**TEXT**

**TYPES OF THERAPIES**

Therapy comes in different forms. These include, cognitive behavioral therapy, dialectical behavior therapy, mindful based cognitive therapy, physical therapy, etc. Therapists are here for use and used daily by many people. Therapist are trained to provide treatment to an individual or group. Therapy was invented in the 1800s and the founder was Franz Mesmer, the "Father of Western Psychotherapy". Sigmund Freud then comes into play and shows us the understanding depth of all the different types included in therapy. Therapy is used in many ways to shape and help reform a person. This type of treatment allows individuals to regain gain goals lost or wanting to accomplish. Many individuals come into therapy looking for ways to cope with issues and to receive an emotional release. For example, healing from trauma, in need of support, emotional issues, and many more. Allowing yourself to express your thoughts and feelings go a long way in therapy recovery, this is called the therapeutic process.

**Levels of care**

Levels of care classify [health care](https://en.wikipedia.org/wiki/Health_care) into categories of chronology, priority, or intensity, as follows:

* [Emergency care](https://en.wikipedia.org/wiki/Emergency_medicine) handles [medical emergencies](https://en.wikipedia.org/wiki/Medical_emergency) and is a first point of contact or intake for less serious problems, which can be referred to other levels of care as appropriate.
* [Intensive care](https://en.wikipedia.org/wiki/Intensive_care_medicine), also called [critical care](https://en.wikipedia.org/wiki/Critical_care_medicine), is care for extremely ill or injured patients. It thus requires high resource intensity, knowledge, and skill, as well as quick [decision making](https://en.wikipedia.org/wiki/Decision_making).
* [Ambulatory care](https://en.wikipedia.org/wiki/Ambulatory_care) is care provided on an [outpatient](https://en.wikipedia.org/wiki/Patient#Outpatients_and_inpatients) basis. Typically patients can walk into and out of the clinic under their own power (hence "ambulatory"), usually on the same day.
* [Home care](https://en.wikipedia.org/wiki/Home_care) is care at home, including care from providers (such as physicians, nurses, and home health aides) making [house calls](https://en.wikipedia.org/wiki/House_call), care from [caregivers](https://en.wikipedia.org/wiki/Caregiver) such as family members, and patient [self-care](https://en.wikipedia.org/wiki/Self_care).
* [Primary care](https://en.wikipedia.org/wiki/Primary_care) is meant to be the main kind of care in general, and ideally a [medical home](https://en.wikipedia.org/wiki/Medical_home) that unifies care across referred providers.
* [Secondary care](https://en.wikipedia.org/wiki/Secondary_care) is care provided by medical specialists and other health professionals who generally do not have first contact with patients, for example, [cardiologists](https://en.wikipedia.org/wiki/Cardiologists), [urologists](https://en.wikipedia.org/wiki/Urologists) and [dermatologists](https://en.wikipedia.org/wiki/Dermatologists). A patient reaches secondary care as a next step from [primary care](https://en.wikipedia.org/wiki/Primary_care), typically by provider referral although sometimes by patient self-initiative.
* [Tertiary care](https://en.wikipedia.org/wiki/Tertiary_care) is specialized consultative care, usually for [inpatients](https://en.wikipedia.org/wiki/Patient#Outpatients_and_inpatients) and on referral from a primary or secondary health professional, in a facility that has personnel and facilities for advanced medical investigation and treatment, such as a [tertiary referral hospital](https://en.wikipedia.org/wiki/Tertiary_referral_hospital).
* Follow-up care is additional care during or after [convalescence](https://en.wikipedia.org/wiki/Convalescence). Aftercare is generally synonymous with follow-up care.
* [End-of-life care](https://en.wikipedia.org/wiki/End-of-life_care) is care near the end of one's life. It often includes the following:
  + [Palliative care](https://en.wikipedia.org/wiki/Palliative_care) is [supportive care](https://en.wikipedia.org/wiki/Therapy#Supportive_therapy), most especially (but not necessarily) near the end of life.
  + [Hospice](https://en.wikipedia.org/wiki/Hospice) care is palliative care very near the end of life when [cure](https://en.wikipedia.org/wiki/Cure) is very unlikely. Its main goal is comfort, both physical and mental.

**Lines of therapy**

Treatment decisions often follow formal or informal [algorithmic](https://en.wikipedia.org/wiki/Algorithm) guidelines. Treatment options can often be ranked or prioritized into **lines of therapy**: **first-line therapy**, **second-line therapy**, **third-line therapy**, and so on. **First-line therapy** (sometimes referred to as **induction therapy**, **primary therapy**, or **front-line therapy**) is the first therapy that will be tried. Its priority over other options is usually either: (1) formally recommended on the basis of [clinical trial](https://en.wikipedia.org/wiki/Clinical_trial) evidence for its best-available combination of efficacy, safety, and tolerability or (2) chosen based on the clinical experience of the physician. If a first-line therapy either fails to resolve the issue or produces intolerable [side effects](https://en.wikipedia.org/wiki/Side_effect), additional (second-line) therapies may be substituted or added to the treatment regimen, followed by third-line therapies, and so on.

An example of a context in which the formalization of treatment algorithms and the ranking of lines of therapy is very extensive is [chemotherapy regimens](https://en.wikipedia.org/wiki/Chemotherapy_regimens). Because of the great difficulty in successfully treating some forms of cancer, one line after another may be tried. In [oncology](https://en.wikipedia.org/wiki/Oncology) the count of therapy lines may reach 10 or even 20.

