**biological and ethical considerations of psychotherapy**

This paper will focus on the biological and ethical considerations of psychotherapy. Many studies have found that psychotherapy is as effective as psychopharmacology in influencing changes in behaviors, symptoms of anxiety, and changes in mental state. First, we understand the biological basis of psychotherapy, which according to neuroscience its the only real biological treatment in nursing.  Interventions in Psychotherapeutic are key in the management of psychiatric disorders.  Changes influenced by psychopharmacology can be explained by the biological basis of treatments. But how does psychotherapy achieve these changes?, This is usually achieved through a combination of pharmacotherapy.

**biological and ethical considerations**

Does psychotherapy share common neuronal pathways with psychopharmacology? Additionally, over time the channels and modes of conducting psychotherapy have improved from in-person psychotherapy to e-therapy.  Psychotherapy is used with individuals as well as in groups or families.

[caption id="attachment\_306447" align="alignnone" width="300"] [biological and ethical considerations](https://youtu.be/tBtXsfSaSLA)[/caption]

The idea of discussing confidential information with a patient in front of an audience is probably quite foreign to you. However, in group and family therapy, this is precisely what the psychiatric-mental health nurse practitioner does. In your role, learning how to provide this type of therapy within the limits of confidentiality is essential.  
For this Discussion, you will consider whether psychotherapy also has a biological basis and analyze how legal and ethical considerations differ in the individual, family, and group therapy settings.

**Biological and ethical considerations**

It's important to note that, in psychotherapy, legal considerations are the framework that encompasses the boundaries, forms, and expectations decided by the therapist in the said therapy.

To prepare:  
• Review this week’s Learning Resources, reflecting on foundational concepts of psychotherapy, biological and social impacts on psychotherapy, and legal and ethical issues across the modalities (individual, family, and group).  
• Credible sources should be used for this topic of biological and ethical considerations of psychotherapy such as peer-reviewed articles that inform and support your academic perspective on these topics.

**Biological and ethical considerations**

By Day 3   
Post an explanation of whether psychotherapy has a biological basis. Explain how culture, religion, and socioeconomics might influence one’s perspective on the value of psychotherapy treatments. Describe how legal and ethical considerations for group and family therapy differ from those for individual therapy, and explain how these differences might impact your therapeutic approaches for clients in group, individual, and family therapy. Support your rationale with at least three peer-reviewed, evidence-based sources and explain why each of your supporting sources is considered scholarly. [Attach the PDFs of your sources](https://youtu.be/tBtXsfSaSLA).