

Definition of Psychotherapy

October 2014

Some state laws or regulations dealing with scope of practice/scope of license, privilege, insurance reimbursement, or some other topic may define the word “psychotherapy.” I have shared this definition before, but for new readers I posit the following for your consideration (and your sense of humor): “Psychotherapy” is an unidentified technique, applied to unspecified circumstances, with unpredictable outcomes – requiring rigorous training. I do not take credit for this provocative thought – credit belongs to Professor Daniel Hogan, who in 1979 wrote a multiple volume work examining the regulation of psychotherapists.

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