


**Psychodynamic Therapies**

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**Freud and His Descendants**

<b>Psychoanalysis</b>	<b>Psychodynamic</b>
◆ Id	◆ Ego
◆ Intrapsychic	◆ Interpersonal
◆ Defenses	◆ Mastery, adaptation
◆ Biological	◆ Social

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**Alternatives to Psychoanalysis**

- ◆ Ego psychology
- ◆ Object relations (Kernberg)
- ◆ Self psychology (Kohut)
- ◆ Brief psychodynamic therapy

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## Ego Psychology/Analysis

- ◆ Established by Hartmann, Kris, Loewenstein, Erikson, Rappaport
- ◆ Assumes ego is separate from the id
- ◆ Postulates that ego has a conflict-free spheres (autonomous ego)
- ◆ Psychosocial (not psychosexual) stages
  - ◆ Later stages are as important as early stages

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## Object Relations

- ◆ Are mental representations of self and others (*not* interpersonal events)
- ◆ Partly energized by basic instincts, especially aggression
- ◆ Prominent therapists include Fairbairn, Kernberg, and Kohut (the latter developing self psychology)

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## Self Psychology

- ◆ Deemphasized id impulses in early relationships
- ◆ Development of ideal situation through mirroring and idealizing
- ◆ *The Two Analyses of Mr. Z*

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## Stages of Self-Development (Margaret Mahler)

- ◆ Normal autism (first few months of life)
- ◆ Normal symbiosis
  - ◆ Lasts 2 – 7 months
  - ◆ Attachment
  - ◆ Symbiotic psychosis
- ◆ Integration stage
  - ◆ Splitting
  - ◆ Introjection

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## Brief Psychodynamic Therapy

- ◆ Time limits (12 to 40 sessions)
- ◆ Targeting a focal interpersonal problem
- ◆ Adopting a more active/less neutral stance
- ◆ Establishing a rapid working alliance
- ◆ Employing transference interpretations quickly
- ◆ Emphasizing the process & inevitability of termination

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## Effectiveness of Object Relations Therapies

- ◆ Nonrandomized trial of Transference-Focused Psychotherapy (TFP) vs. treatment as usual
- ◆ RCT of TFP vs. CBT
  - ◆ Specific, structured psychotherapies are superior to unstructured treatments as usual
  - ◆ TFB and CBT of comparable effectiveness in treatment of borderline patients

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## Effectiveness of Brief Psychodynamic Therapies

- ◆ Extensively studied in controlled research
- ◆ Cognitive-behavioral researchers find more impressive results for CBT
- ◆ Psychodynamic researchers find more impressive results for psychodynamic therapy (allegiance effect)

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## Criticisms of Psychodynamic Therapies

- ◆ From a Psychoanalytic Perspective
- ◆ From a Behavioral Perspective
- ◆ From a Cultural Perspective
- ◆ From an Integrative Perspective

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## Future Directions of Psychodynamic Therapy

- ◆ Future of Freudian practice lies in psychodynamic therapy
- ◆ 3 forecasts for future
  - ◆ Increasing attention to disturbances in infancy and early childhood
  - ◆ Tx focus will shift from neurotic conditions to characterological/personality disorders
  - ◆ Time-limited psychodynamic therapy

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## Key Terms

acting "as if"	compensation
aggression	compulsive lifestyle
allegiance effect	conflict-free spheres
analytical psychology	creative self
anamnesis	drive theory
archetypes	effect size
attachment styles	ego analysis
autonomous ego	ego psychology
autonomous self	fictional finalism
basic life tasks	<i>Gemeinschaftsgefühl</i> (social interest)
basic mistakes	ideal self
bibliotherapy	individual psychology
birth order/ordinal position	inferiority complex
catching oneself	instinct
character analysis	introjection
collective unconscious	lifestyle

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## Key Terms (cont.)

lifestyle analysis	push-button technique
masculine protest	self-interest
meta-analysis	self psychology
mirroring	social interest
narcissistic personality	splitting
normal autism	striving for superiority
normal symbiosis	style of life
object	symbiotic psychosis
object relations	Therapeutic/working alliance
object relations theory	transference-focused psychotherapy (TFP)
organ inferiority	treatment manuals
psychosocial stages of development	

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## Recommended Websites

-  International Association for Psychoanalytic Self Psychology (Kohut): [www.psychologyoftheself.com/](http://www.psychologyoftheself.com/)
-  Journal of Individual Psychology: [www.utexas.edu/utpress/journals/jip.html](http://www.utexas.edu/utpress/journals/jip.html)
-  North American Society of Adlerian Psychology: [www.alfredadler.org](http://www.alfredadler.org)
-  Society of Analytical Psychology (Jung): [www.jungian-analysis.org/](http://www.jungian-analysis.org/)

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