

# Psychopathology and Psychotherapy

*A Review of Causes, Consequences  
and Curative Measures*

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This book is the fruit of a national seminar entitled '*Psychotherapies-Contemporary Approaches in 21<sup>st</sup> Century, India*'. It aims to introduce the reader to alternative forms of psychotherapy that use dance and movement as an aid in therapeutic processes and understanding mindfulness from a functional perspective amongst the widely practiced form of therapy like psychoanalysis and cognitive behaviour therapy. It includes empirical papers showing the effectiveness of cognitive behaviour therapy with a child with social anxiety, exploring the temperament of junior performers on reality television shows and understanding mental illness through the lens of rural people of five villages. It also contains a section with research articles written by the students of the Department of Psychology, Loreto College.



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