

SFHPT16

Maintain an analytic/dynamic focus in therapy



Overview

This standard shows how the therapist's analytic stance involves the selection and use of interventions that explore interpersonal, affective, and unconscious themes. By maintaining interest in material presented in the transference and material arising from reflection on the countertransference, the therapist has the process of the dynamic relationship between client and therapist as their central focus.

This standard describes therapeutic practice that has been shown to benefit individual adult clients engaged in therapy for healthcare reasons (see reference in the additional information section on page 5). To apply this standard, practitioners also need to take account of the multiple problems and complex co-morbidities that individual clients may bring to therapy.

Users of this standard will need to ensure that they are receiving supervision and that their practice reflects up to date information and policies. This standard should be understood in the context of the Digest of National Occupational Standards for Psychological Therapies.

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Performance criteria

- You must be able to:*
- P1 focus the interventions on the here-and-now therapeutic interaction when it is likely to promote the therapy
 - P2 identify a focus outside the here-and-now if attention to other emotionally charged material is required
 - P3 direct your interventions towards:
 - P3.1 the interpersonal and affective, and unconscious themes that the formulation identifies as the focus of the therapy
 - P3.2 material presented in the transference relationship
 - P3.3 the symbolic content of the material and its meaning for the client
 - P4 appraise the relevance of your feelings, thoughts, flow of associations and fantasies that are evoked about the client as a basis for an interpretation of what the client may be struggling to articulate
 - P5 maintain an 'observing distance' from the part of yourself that is involved in the process
 - P6 allow the client to explore themes relevant to the direction of the therapy
 - P7 allow the client's understandings of resistance to emerge
 - P8 allow the client's relevant interpersonal and affective patterns to emerge through the transference
 - P9 encourage the client to stay with a current feeling as it emerges in the session and to articulate what they are experiencing
 - P10 evaluate when it is most productive to focus primarily on the client's external or internal reality
 - P11 enable the client to explore the meaning of diversions from the current focus
 - P12 be receptive to the client's changing tolerance of the interpretative approach and of silence
 - P13 focus on conscious experience and strengthen the client's resilience when there is a clear need to alleviate their immediate problems and risk to the working alliance
 - P14 communicate to the client an understanding of the meaning for them of any shift in style
 - P15 allow the client to view you in a manner incongruent with your self-perception, so as to understand the meaning of this for the client
 - P16 be receptive to the client's conscious and unconscious needs and wishes in relation to you

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Knowledge and understanding

You need to know and understand:

Therapeutic stance

- K1 the characteristics and aims of the analytic stance
- K2 differences between analytic and supportive stances and their uses
- K3 factors that can impede attempts to maintain an analytic stance
- K4 how to adopt and maintain an analytic stance

Work in the transference

You need to know and understand:

- K5 the forms of transference
- K6 how to develop and work in the transference
- K7 when and how to formulate dominant transference themes from the client's assessment
- K8 how to make a transference interpretation
- K9 the emotional impact of transference interpretations
- K10 the rationale and features of the analytic setting and stance

Work in the countertransference

You need to know and understand:

- K11 the forms of countertransference
- K12 how to reflect on and consider countertransference
- K13 how to make appropriate use of countertransference
- K14 when and when not to interpret from countertransference

Working with defences

You need to know and understand:

- K15 psychoanalytic conceptions of the nature, processes and purposes of unconscious defences and how to identify them
- K16 how to gauge the effects and implications of the client's psychological functioning on their personality presentation
- K17 the role of anxiety and defences in rendering some interpretations ineffective or destructive

Interpretation

You need to know and understand:

- K18 the aims and work of interpretation
- K19 the collaborative process of interpretation

Interpersonal and reflective skills

You need to know and understand:

- K20 different interpersonal styles of relating and communicating
- K21 skills of clarification

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K22 skills of confrontation

K23 the significance of the therapist's own experience of psychotherapy and self-knowledge

Diversity in therapy

You need to know and understand:

K24 how the characteristics of the client that help to construct identity may be subject to discrimination in therapy

K25 how to work with the psychodynamics of difference within the therapeutic relationship

K26 the process of self-reflection by the therapist on their conscious and unconscious assumptions, biases and prejudices

K27 the effect on personality and development of the experience of difference and external discrimination

Analytic/dynamic model of the mind

You need to know and understand:

K28 dynamic theories of the nature of mental life

K29 the different structures of the mind and their contribution to personality development

K30 the variety of forms of unconscious communication

K31 the ways in which the client's imaginative life can be a vehicle for understanding their unconscious experience of themselves and others

K32 analytic/dynamic models and techniques

Developmental theory

You need to know and understand:

K33 theories of developmental factors that shape the client's experience of themselves and others

K34 theories of personality organisation

K35 theories of developmental psychopathology

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Additional Information

External links

This standard is derived from research reported in Lemma A, Roth A D and Pilling S (2009) *The competences required to deliver effective Psychoanalytic/ Psychodynamic Therapy*. Centre for Outcomes Research & Effectiveness (CORE) University College London.

This standard has indicative links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

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