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Introduction to 21st-Century Psychotherapies

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Chapter 1
Introduction to 21ˢᵗ-Century Psychotherapies
Authors: Frank Dumont

Key Points and Terms

Evolution of the Science and Profession of Psychology

Early attempts to address mental disorders include:
- ► Pre-Christian, temple-like asklepeia and other retreat centers, which used religio-philosophical lectures, to assuage if not remedy psychological disorders.
- ► Hellenist physicians understood that the brain was not only the seat of knowledge and learning but also the source of depression, delirium, and madness.
- ► Hippocrates insisted that his students address illnesses by natural means.

Psychotherapy in its present guise did not clearly emerge until the 18ᵗʰ century. Below are some key players:
- ► Scientific study of the unconscious attributed to renowned polymath Gottfried Wilhelm Leibniz:
  - ▪ Investigated subliminal perceptions
  - ▪ Coined the term "dynamic"
- ► Johann Friedrich Herbart:
  - ▪ Attempted to apply mathematics to dynamics
  - ▪ Suggested ideas struggle with one another to access consciousness
- ► Franz Anton Mesmer and his disciple the Marquis de Puysegur are influential in current understanding of:
  - ▪ hypnotherapy
  - ▪ rapport between therapist and patient
  - ▪ influence of the unconscious
  - ▪ importance of the qualities of the therapist
  - ▪ spontaneous remission of disorders
  - ▪ hypnotic somnambulism
  - ▪ selective function of unconscious memory
  - ▪ role of patient confidence
  - ▪ common factors across effective treatments
- ► Arthur Schopenhauer
  - ▪ Work strongly influenced Freud
- ► Gustav T. Fechner
  - ▪ Made distinction between waking and sleeping states
  - ▪ Attempted to measure the intensity of psychic stimulation
- ► Herman von Helmholtz
  - ▪ Discovered the phenomenon of unconscious inference
- ► Emil Kraepelin
  - ▪ Attention to classifying diseases
- ► Carl Gustav Carus

- Developed one of the most sophisticated schemas the unconscious that exist, describing several levels to the unconscious
- Felt individuals were communicating at conscious and unconscious levels with each other in paravocal, nonverbal, organic, and affective modes in ways individuals were largely unaware of
  - ► Carus Schopenhauer
    - Principal argument was that we are driven by blind, irrational forces of which we are largely unaware
  - ► Friedrich Nietzsche
    - Viewed that humans lie to themselves more than they do to each other
  - ► Moritz Benedikt
    - Developed concept of seeking out and clinically purging "pathogenic secrets"

The Impact of Biological Science on Psychotherapy

Every encounter with our environment causes a change within us and in our neural functioning. One cannot unlearn knowledge unless neuronal decay and lesions undo memory.

Klaus Grawe has noted that "psychotherapy appears to achieve its effect through changes in gene expression at the neuronal level." And research shows that therapy may be effective through triggering the expression of immediate-early genes (IEGs) through exposure to nurturant social events.

Much of the plasticity in our neuro-emotional systems is achieved through epigenetic changes.

In the current age of psychopharmacology, medicating patients for psychological purposes should require clear, preset clinical objectives.

Future developments in molecular genetic analysis, cognitive neuropsychology, and social cognitive neuroscience will continue to inform psychotherapy.

Clashing Standpoints
- Gillath, Adams, and Kunkel (2012) provide a model for uniting disparate approaches to study of human nature.
- Resolution can be achieved through systemic integration of many variables that are at play at any moment.
- For example, Pope and Wedding (2012) discuss the danger inherent in neglecting to monitor patients who are taking psychotropic medication.

Evolutionary Biology and Behavioral Genetics
- Anthropologists have discovered at least 400 universal behavioral traits.
- Steven Pinker (2002) has further documented the principle that all humans share a unique human nature.

Cultural Factors and Psychotherapy

Research shows it is clear that if patient and therapist are strongly wedded to different cultures, it matters if the authority figure is a member of a minority, non-dominant culture or dominant, majority culture. Some would argue that psychotherapies need to be indigenized.

The Challenges of Evidence Based Treatments

Industrializing Psychotherapy
- Psychotherapy has gained recognition as a health discipline.
- Therapists will increasingly work in inter-professional medical teams.
- Integrated healthcare wave of the future.
- Therapists must demonstrate competence in treating patients in accordance with currently accepted standards of the larger mental-health services community.

Positive Psychology
- Revitalized by Martin Seligman and Mihaly Csikszentmihalyi.
- Built on solid historical foundations such as Alfred Adler's view of self-actualization; Abraham Maslow's concepts from *Toward a Psychology of Being* (1962); Carl Rogers view of therapy; and Milton Erickson's work.