Often multiple therapies may be tried simultaneously ([combination therapy](https://en.wikipedia.org/wiki/Combination_therapy) or polytherapy). Thus [combination chemotherapy](https://en.wikipedia.org/wiki/Combination_chemotherapy) is also called polychemotherapy, whereas chemotherapy with one agent at a time is called single-agent therapy or monotherapy.

[Adjuvant therapy](https://en.wikipedia.org/wiki/Adjuvant_therapy) is therapy given in addition to the primary, main, or initial treatment, but simultaneously (as opposed to second-line therapy). [Neoadjuvant therapy](https://en.wikipedia.org/wiki/Neoadjuvant_therapy" \o "Neoadjuvant therapy) is therapy that is begun before the main therapy. Thus one can consider surgical excision of a tumor as the first-line therapy for a certain type and stage of cancer even though radiotherapy is used before it; the radiotherapy is neoadjuvant (chronologically first but not primary in the sense of the main event). [Premedication](https://en.wikipedia.org/wiki/Premedication) is conceptually not far from this, but the words are not interchangeable; cytotoxic drugs to put a tumor "on the ropes" before surgery delivers the "knockout punch" are called neoadjuvant chemotherapy, not premedication, whereas things like anesthetics or prophylactic antibiotics before dental surgery are called premedication.

[Step therapy](https://en.wikipedia.org/wiki/Step_therapy) or stepladder therapy is a specific type of prioritization by lines of therapy. It is controversial in [American health care](https://en.wikipedia.org/wiki/Health_care_in_the_United_States) because unlike conventional [decision-making](https://en.wikipedia.org/wiki/Decision-making) about what constitutes first-line, second-line, and third-line therapy, which in the U.S. reflects safety and efficacy first and cost only according to the patient's wishes, step therapy attempts to mix cost containment by someone other than the patient (third-party payers) into the algorithm.

| **Therapy type** | **Description** |
| --- | --- |
| **abortive therapy** | A therapy that is intended to stop a medical condition from progressing any further. A medication taken at the earliest signs of a disease, such as an [analgesic](https://en.wikipedia.org/wiki/Analgesic) taken at the very first symptoms of a [migraine headache](https://en.wikipedia.org/wiki/Migraine_headache) to prevent it from getting worse, is an abortive therapy. Compare [abortifacients](https://en.wikipedia.org/wiki/Abortifacient" \o "Abortifacient), which abort a pregnancy. |
| [**bridge therapy**](https://en.wikipedia.org/wiki/Bridge_therapy) | A therapy that [figuratively](https://en.wikipedia.org/wiki/Figurative_analogy) provides a bridge to another step or phase, crossing over some immediate chasm (challenge), in contrast with [destination therapy](https://en.wikipedia.org/wiki/Destination_therapy), which is the final therapy in cases where clinically appropriate. |
| **consolidation therapy** | A therapy given to consolidate the gains from [induction therapy](https://en.wikipedia.org/wiki/Therapy#Lines_of_therapy). In cancer, this means chasing after any malignant cells that may be left. |
| **curative therapy** | A therapy with *curative intent*, that is, one that seeks to [cure](https://en.wikipedia.org/wiki/Cure) the root cause of a disorder. (also called etiotropic therapy) |
| **definitive therapy** | A therapy that may be final, superior to others, [curative](https://en.wikipedia.org/wiki/Therapy#Curative_therapy), or all of those. |
| [**destination therapy**](https://en.wikipedia.org/wiki/Destination_therapy) | A therapy that is the final destination rather than a [bridge](https://en.wikipedia.org/wiki/Bridge_therapy) to another therapy. Usually refers to [ventricular assist devices](https://en.wikipedia.org/wiki/Ventricular_assist_device) to keep the existing heart going, not just until [heart transplantation](https://en.wikipedia.org/wiki/Heart_transplantation) can occur, but for the rest of the patient's life expectancy. |
| [**empiric therapy**](https://en.wikipedia.org/wiki/Empiric_therapy) | A therapy given on an empiric basis; that is, one given according to a clinician's educated guess despite uncertainty about the illness's causative factors. For example, empiric antibiotic therapy administers a [broad-spectrum antibiotic](https://en.wikipedia.org/wiki/Broad-spectrum_antibiotic) immediately on the basis of a good chance (given the history, physical examination findings, and risk factors present) that the illness is bacterial and will respond to that drug (even though the bacterial species or variant is not yet known). |
| **gold standard therapy** | A therapy that is [definitive](https://en.wikipedia.org/wiki/Therapy#Definitive_therapy), just as a [gold standard diagnostic test](https://en.wikipedia.org/wiki/Gold_standard_(test)) is a definitive test. |
| **investigational therapy** | An [experimental](https://en.wikipedia.org/wiki/Experiment) therapy. Use of experimental therapies must be ethically justified, because by definition they raise the question of [standard of care](https://en.wikipedia.org/wiki/Standard_of_care). Physicians have autonomy to provide empirical care (such as [off-label](https://en.wikipedia.org/wiki/Off-label_use) care) according to their experience and clinical judgment, but the autonomy has limits that preclude [quackery](https://en.wikipedia.org/wiki/Quackery). Thus it may be necessary to design a [clinical trial](https://en.wikipedia.org/wiki/Clinical_trial) around the new therapy and to use the therapy only per a formal [protocol](https://en.wikipedia.org/wiki/Protocol_(science)). Sometimes shorthand phrases such as "treated on protocol" imply not just "treated according to a plan" but specifically "treated with investigational therapy". |
| [**maintenance therapy**](https://en.wikipedia.org/wiki/Maintenance_therapy) | A therapy taken during [disease remission](https://en.wikipedia.org/wiki/Remission_(medicine)) to prevent relapse. |
| **palliative therapy** | See [supportive therapy](https://en.wikipedia.org/wiki/Therapy#Supportive_therapy) for connotative distinctions. |
| **preventive therapy (prophylactic therapy)** | A therapy that is intended to [prevent a medical condition](https://en.wikipedia.org/wiki/Preventive_healthcare) from occurring (also called prophylaxis). For example, many [vaccines](https://en.wikipedia.org/wiki/Vaccine" \o "Vaccine) prevent infectious diseases. |
| [**salvage therapy**](https://en.wikipedia.org/wiki/Salvage_therapy)**(rescue therapy)** | A therapy tried after others have failed; it may be a "last-[line](https://en.wikipedia.org/wiki/Therapy#Lines_of_therapy)" therapy. |
| **stepdown therapy** | Therapy that tapers the dosage gradually rather than abruptly cutting it off. For example, a switch from intravenous to oral antibiotics as an infection is brought under control steps down the intensity of therapy. |
| **supportive therapy** | A therapy that does not treat or improve the underlying condition, but rather increases the patient's comfort, also called [symptomatic treatment](https://en.wikipedia.org/wiki/Symptomatic_treatment) (see there for more information).[[10]](https://en.wikipedia.org/wiki/Therapy#cite_note-10) For example, supportive care for flu, colds, or gastrointestinal upset can include rest, fluids, and [over the counter](https://en.wikipedia.org/wiki/Over-the-counter_drug) pain relievers; those things don't treat the cause, but they treat the symptoms and thus provide relief. Supportive therapy may be palliative therapy ([palliative care](https://en.wikipedia.org/wiki/Palliative_care)). The two terms are sometimes synonymous, but palliative care often specifically refers to serious illness and [end-of-life care](https://en.wikipedia.org/wiki/End-of-life_care). Therapy may be categorized as having [curative intent](https://en.wikipedia.org/wiki/Therapy#Curative_therapy) (when it is possible to eliminate the disease) or *palliative intent* (when eliminating the disease is impossible and the focus shifts to minimizing the distress that it causes). The two are often [contradistinguished](https://en.wiktionary.org/wiki/contradistinguish#Verb) (mutually exclusive) in some contexts (such as the [management of some cancers](https://en.wikipedia.org/wiki/Management_of_cancer)), but they are not inherently mutually exclusive; often therapy can be both curative and palliative simultaneously. [Supportive psychotherapy](https://en.wikipedia.org/wiki/Supportive_psychotherapy) aims to support the patient by alleviating the worst of the symptoms, with the expectation that [definitive therapy](https://en.wikipedia.org/wiki/Therapy#Definitive_therapy) can follow later if possible. |
| **systemic therapy** | A therapy that is [systemic](https://en.wiktionary.org/wiki/systemic#Adjective). In the physiological [sense](https://en.wikipedia.org/wiki/Word_sense), this means affecting the whole body (rather than being local or locoregional), whether via [systemic administration](https://en.wikipedia.org/wiki/Systemic_administration), systemic effect, or both. [Systemic therapy in the psychotherapeutic sense](https://en.wikipedia.org/wiki/Systemic_therapy_(psychotherapy)) seeks to address people not only on the individual level but also as people in relationships, dealing with the interactions of groups. |

