Psychotherapy used to take a very long time. Psychoanalysis, the type of psychotherapy developed by Sigmund Freud, could continue for years with the patient meeting with his analyst three to five times per week. Most people in this day and age are interested in bringing about changes much more rapidly. Today, very few psychotherapists practice psychoanalysis. Many utilize cognitive-behavioral therapy.

Behavioral therapy is designed to change behavior. Sometimes it uses punishment or what is referred to as negative reinforcement to eliminate problem behaviors. In dealing with drug abuse, a patient may be asked to imagine using the drug while the therapist administers a mild but unpleasant shock. Sometimes, behavioral therapists ask their patients to wear rubber bands around their wrists and give themselves a snap when they have negative thoughts. Behavior therapists work with rewards much more often then they do punishments. They may ask the patients to carefully chart behaviors and to reward themselves when they have completed particular assignments. Behavioral methods are also used in training animals.

Cognitive therapy is designed to improve emotions or behaviors by changing the way the patient thinks. The therapist attempts to help the client to feel better or to improve his behavior by convincing him that his thoughts have not been rational. When therapists combine cognitive with behavioral methods, they are then utilizing what is referred to as cognitive-behavioral therapy.

Sometimes people have feelings that they know are irrational but they are unable to consciously change them. Take for instance the person who knows elevators are safe but feels too afraid to enter one, or the person who knows that public speaking isn't dangerous but can't get him self to do it. Some people freeze up when taking an important test and the information they studied so hard is then not available to them. Rapid Resolution Therapy is an excellent method of quickly bringing resolution so that negative feelings are no longer blocking desired changes.

Sometimes people realize that a behavioral change would improve the quality of their lives but still have difficulty implementing it. Many people realize they would be better off if they were to stop smoking, lose weight or begin exercising and yet they can't seem to succeed in making the change. Rapid Resolution Therapy can resolve these conflicts and provide for integration and harmony. One of my patients recently described it this way. "Finally, it seems like all parts of my mind are going in the same direction. It is wonderful to feel like I am no longer fighting with myself."

Rapid Resolution Therapy can pinpoint and clear the negative effect past trauma may be having on one's emotions, behavior, or health even if the experience has been repressed or forgotten. It can also be utilized to reduce pain and promote healing and is therefore of great value to people facing health challenges. This powerful therapeutic approach can provide the solution to other issues such as insomnia, sexual problems, anxiety or problem anger by dealing directly with the inner mind.