

## **Further information about a psychodynamic approach- (20-12-19)**

**A Psychodynamic approach** is based on psychoanalytic ways of understanding personal and emotional development. The way we see and relate to the world develops through relationships made in infancy, childhood, and later life. Disturbances in these relationships can produce continuing vulnerabilities, and symptoms and relationship problems in later life. Symptoms have a meaning in the context of our lives, and difficulties in relationships often follow patterns laid down in earlier life. Psychodynamic thinking can be applied directly to seeing patients and indirectly to clinicians and teams working with patients.

Clinicians, and other people in caring roles, can offer a reliable and professional relationship, where old patterns may be repeated, but can be thought about and understood in a way that frees people to change (Royal College of Psychiatrists website, see useful links).

## **Further information about the therapeutic consultation sessions**

### **Box 1 Observations from therapeutic consultation that suggest further longer-term psychodynamic treatment is suited to patients**

- The person is interested in exploring who they are and were
- The person can make some use of noticing and exploring their current thoughts and feelings as they emerge in relation to the therapist
- The person finds the relatively reserved and non-directive psychodynamic stance to be helpful, and not overly unsettling or destabilising.

This involves exploring patient's relationships and development and making links between these. Psychotherapists derive formulations to help patients and referrers. There is a discussion with the patient as to whether further (longer-term) treatment - which would usually be with a doctor in training - is helpful at the current time (see Box 1).

### **Address and useful links**

Psychotherapy Department, Royal Edinburgh Hospital, Edinburgh, EH10 5HF Tel: 0131 537 6926

<https://www.rcpsych.ac.uk/members/your-faculties/medical-psychotherapy/psychotherapy-counselling-and-psychological-treatment-in-the-nhs>- Royal College of Psychiatrists website

information about Psychotherapy in the NHS

<http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/psychotherapy.aspx> - Further

information on Psychotherapy

<https://sapp.org.uk/> - Scottish Association of Psychoanalytic Psychotherapists. Information about psychoanalytical psychotherapy and private therapy.

<http://www.hdscotland.org.uk/#> - Human development Scotland website (Formerly Scottish Institute for Human Relations). Information on other private psychodynamic services.