Treatments can be classified according to the method of treatment:

**By [matter](https://en.wikipedia.org/wiki/Matter" \o "Matter)**

* by [drugs](https://en.wikipedia.org/wiki/Drug): [pharmacotherapy](https://en.wikipedia.org/wiki/Pharmacotherapy), [chemotherapy](https://en.wikipedia.org/wiki/Chemotherapy) (also, *medical therapy* often means specifically pharmacotherapy)
  + by [medical devices](https://en.wikipedia.org/wiki/Medical_device): [implantation](https://en.wikipedia.org/wiki/Implant_(medicine)) ([*cardiac resynchronization therapy*](https://en.wikipedia.org/wiki/Cardiac_resynchronization_therapy))
* by specific [molecules](https://en.wikipedia.org/wiki/Molecule): [molecular therapy](https://en.wikipedia.org/wiki/Molecular_medicine) (although most drugs are specific molecules, *molecular medicine* refers in particular to medicine relying on [molecular biology](https://en.wikipedia.org/wiki/Molecular_biology))
  + by specific [biomolecular](https://en.wikipedia.org/wiki/Biomolecule" \o "Biomolecule) targets: [targeted therapy](https://en.wikipedia.org/wiki/Targeted_therapy)
    - [molecular chaperone therapy](https://en.wikipedia.org/wiki/Molecular_chaperone_therapy)
  + by [chelation](https://en.wikipedia.org/wiki/Chelation" \o "Chelation): [chelation therapy](https://en.wikipedia.org/wiki/Chelation_therapy" \o "Chelation therapy)
* by specific [chemical elements](https://en.wikipedia.org/wiki/Chemical_element" \o "Chemical element):
  + by [metals](https://en.wikipedia.org/wiki/Metal" \o "Metal):
    - by [heavy metals](https://en.wikipedia.org/wiki/Heavy_metal_(chemistry)" \o "Heavy metal (chemistry)):
      * by [gold](https://en.wikipedia.org/wiki/Gold" \o "Gold): [chrysotherapy](https://en.wikipedia.org/wiki/Chrysotherapy" \o "Chrysotherapy) (aurotherapy)
      * by [platinum](https://en.wikipedia.org/wiki/Platinum)-containing drugs: [platin therapy](https://en.wikipedia.org/wiki/Platinum-based_antineoplastic" \o "Platinum-based antineoplastic)
    - by [biometals](https://en.wikipedia.org/wiki/Biometal_(biology)" \o "Biometal (biology))
      * by [lithium](https://en.wikipedia.org/wiki/Lithium" \o "Lithium): [lithium therapy](https://en.wikipedia.org/wiki/Lithium_(medication)" \o "Lithium (medication))
      * by [potassium](https://en.wikipedia.org/wiki/Potassium_in_biology" \o "Potassium in biology): [potassium supplementation](https://en.wikipedia.org/wiki/Potassium" \l "Supplementation" \o "Potassium)
      * by [magnesium](https://en.wikipedia.org/wiki/Magnesium_in_biology" \o "Magnesium in biology): [magnesium supplementation](https://en.wikipedia.org/wiki/Magnesium_(pharmaceutical_preparation)" \o "Magnesium (pharmaceutical preparation))
      * by [chromium](https://en.wikipedia.org/wiki/Chromium): [chromium supplementation](https://en.wikipedia.org/wiki/Chromium_deficiency#Supplementation); [phonemic neurological hypochromium therapy](https://en.wikipedia.org/wiki/Phonemic_neurological_hypochromium_therapy)
      * by [copper](https://en.wikipedia.org/wiki/Copper" \o "Copper): [copper supplementation](https://en.wikipedia.org/wiki/Copper_in_health" \l "Supplementation" \o "Copper in health)
  + by [nonmetals](https://en.wikipedia.org/wiki/Nonmetal" \o "Nonmetal):
    - by diatomic [oxygen](https://en.wikipedia.org/wiki/Oxygen): [oxygen therapy](https://en.wikipedia.org/wiki/Oxygen_therapy), hyperbaric oxygen therapy ([hyperbaric medicine](https://en.wikipedia.org/wiki/Hyperbaric_medicine))
      * [transdermal continuous oxygen therapy](https://en.wikipedia.org/wiki/Transdermal_continuous_oxygen_therapy)
    - by triatomic oxygen ([ozone](https://en.wikipedia.org/wiki/Ozone" \o "Ozone)): [ozone therapy](https://en.wikipedia.org/wiki/Ozone_therapy" \o "Ozone therapy)
    - by [fluoride](https://en.wikipedia.org/wiki/Fluoride" \o "Fluoride): [fluoride therapy](https://en.wikipedia.org/wiki/Fluoride_therapy" \o "Fluoride therapy)
    - by other gases: [medical gas therapy](https://en.wikipedia.org/wiki/Medical_gas_therapy)
* by [water](https://en.wikipedia.org/wiki/Water" \o "Water):
