Psychology

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The therapeutic process is process that can be described as the interaction that occurs between the clients seeking treatments and therapy professionals. The three conditions required for a therapeutic change are congruence, accurate empathic understanding, and unconditional positive regard. However, the therapist must understand their client emotionally and cognitively. To understand an individual, it is important to know about their habits, their choices in different situations and how they perceive the society around them. All these factors combined are called the personality of a person.

  Personality psychology is the branch of psychology that studies the personality and its variation among people. Personality is a set of characteristics of a person that influences his or her emotions and behavior. Several types of researches are conducted on the debate that whether personality exists or not. Most of the theories proposed by the personality trait psychologists claim that the personality of a person does exists and is determined after birth and is shaped as a person grows up. However, many “situationism” theories claim that an individual is not always consistent and changes according to the situations so there is no such thing as personality and personality traits as humans tend to adapt themselves with the environment.

Personality plays a key role in therapeutic change. Personality traits contribute to the expression of symptoms of common psychiatrist disorders.  The personality traits provide an insight into how a person may react to different psychotherapy approaches. Although, personality traits are not consistent yet still they can help a psychotherapist to develop a roadmap on how to treat a patient. According to the Cognitive Behavioral Therapies literature, personality is considered as a complicated factor in treating disorders like mood and anxiety. Personality traits can help in determining an individual’s psychological differences that help the therapist to connect with the patient and treat him or her accordingly. Psychotherapy and psychiatric medicines are known to have the ability to change an individual’s personality. Many therapies help in treating the mental as well as a personality disorder. The fact that people came for therapy is itself a change in their personality such as cognitive-behavioral therapies, psychodynamic psychotherapy, and psychoeducation, etc (Smith-Jones, 2016).

**References**

Smith-Jones, Elsie. (2016). Theories of Counseling and Psychotherapy. 2nd Edition Sage, Newbury Park, CA.