Treatment Efficacy, Therapist Aptitudes, and Diagnostic Coding
- Some disorders require a specific modality.
- Certain therapists are more capable of treating certain kinds of disorder than others.
- Therapists need to know the International Classification of Diseases (ICD-10-CM).

Empirically Based Treatments

Division 12 of the American Psychological Association (APA) established a *Task Force on Promotion and Dissemination of Psychological Procedures* of empirically based treatments (EBTs) in 1995. However, EBTs are in much debate as patients present with a unique set of such variables and experience endless experiences and co-morbidity complicates the categorization of disordered patients for purposes of validating therapy for them.

Paul Meehl (1978) coined the term *context-dependent stochastologicals* to describe the complexity of random internal and external events (both past and present) that impact an individual.

Manualized psychotherapy is also debated, but most clinicians agree that therapy should proceed from the known (i.e. empirically validated) to the "unknown and untried" in a methodical, stepwise fashion. And, some therapies (e.g. interpersonal, behavioral and cognitive therapies) are more amenable to becoming manual-based.

However, in the end truly successful therapists adopt or develop a theory and methodology congruent with their own personality. As Michael Mahoney wrote, "The person of the therapist is at least eight times more influential than his or her theoretical orientation."

Chapter 1: Activities

Role-play

Ask one group of students to provide evidence that would support the environmentalist tradition and another group to provide evidence that would support the organicist tradition. Encourage them to provide as much evidence as possible regarding whether a scientific based approach to psychological treatment is necessary.

Discussion Questions

1. Seeking psychotherapy is often a difficult choice for individuals to make. Often, the process initially makes the individual feel worse rather than better. Ask students to discuss what characteristics would be related to a willingness to seek psychotherapy. Ask the students to discuss what characteristics would be related to refusal to seek psychotherapy.

2. Ask the students to take the Therapeutic Readiness Scale developed by Fischer and Turner in 1970. Discuss how their responses can help them understand the barriers that might be present for psychotherapy.

   Full citation for scale: Fischer, E., & Turner, J. (1970). Attitudes toward seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology, 35,* 82-83.

3. Psychotherapy is often misunderstood or devalued because it is often seen as an art rather than a science. Ask students to discuss their views of psychotherapy. Ask students to discuss whether the goal of psychotherapy should be use of an approach that is as empirically based as possible.

Chapter 1: Potential Test Items

Multiple Choice Test Bank

1. In Chapter 1, Corsini illustrates a change in an inmate's life after learning he had a high IQ. This story demonstrates that psychotherapy can be broadly defined as any:
    a. interaction between a therapist and a patient.
    b. technique which teaches a patient a new skill.
    c. self-concept-altering experience.
    d. interpretation provided to a patient.

    REF: Negotiating Fault Lines in the EBT Terrain (p. 11-12)
    ANS: C

2. Hellenist physicians believed the organ contributing to mental illness was the:
    a. heart.
    b. liver.
    c. brain.
    d. blood.

    REF: Evolution of This Science and Profession (p. 2)
    ANS: C

3. Gottfried Wilhelm Leibniz is credited with the:
    a. first scientific study of the unconscious.
    b. development of systematic psychotherapy.
    c. creation of the nature versus nurture debate.
    d. identification of defense mechanisms.

    REF: Evolution of This Science and Profession (p. 2)
    ANS: A

4. The psychotherapeutic term "dynamic" was first used by:
    a. Sigmund Freud.
    b. Gottfried Wilhelm Leibniz.
    c. Hippocrates.
    d. Franz Anton Mesmer.

    REF: Evolution of This Science and Profession (p. 3)
    ANS: B

5. The idea that similar ideas attract and strengthen one another's ability to be conscious is the result of the work of:
    a.   Alfred Adler.
    b.   Hippocrates.
    c.   Thomas Mann.
    d.   Johann Friedrich Herbart.

REF: Evolution of This Science and Profession (p. 3)
ANS: D

6. Franz Anton Mesmer is often viewed as the pioneer of:
    a.   manualized therapy.
    b.   free association.
    c.   hypnotherapy.
    d.   behavioral intervention.

REF: Evolution of This Science and Profession (p. 3)
ANS: C

7. Herman von Helmholtz described the unconscious reconstruction of what our past taught us about an object as:
    a.   restructuring objects.
    b.   psychic stimulation.
    c.   cognitive discovery.
    d.   unconscious inference.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: D

8. The organicist tradition refers to scientists who were:
    a.   environmentalists.
    b.   somatic focused.
    c.   integrating music into therapy.
    d.   lab-based.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: D

9. Emil Kraepelin's work focused heavily on:
    a.   multicultural variants of illness.
    b.   classifications of diseases.
    c.   surgical approaches to mental illness.
    d.   use of hypnosis.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: B

10. The idea that nonlinear messages are systematically sent between the unconscious and the conscious in human interactions was developed by:
      a.   Hippocrates.
      b.   Carl Gustav Carus.
      c.   Franz Anton Mesmer.
      d.   Gottfried Wilhelm Leibniz.

