

During the 20th century, medicine has undergone massive development. But countless new methods to save life or improve its quality began to develop a new perspective on health and the role of doctors and patient. Recognizing that virtually everything we do, eat, breathe, etc. affects our health, moved a large part of the responsibility for maintaining health to all of us. A patient who decides on many factors alone, should become a collaborator in self-care and an active participant prevention and therapy.

Another change that is greatly reflected in the medical approach to therapy is the pursuit of the lowest of all invasive medical procedures. Doctor must always weigh the benefits and risks of surgery, which intends to make, and it should be attempt to choose the therapy so as to have the least adverse effects in maintaining good efficiency of treatment.

The two previous points related increase in interest in psychotherapy. Its essence lies in influencing the patient's psychological means. It means avoidance of drugs and therefore the risk of side effects and risk dependencies that are often prescribed for some but i freely counter medications (anxiolytics, analgesics) a major threat. On the other hand, psychotherapy requires patient cooperation, willingness to treat a mainly willingness to devote time and active treatment efforts.

For many of the problems that patients come to clinics practitioners, psychotherapy can help as well, or even better than drugs, which are often only symptomatic therapy. At the same time some patients to specialized centers may have benefit from psychotherapy. In addition to the psychiatric department, which in connection with psychotherapy recall about everyone, methods