**What is Psychotherapy and Psychoanalysis:**

Psychotherapy, or talk therapy, uses a “client-centered” approach to assist patients with various emotional problems they may be experiencing. Psychotherapy is built on a foundation of congruence, empathy, and positive regard for the patient and their struggles, strengths, and weaknesses. Its aim is to help patients by talking them through the difficulties they face and giving them an unbiased outlet or sounding board in which they may vent their thoughts and emotions. In other words, psychotherapy harnesses the power of a genuine human relationship to facilitate a client's natural tendency toward growth and development. Psychotherapy is made up of a wide swath of methodologies, ranging from cognitive behavioral therapy to the practice of mindfulness, as it seeks to address the influence of our thoughts on our behaviors and emotions. In this way, psychotherapy means to correct a patient’s distorted patterns of thinking so they may be better equipped to deal with life in a more practical and effective way.

Psychoanalysis, in contrast, seeks to address the unconscious resistance to change in our psyche. Psychoanalysis offers a way to address the unconscious factors that support a person’s tendency to stay stuck in their difficulties. It does this by investigating the interaction of conscious and unconscious elements in the mind and bringing repressed fears and conflicts into awareness via techniques like dream interpretation and free association. Psychoanalysis is a unique form of psychotherapy which allows patients to more effectively experience lasting change in their patterns of thought, emotionality, and behavior by addressing their innate psychological inertia.

**Mission Statement:** The group Talking is Medicine (TiM) is meant to promote the broader use of techniques practiced by different talk therapies in fields of medicine beyond psychiatry. We believe aspects of these talk therapies can be applied to the way physicians approach and handle patients in all fields. While medicine as a discipline has been moving towards a more “patient centered” model of care in recent years, we believe doctors can go a step beyond just providing individualized care for physical symptoms. We believe to truly serve our patients, doctors should grow a more profound relationship with them built on empathy and deep, personal understanding. In this way doctors can become more intricately aware of their patients’ needs, allowing them to provide the best in personalized care. TiM aims to provide opportunities for students to learn and practice aspects of different talk therapies and mindfulness in order to improve their ability to connect with, and in extension, treat patients in clinical encounters. Students are also encouraged to come up with unique ideas and execute them through this group. For more information, please email ﻿osucomTiM@gmail.com

**Officer titles and duties:**

President: Manages communication between TiM and its professional mentors and volunteers. Also serves as the primary director of TiM activities and initiatives.

Vice-president: Manages communication between TiM and OSU’s medical student body. Also serves as a secondary director of TiM activities and initiatives.

Treasurer: Manages TiM funds, procuring different avenues of funding and appropriately using said funds to pay for TiM related expenses. Also serves as a secondary director of TiM activities and initiatives.

**Member selection and removal process:** Potential members may ask officers to add them to TiM’s member roster whereupon they would be considered official members of our organization until such a time that they ask to be removed. Current members can ask officers to remove them from TiM’s roster at any time.

**Officer selection and removal process:** Future officers will be selected by TiM’s most current officers that are not applying to serve for the next term after providing TiM with a completed officer application (provided by TiM) for the position(s) they wish to fill. Interviews may be conducted to narrow down a field of applicants should there be more applicants than open officer positions. Officers hold terms of one year with an upper term limit of 4 terms. Officers are automatically removed from their position at the end of each term. Should they wish to apply for an officer position again, they must go through the same process as any other candidate. Officers must be current medical students enrolled at The Ohio State University College of Medicine.

**Nondiscrimination Statement:** Talking is Medicine and its members does not and shall not discriminate against any individual(s) for any reason, including but not limited to discrimination on the basis of age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, protected veteran status or any other basis.