REF: Psychotherapy-Related Science in the 19th Century (p. 5)
ANS: B

11. Arthur Schopenhauer's principle argument was that:
      a.   unconscious material could easily be made conscious.
      b.   the unconscious did not exist at all.
      c.   free will prevailed over determinism.
      d.   we are driven by blind, irrational forces.

REF: Psychotherapy-Related Science in the 19th Century (p. 4)
ANS: D

12. Jungian therapy, based on the work of Moritz Benedikt, underscores the importance of:
      a.   rewarding positive behavior.
      b.   unconditional positive regard.
      c.   purging pathogenic secrets.
      d.   cognitive distortions.

REF: Psychotherapy-Related Science in the 19th Century (p. 5)
ANS: C

13. Neurosciences suggest elective psychotherapy leads to changes at the:
      a.   cognitive level.
      b.   behavioral level.
      c.   neuronal level.
      d.   interpersonal level.

REF: The Impact of the Biological Sciences on Psychotherapy (p. 6)
ANS: C

14. The expression of certain genes that result from their activation by specific but common environmental events is referred to as:
    a. neuronal decay.
    b. somatiker.
    c. psychiker.
    d. epigenetics.

    REF: The Impact of the Biological Sciences on Psychotherapy (p. 6)
    ANS: D

15. Pope and Wedding would argue that in deciding to use psychotropic medications:
    a. preset clinical objectives need to be determined.
    b. immediate early genes are irrelevant.
    c. psychotherapy's common factors are undermined.
    d. psychotherapy has occurred if patients suffering has been alleviated.

    REF: The Impact of the Biological Sciences on Psychotherapy (p. 7)
    ANS: A

16. Due to multicultural differences, segments of the population would likely benefit from:
    a. indigenized psychotherapies.
    b. exporting Euro-American psychotherapists.
    c. abandoning cultural philosophies.
    d. accepting a universal approach to psychotherapy.

    REF: Cultural Factors and Psychotherapy (p. 10)
    ANS: A

17. Positive psychology has considerable momentum and is most commonly linked with the work of:
    a. Aaron Beck.
    b. Sigmund Freud.
    c. Martin Seligman.
    d. Albert Ellis.

    REF: Who Can Do Psychotherapy? (p. 14)
    ANS: D

18. For the coding of mental illnesses for the purposes of reimbursement, as of October 2014, U.S. clinicians will need to use the:
   a. DSM-5.
   b. MMPI-2-RF.
   c. ICD-10-CM.
   d. PAI.

REF: Conclusion (p. 16)
ANS: C

Essay Questions

1. Raymond Corsini describes how a prisoner's life changed when he was told that he had a high IQ. Why does Dr. Corsini consider this psychotherapy?

2. Although Sigmund Freud is generally called the "father of psychotherapy," describe the contributions of his key predecessors and contemporaries.

3. Imagine that you are a beginning psychotherapist. Describe how you would utilize advances in neurosciences to inform your treatment approach.

4. Many attempts have been made historically to categorize or classify mental illnesses. Discuss the evolution of these attempts from beginning to current.

Chapter 2
Psychoanalytic Psychotherapies
Authors: Jeremy D. Safran and Alexander Kriss

Sigmund Freud (1856–1939) Carl Jung (1875–1961)
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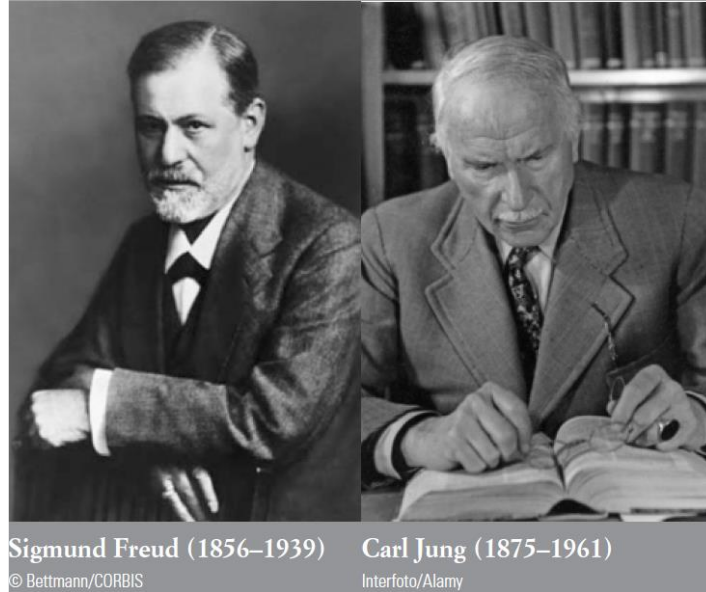
Key Points and Terms
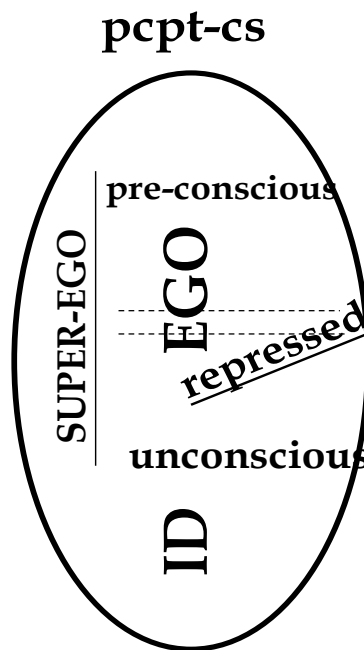
Overview

