Medication can support the psychotherapy process. Similar to Maslow’s hierarchy of needs, it is difficult for most people to focus on symptom relief and self-growth when they are in crisis or struggling with anxiety, depression, or other mental health conditions. In some cases, medication can help to stabilize a person, allowing him or her to progress in psychotherapy. For example, many people complain of losing the feelings they used to have, report a reduction in their ability to laugh or cry, or experience a decrease in libido. Psychotropic drugs are prescribed to treat a variety of mental health issues when those issues cause significant impairment to healthy functioning. Psychotherapeutic agents are drugs that are used to treat problems in thought processes of individuals with both perceptual and behavioral disorders. These agents do not provide cure for psychoses but they help both adult and pediatric patients perform activities of daily living and function in a more acceptable manner. The following are mental disorders to which psychotherapeutic agents are most commonly indicated:

Schizophrenia. Schizophrenia is most common type of psychosis and can be very disabling. There is some evidence that the psychotherapeutic process can be enhanced by the use of drugs that invite self-disclosure and self-exploration. Such drugs might help to fortify the therapeutic alliance and in other ways. One drug that may prove promising for this purpose is the psychedelic amphetamine MDMA. INTRODUCTION. In preindustrial cultures, however, there is an ancient tradition in which drugs are used to enhance a process of psychotherapeutic healing; and from 1950 to the mid-1960s, there were 15 years of experimentation in Europe and the United States—an episode in the history of psychiatry that is now almost forgotten. The drugs used in these therapeutic efforts were psychedelic or hallucinogenic substances, both natural and synthetic.