

SFHPT20

Enable the client in analytic/dynamic therapy to explore the unconscious dynamics influencing their relationships



Overview

This standard centres on the observation and interpretation by the therapist of unconscious factors that may be influencing the client's experience of their relationships. The therapist uses information from a variety of sources – such as non- verbal communication and countertransference - and shares the interpretation with the client. 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 identify recurring configurations of `self' and `other' representations in the client's past and current relationships and the characteristics of the relationships represented
 - P2 explore areas of omission from the client's descriptions of their relationships
 - P3 use your experience and observation of the client's ways of relating within the session to inform your understanding of their internal world of relationships
 - P4 enable the client to identify areas of difficulty in their relationships
 - P5 enable the client to become more aware of how they use unconscious strategies to manage problematic aspects of their relationships
 - P6 enable the client to reflect on behaviours and feelings which perpetuate or exacerbate interpersonal difficulties
 - P7 communicate to the client clear interpretations that capture multiple levels of meaning about their interpersonal and affective experiences beyond what they report consciously
 - P8 share interpretations with the client in a manner that:
 - P8.1 match what they can bear to think about at any given point
 - P8.2 are not too close to the end of a session
 - P8.3 move gradually from pre-conscious content to more unconscious content
 - P8.4 are pertinent to the interpersonal focus of the session
 - P8.5 make it clear to them how you arrived at the interpretation
 - P9 help the client make links and draw parallels between their subjective experience with you and outside the therapy
 - P10 enable the client to become aware of and give meaning to incongruent, puzzling or unclear elements in their communication
 - P11 explore the client's defences as they arise in relation to you and significant others in way that manages any anxiety created
 - P12 be open to the client's view that the interpretation may be incorrect, difficult or badly timed and to respond to this non-defensively
 - P13 monitor your own countertransference reactions for any prejudice that could bias exploration and identification of the client's unconscious dynamics

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Knowledge and understanding

You need to know and understand:

Psychodynamics of personal relationships

- K1 major theories of how the self develops and is internally represented
- K2 theories of how others are the basis of internal representations
- K3 theories of internal representations of relationships
- K4 the clinical relevance of models of personal relationships

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

Working with defences

You need to know and understand:

- K14 psychoanalytic conceptions of the nature, processes and purposes of unconscious defences and how to identify them
- K15 how to gauge the effects and implications of the client's psychological functioning on their personality presentation
- K16 the role of anxiety and defences in rendering some interpretations ineffective or destructive
- K17 how to adopt and maintain an analytic stance

Interpretation

You need to know and understand:

- K18 the aims and work of interpretation
- K19 the collaborative process of interpretation when and when not to interpret from countertransference

Risk

You need to know and

- K20 the potential for, and mechanisms of, exacerbation of problems for the

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understand:

- client in therapy
- K21 potential negative effects of the exploration of transference and counter-transference phenomena
- K22 how to balance the risks around the exploration of transference and counter-transference phenomena
- K23 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:

- 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

Interpersonal and reflective skills

You need to know and understand:

- K28 different interpersonal styles of relating and communicating
- K29 skills of clarification
- K30 skills of confrontation
- K31 the significance of the therapist's own experience of psychotherapy and self-knowledge

Analytic/dynamic model of the mind

You need to know and understand:

- K32 dynamic theories of the nature of mental life
- K33 the different structures of the mind and their contribution to personality development
- K34 the nature of the unconscious inner world of object-relations
- K35 the way in which the client's imaginative life can be a vehicle for understanding their unconscious experience of themselves
- K36 various analytic/dynamic models and techniques

Developmental theory

You need to know and understand:

- K37 theories of developmental factors that shape the client's experience of themselves and others
- K38 theories of personality organisation
- K39 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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