There is no single psychoanalytic theory of personality or treatment; a host of different theories and treatment models have developed over more than a century through the writings of theorists and practitioners from many different countries. Principles across psychoanalytic perspectives include the following:

- ► Humans are motivated by unconscious motivations.
- ► Therapy facilitates awareness of unconscious motivations to increase choices and exploration of ways in which we avoid painful experiences.
- ► Humans are ambivalent about changing.
- ► There is an emphasis on the therapeutic relationship as an arena for exploring the conscious and unconscious.
- ► Therapeutic relationship is seen as an important vehicle of change.
- ► Focus is on clients gaining insight into the link between their construction of past and present and self-defeating patterns.

Basic Concepts

Psychoanalysis (Psychodynamic Theory)

- ► Freud's legacy
- ► Few continue to practice psychoanalysis in its originally conceived form.
- ► However, most forms of therapy stem from some element of psychoanalytic theory or technique.
- ► Psychodynamic approaches retain central principles of psychoanalysis but not the metapsychology.

Primary Processes

- ► Raw/primitive psychic functioning
- ► Begins at birth and operates unconsciously throughout life.
- ► Past, present, and future are not distinguished.
- ► Feelings and experiences are condensed, expressed metaphorically through dreams, fantasy, or acute psychosis.

Secondary Processes

- ► Psychic functioning associated with consciousness.
- ► Logical, sequential and orderly
- ► Foundation for rational, reflective thinking

Defense Mechanisms (described in the book)

- ► Intellectualization: Individual talks about something threatening while keeping an emotional distance.

- ▸ Projection: Individual attributes a threatening feeling or motive they are experiencing to another person.
- ▸ Reaction Formation: Individual denies a threatening feeling and proclaims the opposite.
- ▸ Splitting: Individual attempts to avoid perception of the other as good from being contaminated by negative feelings, splits the representation of the other into two different images.

Other Examples of Defense Mechanisms

Regression	Projection	Displacement	Obsessive-Compulsive
Denial	Altruism	Repression	Avoidance
Sublimation	Suppression	Altruism	

- ▸ Concept of defense mechanisms introduced by Sigmund Freud but developed by Anna Freud.
- ▸ Types of defenses employed have implications for mental and physical health.
- ▸ Use of less mature defenses = more pathology.
- ▸ Defensive styles have clinical implications regarding treatment.
- ▸ Erik Erickson expanded Freud's theory and examined effects of culture on psychological development.

Transference = Patient responds to therapist based on past experiences.
Countertransference = Therapist responds to patient based on past experiences.

One vs. Two Person Psychologies

- ▸ The view of the therapist is no longer as an objective, neutral observer (i.e. blank screen).
- ▸ Therapist and client are now viewed as co-participants engaging in a process of mutual influence at conscious and unconscious levels.

Comparing Psychoanalysis to Other Systems (see table on next page)

The popularity of psychoanalysis has been declining largely due to psychiatry's shift towards a biological emphasis; development of evidence-based treatments (e.g. CBT); the negative public reaction to the arrogance, insularity, and elitism of psychoanalysis; and the lack of receptiveness to valid criticism and empirical research of psychoanalytic therapists.

History of Psychoanalysis

The Life of Freud

1856 — Freud is born as the oldest of six surviving children.
1873 — Starts medical school and studies under Ernst Brucke.
1877 — Works with Josef Breuer, who had a patient called Anna O.
1885 — Studies under Jean Charcot in Paris, who was using hypnosis
1896 — Coins term "Psychoanalyse." Freud starts his self-analysis.
1897 — Rejects his original seduction theory.

