

SFHPT22

Manage your own emotional state in analytic/dynamic therapy



Overview

This standard is about the therapist's ability to recognise their emotional reactions in working with the client, consistent with an ethos of working for the client's benefit and their protection. It is a process of reflection that enables management of the risks and limitations of the therapy. It also allows the therapist to make careful use of the observations of their emotional state in developing their understanding of the transference and countertransference.

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.

SFHPT22

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Performance criteria

You must be able to:

- P1 closely monitor your own experience of the therapy and your level of arousal throughout the therapy
- P2 monitor your own feelings within therapy sessions and understand what may contributing to them
- P3 reflect on your emotional reactions to the client in a way that allows you to maintain an observing distance from the part of yourself that is involved in the process
- P4 recognise erotic feelings towards the client and think through the meaning and implications for you and for your relationship with the client
- P5 refrain from any romantic, erotic or sexual relationship with the client
- P6 critically self reflect and be open to instances when your speculations are unsubstantiated and your own feelings misattributed to the client
- P7 identify in your emotional reaction any risks to the client, you or the therapy that may require you to use supervision or therapy in addition to your routine
- P8 sustain the relationship in the face of primitive states of mind and intense emotion in both you and the client
- P9 recognise when personal issues of your own may be affecting you and reflect on how to manage this situation in a way which protects the client

SFHPT22

Manage your own emotional state in analytic/dynamic therapy

Knowledge and understanding

You need to know and understand:

Personal reactions

- K1 your habitual personal responses to stress and discomfort
- K2 the developmental basis of personal reactions
- K3 personal 'blind spots' and emotions you are least likely to be aware of
- K4 potential impact of unmodulated personal reactions on the therapeutic process
- K5 how personal therapy and other sources of personal support can assist in managing your emotional state
- K6 how a therapist can use self-reflection and observation of their emotional state as a therapeutic tool

Work in the countertransference

You need to know and understand:

- K7 the forms of countertransference
- K8 how to reflect on and consider countertransference
- K9 how to make appropriate use of countertransference
- K10 when and when not to interpret from countertransference

Interpersonal and reflective skills

You need to know and understand:

- K11 different interpersonal styles of relating and communicating
- K12 skills of clarification
- K13 skills of confrontation
- K14 the significance of the therapist's own experience of psychotherapy and self-knowledge

The rationale for an analytic/dynamic approach

You need to know and understand:

- K15 the rationale for an analytic/dynamic approach
- K16 the affective and interpersonal focus of the therapy
- K17 how to monitor levels of arousal in the client
- K18 the factors promoting and undermining emotional regulation
- K19 the rationale for closely tracking the therapeutic process
- K20 how to adopt a non directive stance in relation to the client's communications
- K21 the importance of maintaining an open mind during therapy
- K22 the primary target of therapy
- K23 the rationale for an analytic/dynamic approach

Risk

You need to know and

- K24 the potential for, and mechanisms of, exacerbation of problems for the

SFHPT22

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understand:

- client in therapy
- K25 potential negative effects of the exploration of transference and counter-transference phenomena
- K26 how to balance the risks around the exploration of transference and counter-transference phenomena
- K27 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:

- K28 how the characteristics of a client that help to construct identity may be subject to discrimination in therapy
- K29 how to work with the psychodynamics of difference within the therapeutic relationship
- K30 the process of self-reflection by the therapist on their conscious and unconscious assumptions, biases and prejudices
- K31 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:

- 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 of the ways in which the client's imaginative life can be a vehicle for understanding their unconscious experience of themselves and others
- K36 an analytic/dynamic model of the mind
- K37 various analytic/dynamic models and techniques and how to adapt them flexibly

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

SFHPT22

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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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SFHPT22

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