Biological Basis and Ethical/Legal Considerations of Psychotherapy

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The biological basis of psychotherapy is not comprehensively understood. However, studies have shown that psychotherapy is a comprehensive biological treatment considering it targets all biological regulators of brain responses to mental health issues (Javanbakht & Alberini). By targeting all the biological regulators of brain responses to mental health conditions, psychotherapy contributes to the establishment of a sense of self and others. Individuals learn new experiences associated with internal, emotional, and cognitive regulation processes. A study by Scult et al. (2019) evaluated the alterations in functional connectivity related to emotional regulation therapy among major depressive and generalized anxiety participants. The study found that emotional regulation therapy contributes to changes in nodes of the salience network and default mode network to other regions in the brain. The changes were associated with the improvement of clinical symptoms among participants. These findings suggest that a successful therapy provides all-inclusive, lasting, and measurable changes in brain neurotransmissions.

The legal and ethical considerations in psychotherapy are related to informed consent and confidentiality of patient information. Therefore, when administering individual, family, or group therapy, mental health personnel should provide the clients with information on the choice of therapy, duration of therapy, benefits, and side effects (Trachsel & Holtforth, 2019). In group and family therapy, informed consent is provided to all participants, while in individual therapy target patient is given informed consent. Unlike group therapy, family therapy constitutes individuals who know one another; usually, one individual with a problem affects others. Therefore, the affected individual should be provided with informed consent to allow others to be involved in their care.

On the other hand, all participants in group therapy should agree to uphold the confidentiality of each other's clinical data (Doshi et al., 2019). Consequently, those who disagree with the confidentiality rules should be excluded from group therapy. Moreover, mental health personnel should uphold the confidentiality of clients' data in individual, group, or family therapy.

**References**

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