



December 19, 2019

Dear Dr. Jain:

I was troubled to see that your 12/16/19 blog post on WebMD, "[How to Choose the Right Type of Therapy for You](#)," omitted any mention of longer-term depth psychotherapy, e.g., psychodynamic. Not only are the four named approaches "not an exhaustive list," they barely scratch the surface of emotional and relational issues that more intensive therapy can resolve.

Those of us who conduct psychotherapies of depth, insight and relationship are currently losing a public-relations battle with those who promote short-term, symptom-focused therapies. The latter are misleadingly touted as "evidence based" when the effect size and lasting benefits of the former are often greater, and when most seekers of psychotherapy suffer patterns of dysfunctional relationships, vague conflicts, life dissatisfaction, and meaninglessness that are not well addressed by symptomatic treatments.

As a public voice of the mental health profession, you owe it to your readers to provide a fuller picture. I, too, am a blogger

<https://www.psychologytoday.com/us/blog/sacramento-street-psychiatry>

as well as a member of PsiAN, a volunteer membership organization devoted to correcting misperceptions about in-depth psychotherapies. The PsiAN site includes a library

<https://psian.org/psian-library/>

of published research addressing the false narratives that make traditional psychotherapy sound unscientific and obsolete. It is neither. I hope you'll take advantage of these resources in your future writing for the public.

Thank you,

Steven Reidbord MD
3331 Sacramento Street
San Francisco CA 94118