html>

**Therapy Weekly** has NHS jobs, physiotherapy and occupational therapy ...

UK weekly interdisciplinary **therapy** newspaper. Includes job listings and guides to continuing professional development topics.

[www.therapyweekly.co.uk/](http://www.therapyweekly.co.uk/) [Found on MSN Search, Google]

#### News



#### **EXCLUSIVE - NHS jobs website casts the therapy ship adrift**

After 32 years as the UK's only multi-professional AHP magazine, Therapy Weekly is to close this week. "Recruitment... [Full Article ▶](#)

#### **Jobs market the worst for more than 30 years**

Therapists are in the midst of the worst job crisis in three decades, say therapy leaders. Therapy Weekly has charted the ups and downs...



Alternative Systems of Medicine:

e.g. homeopathy, traditional chinese medicine (includes acupuncture), ayurveda (a traditional Indian system)

Exercise / Movement Therapies:

e.g. yoga, dance, t'ai chi.

Nature Cures:

e.g. diet and nutrition, aromatherapy, herbal medicine, flower remedies

Psychological and Relaxation Therapies:

e.g. hypnotherapy, meditation, autogenic training

Sensory / Creative Therapies:

e.g. colour therapy, arts and creative therapies

Spiritual or Energy Healing / Diagnosis:

e.g. spiritual healing, energy healing, reiki

Touch / Manipulative Therapies:

e.g. massage, reflexology, cranio-sacral therapy, shiatsu, osteopathy

(( these are Adapted from 'A Brief Guide to Treatments', OpenMind magazine 1993, Mind Publications ))

((<http://www.mhalternatives.org.uk/therapies/> ))