

# Psychodynamic Therapy

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# Learning objectives

- ▶ What is psychodynamic therapy?
- ▶ How it is different from Freudian Approach?
- ▶ Types of Psychodynamic Therapy?
- ▶ Brief Dynamic therapy

# Background

- ▶ The psychodynamic theory is a psychological theory Sigmund Freud (1856–1939) and his later followers applied to explain the origins of human behavior.
- ▶ The psychodynamic approach includes all the theories in psychology that see human functioning based upon the interaction of drives and forces within the person, particularly unconscious, and between the different structures of the personality.
- ▶ Sigmund Freud's psychoanalysis was the original psychodynamic theory, but the psychodynamic approach as a whole includes all theories that were based on his ideas, e.g., Carl Jung (1912), Melanie Klein (1921), Alfred Adler (1927), Anna Freud (1936), and Erik Erikson (1950).

# Cntd...

- ▶ The words psychodynamic and psychoanalytic are often confused. Remember that Freud's theories were psychoanalytic, whereas the term 'psychodynamic' refers to both his theories and those of his followers.
- ▶ Freud's psychoanalysis is both a theory and therapy.

# Introduction Psychodynamic

- ▶ , the role of the therapist in psychodynamic therapy is to work with the client to discover the bases for their symptoms.
- ▶ The therapist plays this role by encouraging the client to talk about the emotions they are feeling and helping the client to identify recurring patterns in their thoughts, emotions, and behaviors. They can aid the client in finding the significance of these patterns and discovering the effects they exert upon the client

# Cntd..

- ▶ One of the most important roles of the therapist is to probe the client's past. Discussion of the client's childhood and early life experiences will likely take up a large portion of psychodynamic sessions, as this form of therapy assumes these experiences have a significant impact on the client's current issues.



# Goals

- ▶ The main goals of psychodynamic therapy are to (1) enhance the client's self-awareness and (2) foster understanding of the client's thoughts, feelings, and beliefs in relation to their past experiences, especially his or her experiences as a child (Haggerty, 2016). This is accomplished by the therapist guiding the client through the examination of unresolved conflicts and significant events in the client's past.

# Different from psychoanalysis..

- ▶ First, the timeline and duration of psychoanalysis are far more intensive than modern psychodynamic therapy. Psychoanalysis is generally conducted in two to five sessions per week, lasting several years (McLeod, 2014).
- ▶ Sitting style in both are different
- ▶ Relationship between therapist and client



▶ **THANK YOU**