

# Definition of Psychotherapy

written by Richard Leslie | May 24, 2016

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Some state laws or regulations dealing with scope of practice/scope of license, privilege, insurance reimbursement, or some other topic may define the word “psychotherapy.” I have shared this definition before, but for new readers I posit the following for your consideration (and your sense of humor): “Psychotherapy” is an unidentified technique, applied to unspecified circumstances, with unpredictable outcomes - requiring rigorous training. I do not take credit for this provocative thought - credit belongs to Professor Daniel Hogan, who in 1979 wrote a multiple volume work examining the regulation of psychotherapists.