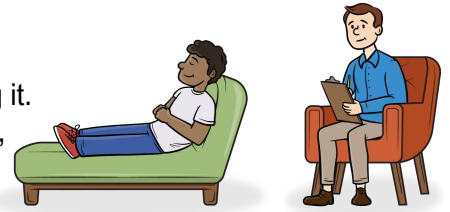


TOPIC: PSYCHODYNAMIC THERAPIES

Psychoanalysis

- ◆ Freud pioneered the first _____ therapy based on his psychodynamic perspective.
- ◆ *Recall:* Freud believed inner conflict and distress came from childhood experiences and the ____conscious.
- ◆ **Psychoanalysis:** Focused on unconscious motives and conflicts by discussing _____ and childhood.
- ◆ **Goal:** *Gain Insight:* Understanding one's unconscious motives and conflicts.
- ◆ **Main Techniques:**
 1. **Free association:** Talking about what is on your mind _____ filtering it.
 2. **Dream analysis:** Patterns in dreams act as a “window to the unconscious.”
- ◆ **Dosage:** Therapy was _____; multiple weekly sessions for 3-6 years.



EXAMPLE

In psychoanalysis, “gaining insight” means...

- a) Identifying what things are rewards and punishments for certain behaviors.
- b) Identifying cognitive biases that skew thinking more negatively.
- c) Understanding unconscious motives and conflicts.
- d) Understanding why certain relationships are not working.

PRACTICE

Which of the following statements about psychoanalysis are true?

- I. Psychoanalysis focuses on the unconscious.
 - II. Psychoanalysis in its original form is now fairly rare.
 - III. Dreams are thought to express desires and conflicts of the unconscious mind.
- a) I & II. b) II & III. c) I & III. d) I, II, & III.

TOPIC: PSYCHODYNAMIC THERAPIES

Interpersonal Therapy

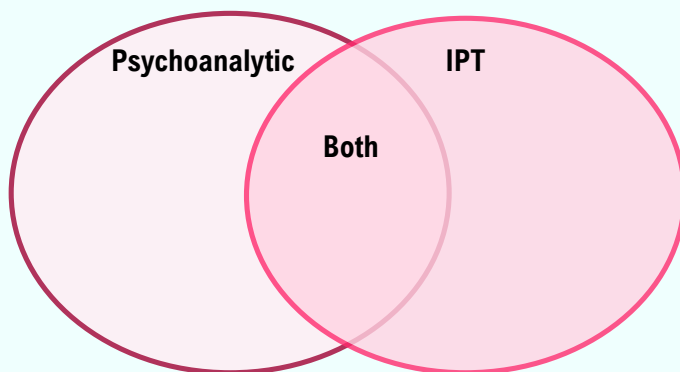
- ◆ Modern psychodynamic therapy differs from Freudian psychoanalysis in its focus and procedures.
- ◆ **Interpersonal Psychotherapy (IPT):** Focuses on helping client's interpersonal _____.
- ◆ **Goal:** _____ interpersonal relationships (which improves psychological wellbeing).
- ◆ **Main Techniques:**
 - ▶ Therapist _____ client through discussions about grief, role disputes, role transitions, & relationship skills.
- ◆ **Dosage:** Once a week for several months.



	Classic Psychoanalysis	Interpersonal Therapy
Main Focus	Dreams and unconscious	Relationships
Main Techniques	_____ analysis Free association	Guided discussions about relationship problems, deficits, and _____.
Goal	Gain _____ into the unconscious	Improve relationships.

EXAMPLE

Fill in the Venn diagram below with the statements from the box.



Statements

- a. The goal is to gain insight.
- b. Analyst might discuss conflicts caused by a promotion at work.
- c. Based on the psychodynamic principles developed by Freud.
- d. The patient discusses dreams.
- e. The goal is to improve relationships.