  + [hydrotherapy](https://en.wikipedia.org/wiki/Hydrotherapy)
  + [aquatic therapy](https://en.wikipedia.org/wiki/Aquatic_therapy)
  + [rehydration therapy](https://en.wikipedia.org/wiki/Rehydration_therapy)
    - [oral rehydration therapy](https://en.wikipedia.org/wiki/Oral_rehydration_therapy)
  + [water cure (therapy)](https://en.wikipedia.org/wiki/Water_cure_(therapy))
* by biological materials ([biogenic substances](https://en.wikipedia.org/wiki/Biogenic_substance), [biomolecules](https://en.wikipedia.org/wiki/Biomolecule" \o "Biomolecule), [biotic materials](https://en.wikipedia.org/wiki/Biotic_material), [natural products](https://en.wikipedia.org/wiki/Natural_product)), including their [synthetic](https://en.wikipedia.org/wiki/Chemical_synthesis) equivalents: [biotherapy](https://en.wikipedia.org/wiki/Biopharmaceutical)
  + by whole [organisms](https://en.wikipedia.org/wiki/Organism" \o "Organism)
    - by [viruses](https://en.wikipedia.org/wiki/Virus" \o "Virus): [virotherapy](https://en.wikipedia.org/wiki/Virotherapy" \o "Virotherapy)
    - by [bacteriophages](https://en.wikipedia.org/wiki/Bacteriophage" \o "Bacteriophage): [phage therapy](https://en.wikipedia.org/wiki/Phage_therapy" \o "Phage therapy)
    - by animal interaction: *see*[*animal interaction*](https://en.wikipedia.org/wiki/Therapy#By_animal_interaction)*section*
  + by constituents or products of organisms
    - by [plant](https://en.wikipedia.org/wiki/Plant) parts or extracts (but many drugs are derived from plants, even when the term *phytotherapy* is not used)
      * scientific type: [phytotherapy](https://en.wikipedia.org/wiki/Phytotherapy" \o "Phytotherapy)
      * traditional (prescientific) type: [herbalism](https://en.wikipedia.org/wiki/Herbalism" \o "Herbalism)
    - by animal parts: [quackery](https://en.wikipedia.org/wiki/Quackery) involving shark fins, tiger parts, and so on, often driving [threat](https://en.wikipedia.org/wiki/Threatened_species) or [endangerment](https://en.wikipedia.org/wiki/Endangered_species) of species
    - by [genes](https://en.wikipedia.org/wiki/Gene" \o "Gene): [gene therapy](https://en.wikipedia.org/wiki/Gene_therapy" \o "Gene therapy)
      * [gene therapy for epilepsy](https://en.wikipedia.org/wiki/Gene_therapy_for_epilepsy)
      * [gene therapy for osteoarthritis](https://en.wikipedia.org/wiki/Gene_therapy_for_osteoarthritis)
      * [gene therapy for color blindness](https://en.wikipedia.org/wiki/Gene_therapy_for_color_blindness)
      * [gene therapy of the human retina](https://en.wikipedia.org/wiki/Gene_therapy_of_the_human_retina)
      * [gene therapy in Parkinson's disease](https://en.wikipedia.org/wiki/Gene_therapy_in_Parkinson%27s_disease)
    - by [epigenetics](https://en.wikipedia.org/wiki/Epigenetics" \o "Epigenetics): [epigenetic therapy](https://en.wikipedia.org/wiki/Epigenetic_therapy" \o "Epigenetic therapy)
    - by [proteins](https://en.wikipedia.org/wiki/Protein): [protein therapy](https://en.wikipedia.org/wiki/Protein_therapy) (but many drugs are proteins despite not being called protein therapy)
    - by [enzymes](https://en.wikipedia.org/wiki/Enzyme" \o "Enzyme): [enzyme replacement therapy](https://en.wikipedia.org/wiki/Enzyme_replacement_therapy" \o "Enzyme replacement therapy)
    - by [hormones](https://en.wikipedia.org/wiki/Hormone" \o "Hormone): [hormone therapy](https://en.wikipedia.org/wiki/Hormone_therapy" \o "Hormone therapy)
      * [hormonal therapy (oncology)](https://en.wikipedia.org/wiki/Hormonal_therapy_(oncology))
      * [hormone replacement therapy](https://en.wikipedia.org/wiki/Hormone_replacement_therapy)
        + [estrogen replacement therapy](https://en.wikipedia.org/wiki/Estrogen_replacement_therapy)
        + [androgen replacement therapy](https://en.wikipedia.org/wiki/Androgen_replacement_therapy)
        + [hormone replacement therapy (menopause)](https://en.wikipedia.org/wiki/Hormone_replacement_therapy_(menopause))
        + [transgender hormone therapy](https://en.wikipedia.org/wiki/Transgender_hormone_therapy)

