

What psychotherapy can offer the public mental health service (MHS)

Psychodynamic psychotherapy in contemporary psychiatric practice and mental health care

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1

Context

- Aim and motivations for this talk
- Thinking about our patients psychodynamically has diminished within the contemporary mental health system
- Utility of psychodynamic therapy
- Role of psychodynamic approach in having a deeper understanding: Important to help clinicians with their communication, engagement and empathy with their patients

2



Outline

1. Definition and classification of psychotherapies and psychodynamic psychiatry
2. Benefits of a psychodynamic approach to our contemporary MHS
3. Application of psychodynamic approach to MHS: functions and roles
4. Myths associated with a psychodynamic approach and psychodynamic therapists

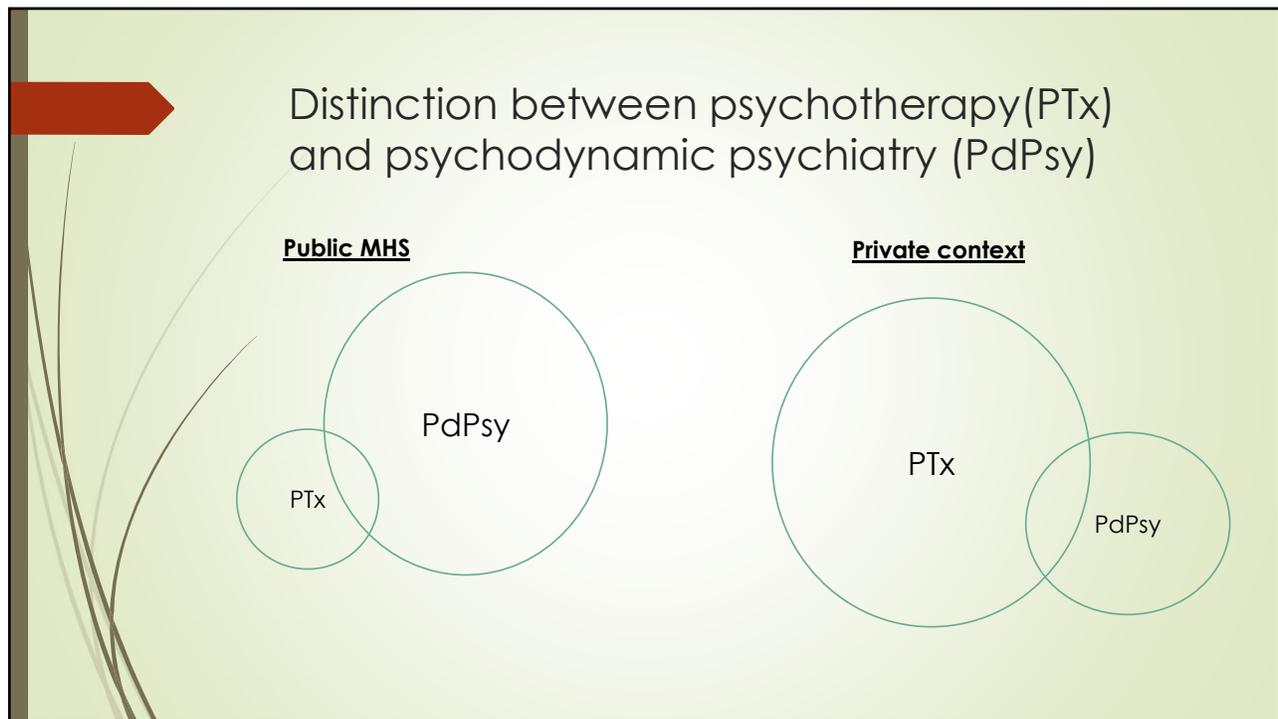
3



Psychodynamic psychiatry VS psychotherapy – definitions

- Definition of psychodynamic psychiatry (Gabbard, GO, 2005)
- Expertise in understanding and integrating impressive advances in neurobiology with patients psychology using a psychodynamic approach
- Definition of psychotherapy (Harari E, 2014)

4



5

Classifying psychotherapies (adapted from Koh E 2021 slides)

- Historical perspective: Psychoanalysis – Psychotherapy – Structured therapies
- Theoretical underpinnings:
 - Analytically derived (psychoanalysis- Freudian, Kleinian, Lacanian, Jungian)
 - Psychoanalytic psychotherapy – object relations (winnicotian, Bionian, Post-Kleinian), Kohutian, Ego Psychology, Self psychology
 - CBT derived: DBT, IPT, CAT, ACT
 - Humanist psychotherapies – eg. Existential psychotherapy

6

CBT: Cognitive Behavioural Therapy	DBT: Dialectical Behavioural Therapy
SFT: Schema Focussed Therapy	TFP: Transference Focused Psychotherapy
MBT: Mentalization Based Therapy	CAT: Cognitive Analytic Therapy
ERP: Exposure Response Prevention	EMDR: Eye Movement Desensitization & Reprocessing
Psychoeducation	ACT: Acceptance & Commitment Therapy
Supportive Psychotherapy	Family Therapy, Parent-Infant / Child Psychotherapy
Conversational Model Psychotherapy	Relational Psychotherapy
Art Therapy	Music Therapy
Somatosensory / Sensorimotor Psychotherapy	Psychodrama
Social and life skills group therapies	Motivational Interviewing
STDP: Short Term Dynamic Psychotherapy	LTPP: Long Term Psychodynamic Psychotherapy
PIT (Psychodynamic Interpersonal Therapy)	PAP: Psychoanalytic Psychotherapy
Group therapy (structured / psychodynamic / psychoanalytic)	Psychoanalysis

7

Which therapy for whom?

