

## *“The role of psychoanalytic psychotherapy in the 21<sup>st</sup> century”*

In order for psychoanalytic psychotherapy to survive in the 21<sup>st</sup> century it has to ‘hold its flag high’ and improve its methods and outcome to be more effective and more helpful for its users. Sometimes unfortunately psychoanalytically trained psychotherapists think ‘once trained, always qualified’. This is not true any more within the post-modern society where the globalisation is forcing all the different sectors in the society to change and to develop.

In the old days people were looking for ‘absolute truth’, now we are searching for ‘ultimate pleasure’. Also sharing with others was a golden rule and this gave people the meaning of the life. Nowadays it looks like our aim is to try to be self-contained, independent and omnipotent.

‘Old days charitable organisations’ such as churches, Samaritans, Salvation Army are run more by business rules than a voluntary work ideology. National government’s actions and local politics are measured like every other business company. It goes the other way around, too: business world is using more public funded research. Universities and educational organisations are using more business methods to measure their effectiveness. Strict boundaries between the business, research world and politics are breaking down.

Different psychotherapy approaches have been discussed publicly after government has been positive about ‘talking therapies’ and there is promoting especially a CBT approach and is planning to train 3 500 CP therapist. Some psychoanalytic psychotherapists have been feeling hurt about this. But at the same time when Northern Rocks bank had difficulties John Humphries from BBC Radio 4 asked a psychoanalyst to analyze the current financial situation with Kleinian concepts. The same reporter also recommended once the MPs should study more group analysis to help themselves to understand ‘big group processes’ in the parliament.

In the public discussion it seems as if CBT and psychoanalytic psychotherapy are as far apart as fundamentalist Christians and extreme muslims. The truth is that many clinical psychologists are also psychoanalytic thinkers and many psychoanalytic psychotherapists use cognitive approach in their therapy. For example Professor Christopher Fairburn who created the CBT for eating disorders is nowadays adding the psychodynamic components in his new treatment models.

Also the most popular congresses and training days at the moment are on neuroscience which is trying to find dialogue between cognitive psychology, neuroscience and psychoanalysis. For instance in London soon there will be seminar entitled: 'From Cognitive Psychology and Neuroscience to the Couch: Is there a common Language?'

Anyways, Psychological Therapies have been recognized to be helpful by the government and evidence on CBT suggests that it can be even more cost effective than medication.

CBT has a strong position in our society and in NHS at the moment. This is understandable. It is a good tool to help people to manage their present every day life. The NHS is trying to resolve its long waiting lists and increase accessibility to its users.

NHS is also trying to develop its services by consulting with users. Today's slogans are 'users led NHS' or 'partnership model'. Our users come from many different educational, ethnic, cultural backgrounds. This means that not all our patients can use CBT to help themselves. If the NHS wants to be 'world glass' it should offer different psychological approaches to its customers. Diversity approaches in multidisciplinary settings would be my slogan. High quality services must be flexible and have tailored treatment for different people with different capabilities and personalities. The evidence points that good outcome is not using the right concepts or model but it is more like 'the art of the therapy' where the 'therapeutic alliance' and 'empathy' are the key factors. Research results suggest that understanding the patient in the early phases of the therapy and building a good therapeutic working alliance is crucial to the outcome of the work. A clinician's style must be responsive to very different patterns of relating and need.

Psychoanalytic psychotherapy is evidence based treatment and international research done in Germany, Sweden, Finland and England shows that psychoanalytic treatment, both short term and long term psychotherapy, helps patients improve their health and well-being. Psychoanalytic psychotherapy must in this post-modern society be committed consistently to research its practice and to provide evidence based studies. The constant feed back canal from its users is 'must' and more research should be carried out locally.

Psychoanalytic treatment has been successful on treating a range of mental health disorders. We treat clients with personality disorders, mild and severe neuroses such as chronic depression and anxiety and eating disorders.

Psychoanalytic therapy can offer high quality of assessments, Cognitive Analytic Therapy (CAT); brief, medium and long term individual Psychodynamic

Psychotherapy (PDP) and long-term Supportive Psychotherapy (SP), Long term Group Therapy (GT) and Couple and Family Therapy (CT, FT).

For psychoanalytic psychotherapy to survive in 21<sup>st</sup> century it must provide good treatments which can only be achieved by good training, teaching and supervision.

Psychoanalytic psychotherapist can be excellent supervisors for clinical psychologists and CBT nurses for to offer space for them to off load by sharing their feelings and emotions. In every day work life there is hardly time to speak about one's own thoughts and feelings when seeing very distressed patients.

Also Balint groups for GP, Junior Doctors and Social workers offer a good forum to look from a different angle at one's client's situations and problems. Balint groups also offer a reflective tool to understand ones' own stand point and blind spots. Social dreaming workshops can be a useful tool for managers and administrators to find new visions how to organize the services and develop Share Psychotherapy.

Reflective teaching is an important for psychoanalytic psychotherapy. It is important that therapists understand the clients and also their own behaviour. This kind of reflective psychoanalytic approach to your own work prohibits from burn out, stress and our own depression. Share Psychotherapy's four year's training course is a good teaching mode and it's a good way to offer high quality CPD 'in the house'.

***The role of psychoanalytic psychotherapy in the 21st Century is to bring high quality assessments and excellent psychotherapy treatment for all diverse members of the community.'***

#### References

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