[feminizing hormone therapy](https://en.wikipedia.org/wiki/Feminizing_hormone_therapy)

[masculinizing hormone therapy](https://en.wikipedia.org/wiki/Masculinizing_hormone_therapy)

* + - * [antihormone therapy](https://en.wikipedia.org/wiki/Antihormone_therapy)
        + [androgen deprivation therapy](https://en.wikipedia.org/wiki/Androgen_deprivation_therapy)
      * by whole [cells](https://en.wikipedia.org/wiki/Cell_(biology)): [cell therapy](https://en.wikipedia.org/wiki/Cell_therapy) (cytotherapy): *by*[*stem cells*](https://en.wikipedia.org/wiki/Stem_cell)*:*[*stem cell therapy*](https://en.wikipedia.org/wiki/Stem_cell_therapy) */ by*[*immune cells*](https://en.wikipedia.org/wiki/White_blood_cell)
        + by [immune system](https://en.wikipedia.org/wiki/Immune_system) products: [immunotherapy](https://en.wikipedia.org/wiki/Immunotherapy), [host modulatory therapy](https://en.wikipedia.org/wiki/Host_modulatory_therapy); by [immune cells](https://en.wikipedia.org/wiki/White_blood_cell)*:* [*T-cell vaccination*](https://en.wikipedia.org/wiki/T-cell_vaccination) */* [*cell transfer therapy*](https://en.wikipedia.org/wiki/Cell_transfer_therapy) */* [*autologous immune enhancement therapy*](https://en.wikipedia.org/wiki/Autologous_immune_enhancement_therapy) */* [*TK cell therapy*](https://en.wikipedia.org/wiki/TK_cell_therapy)
        + by [humoral immune factors](https://en.wikipedia.org/wiki/Humoral_immunity" \o "Humoral immunity): antibody therapy: *by whole*[*serum*](https://en.wikipedia.org/wiki/Serum_(blood))*: serotherapy, including*[*antiserum*](https://en.wikipedia.org/wiki/Antiserum)*therapy / by [immunoglobulins](https://en.wikipedia.org/wiki/Antibody" \o "Antibody):*[*immunoglobulin therapy*](https://en.wikipedia.org/wiki/Immunoglobulin_therapy)

by [monoclonal antibodies](https://en.wikipedia.org/wiki/Monoclonal_antibody): [monoclonal antibody therapy](https://en.wikipedia.org/wiki/Monoclonal_antibody_therapy)