- ▀ What is foundational in a therapeutic encounter?
- ▀ Supportive – expressive continuum – supportive VS instructive VS interpretive interventions and with whom

8



What are the benefits of psychodynamic psychiatry as an approach?

- To help to better understand our patient's and improve the therapeutic alliance
- Helps us to better respond to our patients
- To avoid re-enactment of past traumas
- Helps to avoid and minimise burnout
- Improve staff satisfaction and staff retention

9



Application of a psychodynamic approach to our contemporary MHS: Roles and functions

- A) Using a developmental model to understand a person
- B) Teaching and practicing a psychotherapeutically informed developmental model

10



A) Using a developmental model to understand a person

- ▀ Understandings of the inner and external world (systems- family, hospital, societal – inclusive of social, cultural and interpersonal dimensions of mental illness)
- ▀ Developmental basis of psychotherapy (impact of complex childhood trauma and adversity)
- ▀ Essential in the wholistic practice for a mental health practitioner

11



B) Teaching and practicing a psychotherapeutically informed developmental model

- ▀ Elements of the process:
 - Psychological containment*** to build therapeutic relationships (Hinshelwood, 2009)
 - Progress: concepts of regression, working through, repetition compulsion and mentalisation***
 - Empathy and understanding of Transference and countertransference
 - Frame of psychotherapy (what is the frame, how to create and maintain the frame)

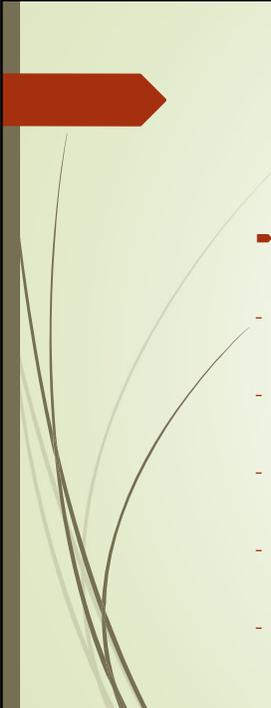
12



B) Teaching and practicing a psychotherapeutically informed developmental model

- Psychodynamic formulation:
 - Psychological formulation – shared understanding between psychiatrist and patient
 - Focus on making sense of a person's psychological problems by integrating all available information both conscious and unconscious from biopsychosocial domains
 - Thinking about how the inner world effects the person's difficulties and determine their response to treatment

13



B) Teaching and practicing a psychotherapeutically informed developmental model

- Psychotherapy supervision
 - What is it?
 - Managing anxieties, countertransference reactions,
 - Enhancing psychological mindedness
 - Managing endings,
 - How is it different from general clinical supervision (importance of space and time) - Concept of parallel process

14

B) Teaching and practicing a psychotherapeutically informed developmental model – other roles

- Teaching for psychiatrists and psychiatrists-in-training, as well as the multidisciplinary team (MDT)
- Secondary consultations for complex patients presenting to the emergency department and on the inpatient psychiatric wards.
- Lead Reflective Process (Balint Style) groups for psychiatrists and psychiatrists-in-training & the MDT
- Formal process of peer support for psychiatrist psychotherapists within the public MHS and peer review group comprising those in this role.
- Training of the next generation of psychiatric psychotherapy supervisors and psychotherapists
- Psychiatrist psychotherapists to be afforded a role in the review of AMHS clinical risk

15

Myths about psychotherapy in the public MHS

- Psychotherapy is the domain of psychologists
- Psychotherapy is a treatment for "the worried well"
- There is a one-size-fits-all psychotherapy
- Patients are 'treatment resistant' when they have not been able to access or engage in evidence-based psychotherapeutic treatment(s)
- Patients who fail to respond to one modality of psychotherapy should not be offered other forms of psychotherapy
- Only one form of psychotherapy might be required to treat a patient
- All psychotherapies are long-term

16

Myths about psychodynamic therapists in the public MHS

- ▶ Psychotherapists have nothing more to offer than psychotherapy
- ▶ We are here to analyse your projections
- ▶ We are here to put you on the couch
- ▶ We always talk about dreams and the unconscious
- ▶ Psychotherapy can be provided by clinicians without significant experiential skills development and without adequate frequency and quality of supervision

17

References

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- ▶ Koh E. *Classifying psychotherapies* (2021). Lecture @ St Vincent's Hospital Melbourne

18