1900 — Publishes *The Interpretation of Dreams*.
1902 — Forms Psychological Wednesday Society (Adler and Rank).
1904 — Publishes *Psychopathology of Everyday Life*.
1907 — Freud and Jung meet in Vienna.
1908 — Forms Vienna Psychoanalytical Society.
1909 — Forms International Psychoanalytical Society; Carl Jung serves as first president.
1923 — Develops structural model of id, ego, and superego.
1933 — Nazis burn his books in Berlin.
1938 — Leaves Vienna for London.
Sept. 26, 1939 — Dies in London.

Comparing Psychoanalysis to Other Systems (continued)
Major Comparisons

	Freud	Jung	Adler	Existential and client-centered Theorists	Gestalt	Ellis, Beck, Behavioral Theorists
Unconscious	Concur with Freud regarding the existence of an unconscious aspect to the psyche. How unconscious material is defined and treated varies.					No emphasis on unconscious.
Transference	Analytical work heavily related to transference and countertransference.			Less credence given to transference. Emphasis on creating empathic, congruent, non-judgmental relationship in the present.	Impact of past on present acknowledged; transference viewed as part of one's real, current experience and is addressed directly.	No emphasis on transference; <u>Note</u>: Ellis acknowledges the concept; regards feelings as irrational beliefs.
Childhood Experiences	Emphasizes past-present relationship.			Emphasis on the present relationship(s).		Past only emphasized in relation to direct antecedents of current maladaptive behavior, thoughts and feelings.
Key Aspects	Dynamic, unconscious forces.	Unconscious (Personal/ Collective); Incorporates mysticism and spirituality.	Societal pressure influence self-concept.	Anxiety related to existential fears.	Use of structured and active therapeutic techniques.	Covert and overt behavior.

History of Psychoanalysis (continued)

Main clinical concepts

- ▸ Free association: Encouraging patient to say "whatever comes to mind."
- ▸ Therapeutic listening: Focusing on all levels of communication evenly.
- ▸ Therapeutic responding
  - ▪ Interpretation: Therapist offers patient feedback on central themes.
    - • Manifest content – surface material
    - • Latent content – deeper level
  - ▪ Empathy: Conveying emotional understanding.
- ▸ Therapeutic alliance: Partnership between therapist and patient.

Breur and Freud wrote *Studies on Hysteria* regarding the use of hypnosis with patients with hysteria. They argued hysteria resulted from emotions related to trauma that had not been discharged. In normal circumstances, such emotions would be abreacted (i.e., discharged in conscious psychological reactions). Therefore, the task of treatment was catharsis (i.e., release of emotion connected with a painful experience that had not been discharged).

Psychoanalysis was originated by Sigmund Freud (1856-1939).

The Evolution of Freud's Ideas as Evidenced in Pivotal Writings

In 1873, Freud started medical school and studied under Ernst Brucke. During his formative years, he was heavily influenced by neurology.

Studies on Hysteria (1895) [with Josef Breuer]
- ▸ Developed interests in hypnosis through work with Josef Breuer (who treated Anna O.) and Jean Charcot.
- ▸ Viewed task of treatment as catharsis of non-discharged affect connected to earlier trauma that the individual was defending their psyche against.
- ▸ Began forming ideas about the pleasure principle.
- ▸ Shifted to use of free association after abandoning hypnosis.
- ▸ Formulated thinking about resistance.
- ▸ Began developing his theory of childhood sexuality.

The Interpretation of Dreams (1900)
- ▸ Hypothesized about symbolic representation in dreams, "the royal road to the unconscious."
  - ▪ Manifest content — overt material
  - ▪ Latent content — underlying meaning
  - ▪ Day residue: Images from the day that make their way into dreams.
- ▸ Stages of Psychosexual Development

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Oral Phase
- ▶ From birth to 18 months
- ▶ Source of libidinal gratification is through feeding.
- ▶ Gratification of oral needs reduces tension and induces sleep.
- ▶ Coincides with Erikson's trust and mistrust phase.

Anal Phase
- ▶ Between 18 months and 3 years
- ▶ Libidinal gratification is from retaining and passing feces.
- ▶ Toilet training must be done carefully or could lead to shame.
- ▶ Reaction formation may lead to obsessive compulsive meticulousness.

The Phallic Phase
- ▶ Libidinal gratification centers are in the genital region.
- ▶ Oedipus Complex:
  - ▪ Unconscious sexual desire in a child (male) for opposite-sex parent.
  - ▪ Later, Electra Complex described for females.

Latency Period
- ▶ Children can now be socialized.
- ▶ Continues until puberty.

Genital Phase
- ▶ Begins in puberty and continues throughout adulthood.
- ▶ Libidinal gratification occurs through sexuality with another object.