* + by [urine](https://en.wikipedia.org/wiki/Urine): [urine therapy](https://en.wikipedia.org/wiki/Urine_therapy) (some scientific forms; many prescientific or pseudoscientific forms)
    - by [food](https://en.wikipedia.org/wiki/Food) and [dietary](https://en.wikipedia.org/wiki/Dieting) choices: [*medical nutrition therapy*](https://en.wikipedia.org/wiki/Medical_nutrition_therapy) */* [*grape therapy*](https://en.wikipedia.org/wiki/Grape_therapy)*(quackery)*
* by [salts](https://en.wikipedia.org/wiki/Salt_(chemistry)) (but many drugs are the salts of organic acids, even when drug therapy is not called by names reflecting that)
  + by [salts](https://en.wikipedia.org/wiki/Salt_(chemistry)" \o "Salt (chemistry)) in the air
    - by natural dry salt air: "taking the cure" in [desert](https://en.wikipedia.org/wiki/Desert) locales (especially common in prescientific medicine; for example, one 19th-century way to treat tuberculosis)
      * by artificial dry salt air: *low-humidity forms of [speleotherapy](https://en.wikipedia.org/wiki/Speleotherapy" \o "Speleotherapy) /* [*negative air ionization therapy*](https://en.wikipedia.org/wiki/Negative_air_ionization_therapy)
    - by [moist salt air](https://en.wikipedia.org/wiki/Salt_air" \o "Salt air):
      * by natural moist salt air: [seaside cure](https://en.wikipedia.org/wiki/Seaside_resort) (especially common in prescientific medicine)
      * by artificial moist salt air: water vapor forms of [speleotherapy](https://en.wikipedia.org/wiki/Speleotherapy" \o "Speleotherapy)
  + by [salts](https://en.wikipedia.org/wiki/Salt_(chemistry)" \o "Salt (chemistry)) in the water
    - by [mineral water](https://en.wikipedia.org/wiki/Mineral_water): [spa cure](https://en.wikipedia.org/wiki/Spa_town) ("taking the waters") (especially common in prescientific medicine)
    - by [seawater](https://en.wikipedia.org/wiki/Seawater): [seaside cure](https://en.wikipedia.org/wiki/Seaside_resort) (especially common in prescientific medicine)
* by [aroma](https://en.wikipedia.org/wiki/Aroma" \o "Aroma): [aromatherapy](https://en.wikipedia.org/wiki/Aromatherapy" \o "Aromatherapy)
* by other materials with mechanism of action unknown
  + by occlusion with duct tape: [duct tape occlusion therapy](https://en.wikipedia.org/wiki/Duct_tape_occlusion_therapy)

**By [energy](https://en.wikipedia.org/wiki/Energy" \o "Energy)**

* + by [electric energy](https://en.wikipedia.org/wiki/Electric_energy) as [electric current](https://en.wikipedia.org/wiki/Electric_current): [electrotherapy](https://en.wikipedia.org/wiki/Electrotherapy), [electroconvulsive therapy](https://en.wikipedia.org/wiki/Electroconvulsive_therapy) ([*Transcranial magnetic stimulation*](https://en.wikipedia.org/wiki/Transcranial_magnetic_stimulation) */* [*Vagus nerve stimulation*](https://en.wikipedia.org/wiki/Vagus_nerve_stimulation))
  + by [magnetic energy](https://en.wikipedia.org/wiki/Magnetic_energy): *(*[*magnet therapy*](https://en.wikipedia.org/wiki/Magnet_therapy) */* [*pulsed electromagnetic field therapy*](https://en.wikipedia.org/wiki/Pulsed_electromagnetic_field_therapy) *\* [*magnetic resonance therapy*](https://en.wikipedia.org/wiki/Magnetic_resonance_therapy)*)*
* by [electromagnetic radiation](https://en.wikipedia.org/wiki/Electromagnetic_radiation" \o "Electromagnetic radiation) (EMR):
  + by [light](https://en.wikipedia.org/wiki/Light): [light therapy](https://en.wikipedia.org/wiki/Light_therapy) (phototherapy)
    - [ultraviolet light therapy](https://en.wikipedia.org/wiki/Ultraviolet_light_therapy)
      * [PUVA therapy](https://en.wikipedia.org/wiki/PUVA_therapy)
      * [photodynamic therapy](https://en.wikipedia.org/wiki/Photodynamic_therapy) *(*[*photothermal therapy*](https://en.wikipedia.org/wiki/Photothermal_therapy) */* [*cytoluminescent therapy*](https://en.wikipedia.org/wiki/Cytoluminescent_therapy)*)*
    - [blood irradiation therapy](https://en.wikipedia.org/wiki/Blood_irradiation_therapy)
    - by [darkness](https://en.wikipedia.org/wiki/Darkness" \o "Darkness): [dark therapy](https://en.wikipedia.org/wiki/Dark_therapy" \o "Dark therapy)
      * by [lasers](https://en.wikipedia.org/wiki/Laser): [laser therapy](https://en.wikipedia.org/wiki/Laser_therapy) *(*[*low level laser therapy*](https://en.wikipedia.org/wiki/Low_level_laser_therapy)*)*
    - by [gamma rays](https://en.wikipedia.org/wiki/Gamma_ray): [radiosurgery](https://en.wikipedia.org/wiki/Radiosurgery" \o "Radiosurgery) *(*[*Gamma Knife radiosurgery*](https://en.wikipedia.org/wiki/Radiosurgery#Gamma_Knife) */* [*stereotactic radiation therapy*](https://en.wikipedia.org/wiki/Stereotactic_radiation_therapy) *\* [*cobalt therapy*](https://en.wikipedia.org/wiki/Cobalt_therapy)*)*
  + by [radiation](https://en.wikipedia.org/wiki/Radiation) generally: [radiation therapy](https://en.wikipedia.org/wiki/Radiation_therapy) (radiotherapy)
    - [intraoperative radiation therapy](https://en.wikipedia.org/wiki/Intraoperative_radiation_therapy)
    - by EMR [particles](https://en.wikipedia.org/wiki/Particle" \o "Particle):
      * [particle therapy](https://en.wikipedia.org/wiki/Particle_therapy)
        + [proton therapy](https://en.wikipedia.org/wiki/Proton_therapy)
        + [electron therapy](https://en.wikipedia.org/wiki/Electron_therapy)

[intraoperative electron radiation therapy](https://en.wikipedia.org/wiki/Intraoperative_electron_radiation_therapy)

