

## Spring 2020: NCP Psychotherapy Training Program

### Psychodynamic Psychotherapy: Empirical Research and Evidence for Its Efficacy

Instructor: Joshua Pretsky, M.D. Associate Clinical Professor of Psychiatry, UCLA; Faculty, New Center for Psychoanalysis; Member, NCP Research Committee.

SESSIONS: 2

CE/CME Credits:

#### INTRODUCTION:

This course will look at the growing field of empirical, systematic research in psychodynamic therapy. In an age of competing therapy modalities and theories, and demands for evidence-based treatments, it is important to understand the scientific justification for the use of psychodynamic therapy as a standard approach to mental and emotional disorders. For many years the claim has been made that there is no scientific proof for the efficacy of psychodynamic therapy and psychoanalysis; that by contrast to other therapy modalities, it is not evidence-based. This is not the case, yet biases against psychodynamic therapy still exist.

The past decade and a half has seen a substantial growth in empirical studies supporting its efficacy--and those studies are of improving scientific quality. However, many challenges exist. Some are a) the philosophical and epistemological debate over the value of empirical research, b) the application of scientific research findings to clinical practice; such as those from neuroscience, c) the scientific quality of empirical studies, d) the diversity of therapy types under the umbrella "psychodynamic.", and e) the enduring finding that most forms of established psychotherapy are effective to pretty much the same degree, suggesting that factors common to all psychotherapy approaches may be more important than the specific ingredients of any therapy modality. These are but a few of the issues that present themselves in the field of psychodynamic psychotherapy research.

## **SESSION I April 15, 2020**

### Learning Objectives:

- Summarize the recent literature on the scientific proof of the effectiveness of psychodynamic psychotherapy
- Identify biases and distortions in the literature against psychodynamic psychotherapy
- Learn about the origins, application and misuse of the concept “evidence-based”

### Required:

Shedler, J (2010). The Efficacy of psychodynamic psychotherapy, *American Psychologist* 65(2): 98-109

Shedler, J. (2015). Where is the evidence for “evidence-based” therapy?. *The Journal of Psychological Therapies in Primary Care*, 4(1), 47-59.

Abbass et al (2017) Bias toward psychodynamic therapy: framing the problem and working toward a solution, *Journal of Psychiatric Practice* 23: 361-365

### Optional:

Steinert, C et al (2017). Psychodynamic Therapy: As Efficacious as Empirically Supported Treatments? A Meta-analysis Testing Equivalence of Outcomes, *Am J Psychiatry* (174)10: 143-153

## **SESSION II April 22, 2020**

### Learning Objectives:

- Understand how psychoanalytic theory is increasingly supported by neurobiological theories
- Explore the role of affective neuroscience in shaping the skills of the psychotherapist

Required:

Solms, M. L. (2018). The neurobiological underpinnings of psychoanalytic theory and therapy. *Frontiers in Behavioral Neuroscience*, 12, Article 294, pp 1-13

Schore, Allan (2007). Psychoanalytic Research Progress and Process: Developmental Affective Neuroscience and Clinical Practice, *Psychologist-Psychoanalyst*, Summer 2007: 6-15

Optional:

Porges, S (2009). The Polyvagal Theory: New Insights Into Adaptive Reactions of the Autonomic Nervous System, *Cleveland Clinics Journal of Medicine*, 76(suppl 2): S86-S90

Additional Bibliography:

Hoffman, Irwin Z (2009). Doublethinking Our Way to Scientific Legitimacy: The Desiccation of Human Experience. *J Am Psychoanal Assoc* 57: 1043-1069

Eagle and Wolitzky (2011). Systematic Empirical Research Versus Clinical Case Studies: a Valid Antagonism? *J Am Psychoanal Assoc* 59: 791-818

Safran, Jeremy (2012). Doublethinking or Dialectical Thinking: A Critical Appreciation of Hoffman's "Doublethinking" Critique. *Psychoanalytic Dialogues* 22:710–720

Aron, L (2012) Rethinking "Doublethinking": Psychoanalysis and Scientific Research—An Introduction to a Series, *Psychoanalytic Dialogues* 22:6

Hoffman, IZ (2012) Response to Safran: The Development of Critical Psychoanalytic Sensibility, *Psychoanalytic Dialogues* 22:6, 721-731

Fonagy, P (2013). There is Room for Even More Doublethink: The Perilous Status of Psychoanalytic Research, *Psychoanalytic Dialogues* 23:1, 116-122

- Abbas AA, Nowoweiski SJ, Bernier D, Tarzwell R, Beutel ME (2014). Review of Psychodynamic Psychotherapy Neuroimaging Studies. *Psychotherapy and Psychosomatics* 83:142–147
- Bateman, A and Fonagy, P (2009). Randomized Controlled Trial of Outpatient Mentalization-Based Treatment Versus Structured Clinical Management for Borderline Personality Disorder, *Am J Psychiatry* 166:1355-1364
- Fonagy, P, Roth, A, Higgit, A (2005). The Outcome of Psychodynamic Psychotherapy for Psychological Disorders. *Clinical Neuroscience Research*, 4:367–377
- Fonagy, P, Roth, A, Higgit, A (2005). The Outcome of Psychodynamic Psychotherapy for Psychological Disorders. *Clinical Neuroscience Research*, 4:367–377
- Gerber, A et al. (2011). A Quality-Based Review of Randomized Controlled Trials of Psychodynamic Psychotherapy, *American Journal of Psychiatry* 168(1): 19-28
- Huber, D, Zimmermann, J, Henrich, G, Klug, G (2012). Comparison of Cognitive-Behaviour Therapy with Psychoanalytic and Psychodynamic Therapy for Depressed Patients: A Three Year Follow-Up Study. *Z Psychosom Med Psychother* 58:299–316
- Luyten, P, Blatt, SJ Corveleyn, J (2006). Minding the Gap: Between Positivism and Hermeneutics In Psychoanalytic Research, *Journal of the American Psychoanalytic Association* 54(2): 571-610.
- Leichsenring, F, Leibing, E (2007). Psychodynamic psychotherapy: a systematic review of techniques, indications and empirical evidence, *Psychological Psychotherapy* 80(Pt2): 217-228
- Luyten, P (2015) Unholy Questions About Five Central Tenets of Psychoanalysis That Need to be Empirically Verified, *Psychoanalytic Inquiry*, 35:sup1, 5-23
- Roose, S et al. (2012). The Development of a Psychoanalytic Outcome Study: Choices, Conflicts, and Consensus, 2012, *Journal American Psychoanal Assoc* 60(2): 311-335.
- Slavin-Mulford, J et al. (2011). Therapeutic Interventions Related to Outcome in Psychodynamic Psychotherapy for Anxiety Disorder Patients, *The Journal of Nervous and Mental Disease* 199(4): 214-221

Solms, M and Panksepp, J (2012). The “Id” Knows More than the “Ego” Admits: Neuropsychanalytic and Primal Consciousness Perspectives on the Interface Between Affective and Cognitive Neuroscience, *Brain Science* 2:147-175

Thoma, N et al. (2012). A Quality-Based Review of Randomized Controlled Trials of Cognitive-Behavioral Therapy for Depression: An Assessment and Metaregression, *American Journal of Psychiatry*, 169(1): 22-30

Wampold, Bruce E (2015). How Important Are Common Factors in Psychotherapy? An Update, *World Psychiatry* 14: 270-27