Annotated Bibliography

Name

Institution

Date

Eskin, M. (2013). *Problem solving therapy in the clinical practice*. Amsterdam: Elsevier. – **Qualitative Source**

According to this source, empirically or evidence supported psychotherapies are being more important in the mental health field. This aspect is influenced by the fact that most users of psychotherapy want to select methods whose effectiveness can be showed empirically. The cognitive-behavioral approach is one of the methods most people are favoring as they have showed to have empirical support when used in the treatment of a wide range of psychiatric problems. The source goes on to claim that the main reason why these approaches are usually successful is because they enhance the relationship between therapists and patients. Unlike other approaches, these approaches usually rely mostly on the information provided by patients, a clear indication that the patient must be open with the therapist for these approaches to be successful. Therefore, there is need for therapists to first create a great rapport and understanding of their patients before designing the approach to use to deal with the problems they have.

Gilburt et al. (2008). The importance of relationships in mental health care: A qualitative study of service users' experiences of psychiatric hospital admission in the UK. London: BioMed **Central Ltd. Qualitative article**

<https://bmchealthservres.biomedcentral.com/articles/10.1186/1472-6963-8-92>.

According to this article, relationships form the core of the success of therapy sessions. The themes of safety, communication, cultural competency and absence of coercion lead to a great relationship among therapists and their patients. A great relationship among therapists and their patients was mainly brought about by effective communication and cultural sensitivity. These aspects make patients trust therapists fully, hence being very open with them. It is through this openness that therapists are in a position of determining the problem the patients are suffering from thereby devising ways of helping them. Thanks to the findings of this article, we now understand what therapists need to do in order to create a good relationship with their patients.

In Elzer, M., In Gerlach, A., & European Federation for Psychoanalytic Psychotherapy in the Public Health Services,. (2014). *Psychoanalytic psychotherapy: A handbook*. London: Karnac-**Qualitative study**

In this article, we come across an introductory understanding of the human mind, dreams, psychic development, symptoms formation and psychic conflicts. The book goes on to introduce the fundamentals of psychoanalytic-oriented psychotherapy thereby enabling readers how the human mind operates during therapy sessions. In the first part of the book, the reader is introduced to the technical aspects of psychotherapeutic treatment which include therapeutic relationship and the treatment process. Through these aspects, therapists are in a position of knowing how to approach their patients. This situations stems from the fact that approaching patients in the wrong manner is likely to affect the entire therapy sessions as it might lead to patients being uneasy with therapists, hence unable to open up.

Shea, S. C. (2006). *Improving medication adherence: How to talk with patients about their medications*. Philadelphia, Pa: Lippincott Williams & Wilkins.- **Qualitative source**

This article was written by nurses, care managers, clinical pharmacists and physicians with an aim of informing readers of the importance of the relationship between caregivers and patients. Here, we see that the words of caregivers have a very powerful impact on the patients’ recovery. This is because they are the main determinants of whether patients are going to be interested in not only taking medication, but also adhering to instructions given to them. From this source, it is clear that therapists need to work hard in ensuring that they develop a good relationship with their patients if they want their therapy sessions to be successful.

Stucky, H.L. & Nobel, J. (2010). The Connection Between Art, Healing, and Public Health: A Review of Current Literature. American Public Health Association. – **Qualitative Source**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>.

This source explores the relationship between health outcomes and engagement with creative arts, specifically visual arts therapy, movement-based creative expression and music engagement. According to this source, art-based interventions are believed to be effective in reducing adverse psychological and physiological outcomes. The reason behind their success is their ability to ease the tensions between therapists and patients. In most instances, people associate healthcare services with pain. This is because is because of the fact that people only seek these services while in pain, and most healthcare services are painful. However, this is not the case when creative arts are used as they enable patients view healthcare services from a different perspective. Therefore, therapists need to be creative while dealing with their patients so as to create a good rapport with them.

Wosch, T., & Wigram, T. (2007). *Microanalysis in music therapy: Methods, techniques and applications for clinicians, researchers, educators and students*. London: Jessica Kingsley Publishers.- **Quantitative source**

According to this source, microanalysis is the detailed analysis of the short period of time during music therapy sessions when some significant changes take place. These moments are usually very crucial to patients’ recovery as they affect how they react to treatment. This aspect has led to therapists being more interested than before on how these changes occur, and whether there are ways of initiating them. Using quantitative data, this source looks at how the relationship between patients and therapists is likely to enhance music therapy. This aspect stems from the fact that therapists need to deeply understand the needs of their patients before deciding on which musical elements to use. This understanding can only be achieved through patients being very open with therapists.

References

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