[Auger therapy](https://en.wikipedia.org/wiki/Auger_therapy)

neutron therapy *(*[*fast neutron therapy*](https://en.wikipedia.org/wiki/Fast_neutron_therapy) *\* [*neutron capture therapy of cancer*](https://en.wikipedia.org/wiki/Neutron_capture_therapy_of_cancer) *)*

* + - * by [radioisotopes](https://en.wikipedia.org/wiki/Radioisotope) emitting EMR: *by*[*nuclear medicine*](https://en.wikipedia.org/wiki/Nuclear_medicine) */ by [brachytherapy](https://en.wikipedia.org/wiki/Brachytherapy" \o "Brachytherapy)*
  + quackery type: [electromagnetic therapy (alternative medicine)](https://en.wikipedia.org/wiki/Electromagnetic_therapy_(alternative_medicine))
* by [mechanical](https://en.wikipedia.org/wiki/Mechanics): [manual therapy](https://en.wikipedia.org/wiki/Manual_therapy) as [massotherapy](https://en.wikipedia.org/wiki/Massotherapy" \o "Massotherapy) and therapy by [exercise](https://en.wikipedia.org/wiki/Exercise) as in [physical therapy](https://en.wikipedia.org/wiki/Physical_therapy)
  + [inversion therapy](https://en.wikipedia.org/wiki/Inversion_therapy)
* by [sound](https://en.wikipedia.org/wiki/Sound" \o "Sound):
  + by [ultrasound](https://en.wikipedia.org/wiki/Ultrasound" \o "Ultrasound):
    - ultrasonic [lithotripsy](https://en.wikipedia.org/wiki/Lithotripsy" \o "Lithotripsy)
      * [extracorporeal shockwave therapy](https://en.wikipedia.org/wiki/Extracorporeal_shockwave_therapy)
    - [sonodynamic therapy](https://en.wikipedia.org/wiki/Sonodynamic_therapy)
  + by [music](https://en.wikipedia.org/wiki/Music" \o "Music): [music therapy](https://en.wikipedia.org/wiki/Music_therapy" \o "Music therapy)
* by [temperature](https://en.wikipedia.org/wiki/Temperature" \o "Temperature)
  + by [heat](https://en.wikipedia.org/wiki/Heat): [heat therapy](https://en.wikipedia.org/wiki/Heat_therapy) (thermotherapy)
    - by moderately elevated ambient temperatures: [hyperthermia therapy](https://en.wikipedia.org/wiki/Hyperthermia_therapy)
      * by dry warm surroundings: [Waon therapy](https://en.wikipedia.org/wiki/Waon_therapy" \o "Waon therapy)
      * by dry or humid warm surroundings: [sauna](https://en.wikipedia.org/wiki/Sauna), including [infrared sauna](https://en.wikipedia.org/wiki/Infrared_sauna), for [sweat therapy](https://en.wikipedia.org/w/index.php?title=Sweat_therapy&action=edit&redlink=1)
  + by [cold](https://en.wikipedia.org/wiki/Cold" \o "Cold):
    - by extreme cold to specific tissue volumes: [cryotherapy](https://en.wikipedia.org/wiki/Cryotherapy" \o "Cryotherapy)
    - by ice and compression: [cold compression therapy](https://en.wikipedia.org/wiki/Cold_compression_therapy)
    - by ambient cold: [hypothermia therapy for neonatal encephalopathy](https://en.wikipedia.org/wiki/Hypothermia_therapy_for_neonatal_encephalopathy)
  + by hot and cold alternation: [contrast bath therapy](https://en.wikipedia.org/wiki/Contrast_bath_therapy)

**By procedure and human interaction**

* [Surgery](https://en.wikipedia.org/wiki/Surgery)
* by [counseling](https://en.wikipedia.org/wiki/Counseling), such as [psychotherapy](https://en.wikipedia.org/wiki/Psychotherapy) ([systemic therapy](https://en.wikipedia.org/wiki/Systemic_therapy) / by [group psychotherapy](https://en.wikipedia.org/wiki/Group_psychotherapy);
* by [cognitive behavioral therapy](https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy) (by [cognitive therapy](https://en.wikipedia.org/wiki/Cognitive_therapy) / by [behaviour therapy](https://en.wikipedia.org/wiki/Behaviour_therapy" \o "Behaviour therapy) (*by*[*dialectical behavior therapy*](https://en.wikipedia.org/wiki/Dialectical_behavior_therapy)) / by [cognitive emotional behavioral therapy](https://en.wikipedia.org/wiki/Cognitive_emotional_behavioral_therapy)
* by [cognitive rehabilitation therapy](https://en.wikipedia.org/wiki/Cognitive_rehabilitation_therapy" \o "Cognitive rehabilitation therapy)
* by [family therapy](https://en.wikipedia.org/wiki/Family_therapy" \o "Family therapy)
* by [education](https://en.wikipedia.org/wiki/Education) (by [psychoeducation](https://en.wikipedia.org/wiki/Psychoeducation" \o "Psychoeducation) / by [information therapy](https://en.wikipedia.org/wiki/Information_therapy))
* by [speech therapy](https://en.wikipedia.org/wiki/Speech_therapy), [physical therapy](https://en.wikipedia.org/wiki/Physical_therapy), [occupational therapy](https://en.wikipedia.org/wiki/Occupational_therapy), [vision therapy](https://en.wikipedia.org/wiki/Vision_therapy), [massage](https://en.wikipedia.org/wiki/Massage) therapy, [chiropractic](https://en.wikipedia.org/wiki/Chiropractic) or [acupuncture](https://en.wikipedia.org/wiki/Acupuncture)
* by [lifestyle modifications](https://en.wikipedia.org/wiki/Lifestyle_medicine), such as avoiding [unhealthy food](https://en.wikipedia.org/wiki/Junk_food) or maintaining a predictable [sleep](https://en.wikipedia.org/wiki/Sleep) schedule
* by [coaching](https://en.wikipedia.org/wiki/Coaching" \o "Coaching)

