

# BRIEF PSYCHODYNAMIC THERAPY

PGDCP, semester- ii

COURSE: clinical assessment and intervention.

Paper VII; unit IV

*By*

*Dr. Priyamvada*

Part time/ guest faculty

Institute of psychological research and service

Patna university

[Email-priyamvadapreet@gmail.Com](mailto:priyamvadapreet@gmail.com)

Contact-9693299059

- Psychodynamic therapy focuses on unconscious processes as they are manifested in the client's present behavior. The goals of psychodynamic therapy are client self-awareness and understanding of the influence of the past on present behavior. In its brief form, a psychodynamic approach enables the client to examine unresolved conflicts . All brief therapies, not just brief psychodynamic psychotherapy (BPP), evolved from psychoanalytic roots.

# Introduction to Brief Psychodynamic Therapy

The healing and change process envisioned in long-term psychodynamic therapy typically requires at least 2 years of sessions. This is because the goal of therapy is often to change an aspect of one's identity or personality or to integrate key developmental learning missed while the client was stuck at an earlier stage of emotional development.

Practitioners of brief psychodynamic therapy believe that some changes can happen through a more rapid process or that an initial short intervention will start an ongoing process of change that does not need the constant involvement of the therapist. A central concept in brief therapy is that there should be one major focus for the therapy rather than the more traditional psychoanalytic practice of allowing the client to associate freely and discuss unconnected issues. In brief therapy, the central focus is developed during the initial evaluation process, occurring during the first session or two. This focus must be agreed on by the client and therapist. The central focus singles out the most important issues and thus creates a structure and identifies a goal for the treatment. In brief therapy, the therapist is expected to be fairly active in keeping the session focused on the main issue. Having a clear focus makes it possible to do interpretive work in a relatively short time because the therapist only addresses the circumscribed problem area. When using brief psychodynamic approaches to therapy for the treatment of substance abuse disorders, the central focus will always be the substance abuse in association with the core conflict. Further, the substance abuse and the core conflict will always be conceptualized within an interpersonal framework.

The number of sessions varies from one approach to another, but brief psychodynamic therapy is typically considered to be no more than 25 sessions . Crits-Christoph and Barber included models allowing up to 40 sessions in their review of short-term dynamic psychotherapies because of the divergence in the scope of treatment and the types of goals addressed . For example, some brief psychodynamic models focus mainly on symptom reduction , while others target the resolution of the Oedipal conflict. The length of therapy is usually related to the ambitiousness of the therapy goals. Most therapists are flexible in terms of the number of sessions they recommend for clinical practice. Often the number of sessions depends on a client's characteristics, goals, and the issues deemed central by the therapist.

**According to Wiener (1976)** “Because the ego analytic approach incorporate the thinking of many able clinicians, without being tied to the theoretical eccentricities or idiosyncatic terminology of any systemitizer and because it relates closely to widely employed psychodynamic conceptualization of psychopathology and personality development, it is among the most community applied psychotherapies in current clinical practice. ”

Instead of reconstruction approach the main objective of the brief psychodynamic therapy is to focus and treat only the present symptoms.

# Characteristics

- There is a rapid assessment in all brief psychodynamic therapies.
- It is clarified to the client that the sessions would be limited in 6 to 25 sessions and the changes would be visible.
- The therapy has a concrete aim to remove worst symptoms and to make the client adaptive to his environment.
- It emphasizes more in recent experiences and behaviors rather than his past experiences.
- In this therapy, it encourages positive transference which influences the client to accept the suggestions and directions of the therapist.
- There is a common belief in brief therapy that the client is not being treated fully but he is re-educated to be adaptive by this he can cope with their stress and anxiety.

# Stages

- First Therapist establishes rapport with the client and encourages him / her to tell about the main symptoms or problems by free association.
- In second stage therapist analyses the dreams of the client so that the unconscious material can be analyzed which assumed as the cause of the symptoms.
- In third stage, therapist encourages positive transference by the client by developing trust.
- In Forth stage Therapist do global interpretation of the unconscious determinants of problems of the client to develop the insight in the client to solve his/her problems.
- In last stage therapist gradually lesson the sessions and lastly end up the therapy.

# Demerits

- The treatment by brief psychodynamic therapy is not permanent and most of the cases can relapse due to its short period of treatment.
- It is only beneficial in emergency situations but not in general and severe conditions because by this reconstruction of the personality is not possible.