

SFHPT18

Develop and maintain the relationship as a medium for change in analytic/dynamic therapy



Overview

This standard is about prioritising the experiential focus of the here-and-now of the session as the basis for interventions, making use of the therapist's experience with the client to inform the therapy. The therapist is fully engaged in the therapeutic relationship, and is able to maintain their focus on the client's needs.

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 prioritise the experiential focus of the here-and-now of the session as the basis for interpretation
 - P2 allow the client's perceptions of you, feelings about you and how they think you may feel or think about them to emerge in the session
 - P3 accept the client's view of you and allow the emergence of a particular experience of the client's self in relationship to you
 - P4 help the client understand any change in their feelings towards you that may result from the transference
 - P5 communicate to the client that you understand their need to test their relationship with you in the transference
 - P6 re-establish a focus onto the transference relationship when the client or you are unproductively pulled away from this
 - P7 form your interpretations as hypotheses to be tested with the client in a manner they can tolerate
 - P8 maintain the primary focus of interpretations on dynamically unconscious content and the client's interpersonal and affective experiences
 - P9 evaluate the impact of a transference interpretation at any given point in time in light of:
 - P9.1 the client's conscious and unconscious response to the interpretation
 - P9.2 your assessment of the quality of the working alliance following an interpretation
 - P9.3 the client's level of disturbance following an interpretation
 - P10 be open to the client's view that an interpretation may be incorrect, difficult or badly timed and to respond to this non-defensively
 - P11 critically self reflect and be open to instances when your speculations are unsubstantiated and your own feelings misattributed to the client
 - P12 identify if the interpretation relieves the client's anxiety
 - P13 facilitate the client's reflection on the meaning of their anxiety as it manifests in the therapeutic relationship
 - P14 contain the client's experience of anxiety if they feel too exposed
 - P15 facilitate the client's own attempts to link related their past and present experience outside the relationship and their current relationship with you
 - P16 monitor and resist the temptation to make interpretations to manage your anxiety as therapist

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Knowledge and understanding

You need to know and understand:

The therapeutic relationship

- K1 theory of the working alliance
- K2 factors promoting and weakening the working alliance
- K3 methods for tracking the therapeutic relationship

Work in the transference

You need to know and understand:

- K4 the forms of transference
- K5 how to develop and work in the transference
- K6 how to make and titrate a transference interpretation
- K7 how to identify the emotional impact of transference interpretations
- K8 when to avoid transference interpretations

Working with defences

You need to know and understand:

- K9 psychoanalytic conceptions of the nature, processes and purposes of unconscious defences and how to identify them
- K10 how to gauge the effects and implications of the client's psychological functioning on their personality presentation
- K11 the role of anxiety and defences in rendering some interpretations ineffective or destructive
- K12 how to adopt and maintain an analytic stance

Interpretation

You need to know and understand:

- K13 the aims and work of interpretation
- K14 the collaborative process of interpretation

The rationale for an analytic/dynamic approach

You need to know and understand:

- K15 the affective and interpersonal focus of the therapy
- K16 how to explore the client's internal unconscious world of experience, external reality and value systems
- K17 the rationale for an analytic/dynamic approach
- K18 the primary focus of therapy
- K19 the rationale for closely tracking the therapeutic relationship
- K20 the rationale and features of the analytic setting and stance process
- K21 how to track and explore the therapeutic relationship in detail
- K22 how to adopt a non directive stance in relation to the client's communications
- K23 the importance of maintaining an open mind during therapy

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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 unconscious processes
- K31 the nature of the unconscious inner world of object-relations
- K32 the importance of the client's imaginative life as a vehicle for understanding unconscious experience of self and others
- K33 various analytic/dynamic models and techniques

Interpersonal and reflective

You need to know and understand:

- K34 different interpersonal styles of relating and communicating
- K35 skills of clarification
- K36 skills of confrontation
- K37 the significance of the therapist's own experience of psychotherapy and self-knowledge

Developmental theory

You need to know and understand:

- K38 theories of developmental factors that shape the client's experience of themselves and others
- K39 theories of personality organisation
- K40 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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