**By animal interaction**

* + by [pets](https://en.wikipedia.org/wiki/Pet), [assistance animals](https://en.wikipedia.org/wiki/Assistance_animal), or [working animals](https://en.wikipedia.org/wiki/Working_animal): [animal-assisted therapy](https://en.wikipedia.org/wiki/Animal-assisted_therapy) (by [horses](https://en.wikipedia.org/wiki/Horse): [*equine therapy*](https://en.wikipedia.org/wiki/Equine_therapy)*, [hippotherapy](https://en.wikipedia.org/wiki/Hippotherapy" \o "Hippotherapy);* by [dogs](https://en.wikipedia.org/wiki/Dog): *pet therapy with*[*therapy dogs*](https://en.wikipedia.org/wiki/Therapy_dog)*, including*[*grief therapy dogs*](https://en.wikipedia.org/wiki/Grief_therapy_dog); by [cats](https://en.wikipedia.org/wiki/Cat): *pet therapy with*[*therapy cats*](https://en.wikipedia.org/wiki/Therapy_cat);
* by [fish](https://en.wikipedia.org/wiki/Fish): *[ichthyotherapy](https://en.wikipedia.org/wiki/Ichthyotherapy" \o "Ichthyotherapy) (wading with fish),*[*aquarium therapy*](https://en.wikipedia.org/wiki/Aquarium_therapy)*(watching fish*)
* by [maggots](https://en.wikipedia.org/wiki/Maggot): [maggot therapy](https://en.wikipedia.org/wiki/Maggot_therapy" \o "Maggot therapy)
* by [worms](https://en.wikipedia.org/wiki/Worm): *by internal worms: [helminthic therapy](https://en.wikipedia.org/wiki/Helminthic_therapy" \o "Helminthic therapy) / by*[*leeches*](https://en.wikipedia.org/wiki/Leech)*:*[*leech therapy*](https://en.wikipedia.org/wiki/Leech_therapy)
* by [immersion](https://en.wikipedia.org/wiki/Immersion_therapy" \o "Immersion therapy): *[animal bath](https://en.wikipedia.org/wiki/Animal_bath" \o "Animal bath)*

**By**[**meditation**](https://en.wikipedia.org/wiki/Meditation) (by [mindfulness](https://en.wikipedia.org/wiki/Mindfulness): [mindfulness-based cognitive therapy](https://en.wikipedia.org/wiki/Mindfulness-based_cognitive_therapy))

**By**[**reading**](https://en.wikipedia.org/wiki/Reading_(process)) (by [bibliotherapy](https://en.wikipedia.org/wiki/Bibliotherapy" \o "Bibliotherapy))

**By**[**creativity**](https://en.wikipedia.org/wiki/Creativity)

* by expression: [expressive therapy](https://en.wikipedia.org/wiki/Expressive_therapy) *(by*[*writing*](https://en.wikipedia.org/wiki/Writing)*:*[*writing therapy*](https://en.wikipedia.org/wiki/Writing_therapy)*;* [*journal therapy*](https://en.wikipedia.org/wiki/Journal_therapy)*)*
* by [play](https://en.wikipedia.org/wiki/Play_(activity)): [play therapy](https://en.wikipedia.org/wiki/Play_therapy" \o "Play therapy)
* by [art](https://en.wikipedia.org/wiki/Art): [art therapy](https://en.wikipedia.org/wiki/Art_therapy) *(*[*sensory art therapy*](https://en.wikipedia.org/wiki/Sensory_art_therapy) */* [*comic book therapy*](https://en.wikipedia.org/wiki/Comic_book_therapy)*)*
* by [gardening](https://en.wikipedia.org/wiki/Gardening" \o "Gardening): [horticultural therapy](https://en.wikipedia.org/wiki/Horticultural_therapy" \o "Horticultural therapy)
* by [dance](https://en.wikipedia.org/wiki/Dance" \o "Dance): [dance therapy](https://en.wikipedia.org/wiki/Dance_therapy" \o "Dance therapy)
* by [drama](https://en.wikipedia.org/wiki/Drama" \o "Drama): [drama therapy](https://en.wikipedia.org/wiki/Drama_therapy" \o "Drama therapy)
* by [recreation](https://en.wikipedia.org/wiki/Recreation" \o "Recreation): [recreational therapy](https://en.wikipedia.org/wiki/Recreational_therapy" \o "Recreational therapy)
* by [music](https://en.wikipedia.org/wiki/Music" \o "Music): [music therapy](https://en.wikipedia.org/wiki/Music_therapy" \o "Music therapy)

**By**[**sleeping**](https://en.wikipedia.org/wiki/Sleep)**and waking**

* by [deep sleep](https://en.wikipedia.org/wiki/Deep_sleep) ( [*deep sleep therapy*](https://en.wikipedia.org/wiki/Deep_sleep_therapy)*)*
* by sleep deprivation ([*wake therapy*](https://en.wikipedia.org/wiki/Wake_therapy))