

Biological aspects of psychotherapy

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It was long established that psychotherapy is the treatment of psychologically based disorders, while biologically based disorders should be treated with medication. This view splits people into mind and brain. While, the two constructs can be separated for purposes of discussion, but they are always integrated and what is called mind can be understood as the activity of the brain although the complexity of one? sunique subjectivity is not easily reducible to chemistry and physiology. Psychological and biological components of psychiatric illness must be integrated to avoid the perils of reductionism in diagnosis and treatment. Modern studies of the etiology and pathogenesis of major psychiatric disorders suggest that only through a sophisticated synthesis of psychosocial and genetic/biochemical points of view can causation be comprehensively understood, so treatment must be informed by psychotherapeutic approaches as well as by pharmacotherapy. The aim of this presentation is to review the biological aspects of psychotherapy includingbody brain mind connection and its relation to psychotherapy, neural plasticity and its relation to psychotherapy and gene expression and its relation to psychotherapy.