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Psychotherapy in Iran: A Case Study of Cognitive-Behavioral Family Therapy for Mrs. A



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Family plays a significant role in the development and maintenance of depression. It has also been shown that cognitive-behavioral therapy (CBT) can be effective in treating depression. The prominent role of family in Iranian culture makes the application of CBT in family context preferable. In this article, we describe the evolution of psychotherapy in Iran and illustrate it through a case of CBT family therapy for Mrs. A. © 2007 Wiley Periodicals, Inc. *J Clin Psychol* 63: 745–753, 2007.

Keywords: psychotherapy; family therapy; CBT; culture; international psychology; depression

Regulation of Psychologists and Psychotherapists in Iran

The concept of psychotherapy has gradually become more accepted in Iran during the past few decades. Traditional and nonprofessional counseling is giving way to psychotherapy as a science and a specialty. Psychotherapists in Iran use various therapeutic approaches, such as cognitive-behavioral and psychoanalytic therapy, in various formats, such as individual, couple, family, or group therapy. Cognitive-behavioral therapies may require as many as 6 to 30 sessions, while the psychodynamic therapies may take longer.

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