Comparing Freud's Model with Other Developmental Models

Age	Freud Psychosexual	Erikson Psychosocial	Piaget Cognitive
0-18 months	Oral	Trust vs. Mistrust	Sensorimotor
18 months-6 years	Anal (18 mos.-3 yrs) Phalic (3-6 yrs) Oedipal and Electra Complex	Autonomy vs. Shame (2-4 yrs) Initiative vs. Guilt (4-6 yrs)	Preoperational
6-12 years	Latency	Industry vs. Inferiority	Concrete Operations

| 12+ years | Genital | Identity vs. Role Confusion (12-18 yrs) Intimacy vs. Isolation (18-25 yrs) Generativity vs. Stagnation (25-50 yrs) Integrity vs. Despair (50+ yrs) | Formal Operations |

On Narcissism (1914)
- ► Focused on the psychology of psychoses, group formation and love.

The Ego and the Id (1923)
- ► Id: Instinctual pressures (e.g. aggression and sexual).
- ► Ego: Orients us toward the external world (mediates the internal and external).
- ► Superego: Individual's moral voice.

Jung's Basic Concepts

Jung defined psyche as the inner realm of personality that balanced outside reality.
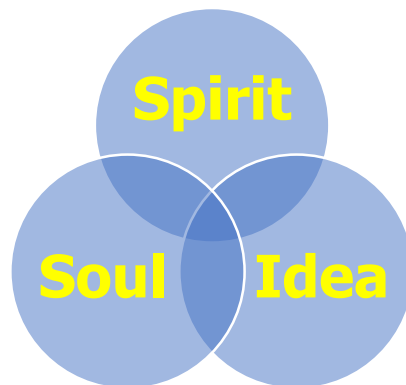
<u>*Jung's Days with Freud*</u>
- ► Jung argued that delayed response times to emotionally-charged words reflect an unconscious functioning.
- ► Emotional complexes: Affectively charged ideas that are repressed because they are emotionally threatening.

<u>*Collective Unconscious*</u>
- ► Vast, hidden psychic resource shared by humans.
- ► Jung found basic motif across individuals in their dreams, fantasies, etc.
- ► Images from collective unconscious are shared by all, but modified by our own personal experiences.

| *Jung* | *Freud* |

Road to the Unconscious	Complexes	Dreams
Emphasis	Inclusive set of drives, i.e. search for meaning	Sexual and aggressive drives
Interaction with Patient	Face-to-face	patient on couch
View of Complexes	Broad, rich, complexes both negative and positive; focused on pre-Oedipal phase	Limited, negatively charged; focused on Oedipal phase
View of the Unconscious	Collective	Personal

Jung's Model

Current Scene in American Psychoanalytic Therapies
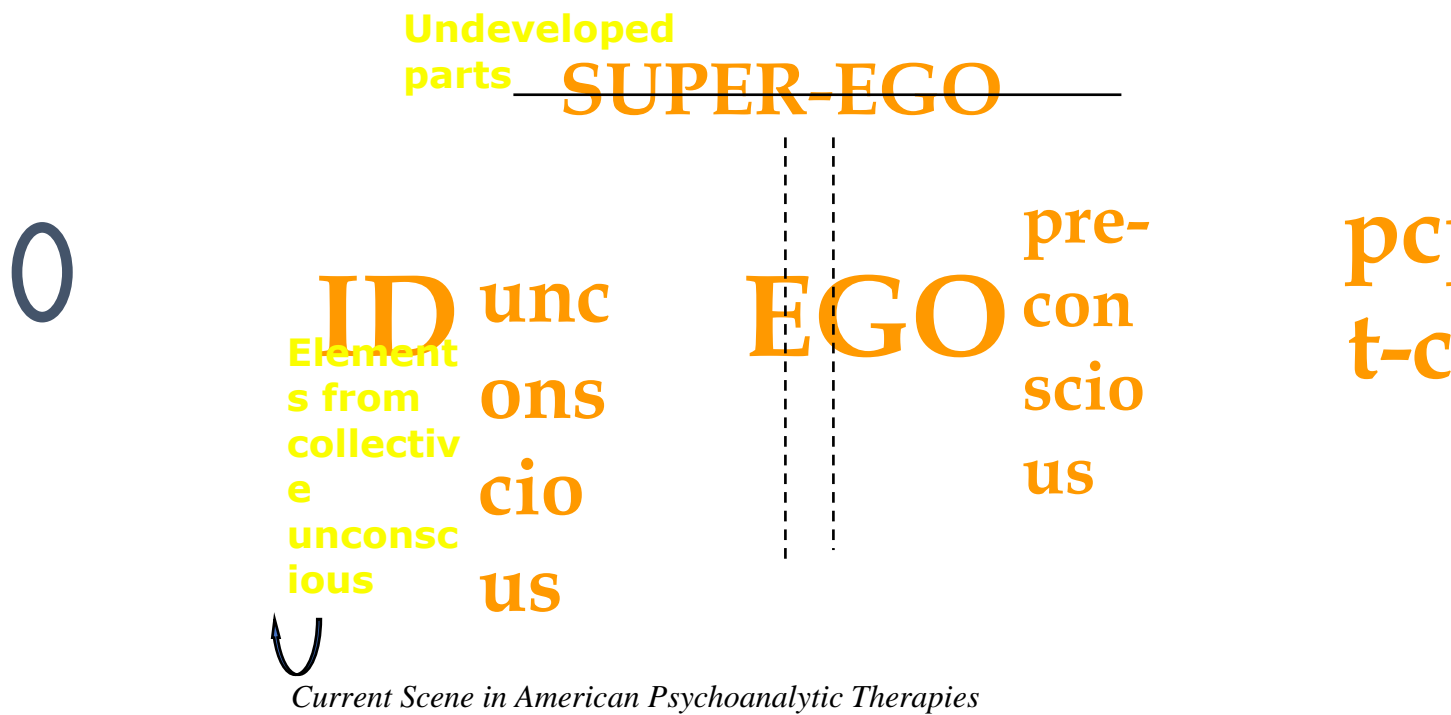
Contemporary ego psychology has evolved into modern conflict theory and emphasizes the centrality in human experience and the action of ongoing conflict between unconscious wishes and defenses against them.

