

Does psychotherapy really heals?

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The full potential of psychotherapy is healing. The healing work provided by psychotherapy is holistic. This means that psychotherapeutic healing involves the biological, psychological and social aspects of the client. It occurs when the patient is able to grow and transform through insight and experience feelings.

The power of psychotherapy to heal has already been proven in many studies, but we are not really aware of what lies behind it all, especially since there are many therapeutic directions and yet no matter the differences the healing is happening.

Psychotherapy is an intense meeting of hearts and minds and one of the main factors for healing is the warmth of the personality of the therapist.

This paper tries to extract the main factors that lead to healing in clients and reduces them to the personal characteristics or super powers of the therapist. Empathy, compassion, positive acceptance, active listening, warmth, authenticity and congruence are already known factors but the question which remains is how much and to what extent they are present in each of us.

How much are we aware of our own superpower? How much the personal self-actualization of the psychotherapist determines his/her efficiency in healing? are some of the questions that are being discussed in this paper.

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