

Hypnosis, Hypnotherapy, Hypno-Psychotherapy, Psychotherapy, Psycho-Analysis, Counselling, Hypnotism, Mesmerism, Transpersonal Therapy, Ego-State Therapy, Hypno-Analysis, Transactional Therapy, Thought Field Therapy, Cognitive-Behavioural Therapy, CBT, Behavioural Therapy, PSH, Somatic Psychotherapy, Coaching, Dream Therapy, EMDR, Person Centred Therapy, Object Relations Therapy, Transactional Analysis, Systems Theory, Soul Centred Therapy, Solution Focussed Therapy, Play Therapy, Psychodynamic Therapy, Coaching, Emotional Release Therapy, Ericksonian Therapy, Experiential Therapy, Family Therapy, Gestalt Therapy, Inner Child Therapy, Interpersonal Therapy, NLP, Meditation, Jungian Analysis, etc, etc.

These are all different kinds of therapies designed to help people deal with their personal problems. They are really only labels. A person who is in trouble within themselves or experiencing difficulties doesn't really care what the therapy is; as long as it helps them to get the changes they want.