Object Relations Theory
- ► Melanie Klein, child therapist, pioneered play therapy.
- ► Development of internal representations of relationships.
- ► Influenced Bion's concept of containment.
- ► Lacanian/post-Lacanian theory
  - ▪ Jacques Lacan argued the ego is an illusion (no true self waiting to be discovered).
  - ▪ Emptiness is the result of alienation from the self as our experience requires language to be communicated.
  - ▪ Communication process results in a distortion of our experience.

Theorist	Focus

Hartmann, Kris, Loewenstein, A. Freud	Adaptive functions of the ego; transformation of instincts into metapsychological propositions
Winnicott, Bowlby, Mahler, Sullivan	Sense of self and personal identity
Horney and Fromm	Social, political and cultural factors
Kohut & Goldberg	Self psychology
Kernberg	Object relations
Current Status	Intersubjectivity

Determinism
- ▶ Psychological events are causally related to each other and to an individual's past.

Dynamics
- ▶ There is an interplay of forces in the mind that act in unison or opposition. These elements ultimately express themselves through compromise.

Topography
- ▶ Individual psychic elements are layered in consciousness.

Genetics
- ▶ There is an enduring influence of the past on our present mental activity.

Theory of Personality

Onset of Neurosis
- ▶ Childhood neurosis is common.
- ▶ Expressed through anxiety.
- ▶ In adulthood, neurosis occurs when the balance between drives and defenses is upset.

Post-Freudian Concepts

Margaret Mahler hypothesized that the mother-infant relationship began in symbiosis (a state of oneness) and the primary task of early life was separation-individuation. Newer researchers have also emphasized the role of attachment. **Fairburn** was also a lead theorist in the development of object relations theory. Object refers to a person who has great significance to a child. Theory hypothesizes that emotional life is dependent on internalized object representations (i.e., unconscious mental images of our earliest, critical relationships). To sustain connection to earlier love objects, individuals often repeat patterns in later relationships.

Melanie Klein
- ▶ Emphasized importance of primitive fantasies.
- ▶ Depressive position (loss)
- ▶ Paranoid position (persecution)

Margaret Mahler
- ▶ Self emerges through separation and individuation.

D. W. Winnicott
- ► Developed concept of a transitional object.

Franz Alexander
- ► Problems result from trauma due to parental mismanagement and analyst needs to arrange a corrective emotional experience.

Heinz Kohut
- ► Self psychology
- ► Early dissonance in mother/child relationship creates narcissistic vulnerability.
- ► Therapy focuses on regulation of self-esteem.

Otto Kernberg
- ► Object relations and early relationships leave a residue of internalized relationship concepts.

Theory of Psychotherapy

Psychoanalysis
- ► Patient achieves change through critical self-examination.
- ► Four 45-minute sessions a week for years.
- ► Patient expresses thoughts and feelings without fear of judgment.
- ► Analyst guides the process by encouraging in-depth awareness of interconnections.

Phases of Psychoanalysis

1. Opening
   a. Lasts 3-6 months.
   b. Patient reveals information at their pace.
   c. Structured, formalized interview discouraged.
   d. Analyst remains ultra-aware of patient's actions and words and notes issues of significance.
   e. Analyst sketches out general outline of patient's conflicts and resistances to identify themes.

2. Development of Transference
   a. Major portion of therapeutic work.
   b. Overlaps with "working through" phase.
   c. Patient unconsciously reenacts childhood memories and fantasies and develops transference with the analyst.
   d. Transference seen as a process in which repetition in action replaces event recollection.
   e. By analyzing transference, therapist assists patient in understanding how the past affects their interactions in the present.

