

## SFHPT19

Enable the client in analytic/dynamic therapy to become aware of unexpressed or unconscious feelings



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### Overview

This standard is about enabling the client to find ways of acknowledging and expressing emotions against which they currently protect themselves: feelings that they fear or feelings of which they are only dimly aware. It includes sharing interpretations with the client in which the therapist uses information from a variety of sources. The therapist is open to the response from the client and is prepared to adapt and change their interpretation accordingly.

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 6). 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 help the client express the subjective meaning of their use of particular words, dreams, fantasies, non-verbal behaviours or somatic responses
- P2 help the client explore internal and interpersonal obstacles to the awareness and expression of particular feelings
- P3 draw attention to the client's states of mind that seem unacceptable or uncomfortable to them
- P4 enable the client to explore and become more aware of painful conflicts involving unacceptable or uncomfortable feelings that are otherwise managed by being kept out of their conscious awareness
- P5 enable the client to become aware of and give meaning to incongruent, puzzling or unclear elements in their communication
- P6 draw the client's attention to anxieties that may lie behind their questions, statements and comments when you become aware of these
- P7 explore with the client unverballed affect when it is manifested in the session
- P8 communicate to the client clear interpretations that capture multiple levels of meaning about their affective experiences beyond what they report consciously
- P9 share interpretations with the client in a manner that:
  - P9.1 match what they can bear to think about at any given point
  - P9.2 are not too close to the end of a session
  - P9.3 move gradually from pre-conscious content to more unconscious content
  - P9.4 are pertinent to the focus of the session
  - P9.5 make it clear to them how you arrived at the interpretation
- P10 maintain the focus of exploration on the transference relationship when necessary
- P11 draw attention to how the client may be unconsciously protecting themselves and help them explore the meaning of their defensive structures
- P12 facilitate the client's reflection on the meaning of their anxiety generated by the exploration of defences
- P13 contain the client's experience of anxiety at a level they can work with if they feel too exposed
- P14 help the client understand why they need to protect themselves from the experience of particular feelings or states of mind

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### Knowledge and understanding

*You need to know and understand:*

#### Unconscious affect

- K1 affects that are commonly expressed through unconscious processes
- K2 common ways in which affects find indirect expression
- K3 the ways in which the client's imaginative life can be a vehicle for understanding their unconscious experience of themselves and others

#### Unconscious communication

*You need to know and understand:*

- K4 meaning in latent communication
- K5 conditions under which unconscious communication is likely to emerge
- K6 how to recognise unconscious communications
- K7 how people use their bodies to communicate

#### Working with symbolic material and dreams

*You need to know and understand:*

- K8 theories relating to symbolic communication, including dreams
- K9 how to explore and consider symbolic communication
- K10 how to examine, explore and interpret symbolic communication and dreams

#### Work in the transference

*You need to know and understand:*

- K11 the forms of transference
- K12 how to develop and work in the transference
- K13 when and how to formulate dominant transference themes from the client's assessment
- K14 how to make a transference interpretation
- K15 the emotional impact of transference interpretations
- K16 the rationale and features of the analytic setting and stance

#### Work in the countertransference

*You need to know and understand:*

- K17 the forms of countertransference
- K18 how to reflect on and consider countertransference
- K19 how to make appropriate use of countertransference
- K20 when and when not to interpret from countertransference

#### Working with defences

*You need to know and understand:*

- K21 psychoanalytic conceptions of the nature, processes and purposes of unconscious defences and how to identify them

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- K22 how to gauge the effects and implications of the client's psychological functioning on their personality presentation
- K23 the role of anxiety and defences in rendering some interpretations ineffective or destructive
- K24 how to adopt and maintain an analytic stance

#### Interpretation

*You need to know and understand:*

- K25 the aims and work of interpretation
- K26 the collaborative process of interpretation

#### Risk

*You need to know and understand:*

- K27 the potential for, and mechanisms of, exacerbation of problems for the client in therapy
- K28 potential negative effects of the exploration of transference and counter-transference phenomena
- K29 how to balance the risks around the exploration of transference and counter-transference phenomena
- K30 how to use supervision in reducing the risks from the exploration of transference and counter-transference phenomena

#### Diversity in therapy

*You need to know and understand:*

- K31 how the characteristics of the client that help to construct identity may be subject to discrimination in therapy
- K32 how to work with the psychodynamics of difference within the therapeutic relationship
- K33 the process of self-reflection by the therapist on their conscious and unconscious assumptions, biases and prejudices
- K34 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:*

- K35 the nature of mental life
- K36 the different structures of the mind and their contribution to personality development
- K37 the nature of the unconscious inner world of object-relations
- K38 various analytic/dynamic models and techniques

#### Developmental theory

*You need to know and*

- K39 developmental factors that shape the client's experience of themselves

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*understand:*

and others

K40 theories of personality organisation

K41 developmental psychopathology

### **Interpersonal**

*You need to know and understand:*

K42 different interpersonal styles of relating and communicating

K43 skills of clarification

K44 skills of confrontation

K45 the significance of the therapist's own experience of psychotherapy and self-knowledge

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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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**Suite** Psychological Therapies

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