Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. Certain psychotherapies are considered evidence-based for treating some diagnosed mental disorders.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on Psychotherapy Research. Potential topics include, but are not limited to:

- Cognitive therapy
- Cognitive behavioral therapy
- Psychosocial interventions for emotional disorders
- Psychodynamic psychotherapy
- Family therapy
- Group therapy
- Well-being therapy
- Psychotherapy for children and adolescents
- Counseling and psychology
- Supportive therapy
- Psychoanalytic psychotherapy
- Interventions and mental health promotion

Authors should read over the journal’s For Authors carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal’s Paper Submission System.

Please kindly notice that the “Special Issue” under your manuscript title is supposed to be specified and the research field “Special Issue – Psychotherapy Research” should be chosen during your submission.

According to the following timetable:

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