3. Working Through
    a. Multiple experiences of insight are needed to understand the nature of one's conflicts.
    b. Analysis of the transference facilitates memory recall.
    c. Evidence builds to support which events really occurred versus which were fantasized.
    d. Patient develops an in-depth understanding of how childhood events impacted them psychologically.

4. Resolution of the Transference
    a. Termination phase of treatment.
    b. Analyst focuses on assisting the patient in resolving unconscious neurotic attachment to the analyst.
    c. Often, symptom intensification occurs due to an unconscious attempt to continue the therapeutic relationship.
    d. Ultimately, treatment focus is redirected to the future.

Psychoanalysis	Current Psychodynamic Approaches
Highly intensive.	Less intensive.
3 or more sessions per week.	1-2 sessions per week.
Patient lying down.	Patient sitting up.
Therapist is outside of patient's immediate visual awareness.	Therapist faces patient.
Training generally reserved for those with advanced training as a psychiatrist or psychologist.	Training generally offered to most mental health professionals.
Analyst has undergone personal analysis.	Prior personal mental health treatment optional for the therapist.

Current Psychodynamic Approaches
  ► Therapeutic (supportive) relationship.
  ► Expressive work: Exploration of the patient's problems (deepens over time).
      • Patient is encouraged to say what comes to mind.
      • Therapist pays "evenly hovering attention."
  ► Multiple experiences of insight are needed to understand the nature of one's conflicts.
  ► Goal is personal transformation.
  ► Patient learns how childhood events impacted them psychologically.
  ► Patient develops ways to cope more effectively in the present.
  ► Not planned, comes when it comes.
      • When patient decides to stop/goals are met.
  ► Treatment focus is redirected to the future.
      • How things will be after therapy ends.
  ► Open-door policy.
      • Patient can return at will.

Key Concepts
- ► Therapeutic alliance
- ► Transference
- ► Countertransference
- ► Resistance
- ► Intersubjectivity
- ► Enactment

Process of Psychotherapy

- ► Empathy
- ► Interpretation
  - • Accuracy
  - • Quality
  - • Timing
  - • Depth
  - • Empathic quality
- ► Clarification, support and advice
- ► Termination

Mechanisms of Psychotherapy
- ► Making the unconscious conscious
- ► Emotional insight
- ► Creating meaning and historical reconstruction
- ► Limits of agency
- ► Containment
- ► Rupture and repair

Appropriate Candidates for Psychoanalysis
- ► Motivated
- ► Openly disclosing
- ► Willing to self-scrutinize
- ► Able to accept parameters of psychoanalytic situation
- ► Individuals who are not in need of immediate crisis intervention
- ► Perhaps treatment of choice for personality disorders.
- ► Best suited for "problems in living" reflected in stress and distress.
- ► Applicable to family work (e.g. object relations family therapy).
- ► Play therapy with children is based on dynamic concepts.
- ► Can be paired with other forms of intervention (e.g. medications).

Evidence Supporting Psychoanalytic Concepts

- ► RCTs support the efficacy of short-term dynamic psychotherapy (STDP) relative to control groups.
- ► Meta-analyses have found substantial effect sizes for STDP as large/larger than those for short-term cognitive therapies (Shedler, 2010).

- ► Abbass and colleagues (2006) evaluated 23 RCTs [1,431 clients receiving less than 40 STDP sessions].
  - Overall effect size of 0.97 for general symptom improvement.
  - Effect size increased to 1.51 at 9-mo f/u.
- ► Leichsenring and Rabung (2008) demonstrated long-term psychoanalytic therapy (LTPT) effective for complex scenarios (e.g. Axis II disorders, chronic mental disorders, co-morbidities).
  - Reviewed 23 studies conducted between 1960 and 2008 (1,053 clients).
  - Compared LTPT to a range of treatments (CBT, DBT, family therapy, STPD).
  - LTPT was more effective regarding overall outcome, target problems, and personality functioning.
- ► Sandell and colleagues (2000s):
  - Evaluated outcome for 400 clients who received psychoanalysis [mean 51 mos; 3.5 x wk] /psychoanalytic therapy [mean 40 mos; 1.4 x wk] and found both effective.
  - Three-year follow-up: Psychoanalysis led to better outcomes.
  - More experienced psychoanalysts achieved better outcomes.
  - Frequency and duration interacted to moderate outcome in a positive direction.

Psychoanalytic Approaches in a Multicultural World

Psychoanalytical approaches underscore the role unconscious biases and prejudices about race, culture, and class play in shaping our daily interactions. Internalized cultural attitudes play out unconsciously in the transference–countertransference matrix for both client and therapist.