

Download Psychotherapy Documentation Manual

Psychotherapy is a planned and structured face-to-face treatment of a recipient's mental illness. APA Document Reference No. 200202 Documentation of Psychotherapy by Psychiatrists (3 of 6) The American Psychiatric Association • 1400 K Street NW • Washington, D.C. 20005 Telephone: (888) 357-7924 • Fax: (202) 682-6850 • Email: apa@psych.org Psychotherapy is a crucial part of the training of psychiatric residents.³ Description Psychotherapy consists of face-to-face encounters providing psychologically-based treatment designed to alleviate symptoms and restore functioning for persons with mental illnesses and substance use. Psychiatric rehabilitation services for children combine psychotherapy to address internal psychological, emotional and intellectual processing deficits with skills training to restore personal and social functioning to the proper developmental level.