

In two to three paragraphs describe the selected theory. Discuss the theories as concisely as possible. (For example: what does this theory say about personality, mental disorders and/or its general ideas about human behavior.)

Psychodynamic therapy emerged as a way of shortening and simplifying the lengthy process of classical psychoanalysis (Luborsky et al., 2011), as cited in Corey. Brief psychodynamic theory (BPT) is a further adaptation that, while still using key psychodynamic principles, such as the impact of unconscious processes, interpretation, and a good working partnership between client and therapist, etc., aligns better with modern insurance reimbursement requirements that demand positive outcomes for short-duration therapy. (Messer and Warren (2001)

BPT is usually limited to 10 – 25 sessions, with an underlying goal of “making the unconscious conscious”.

However, psychodynamic therapists do remain alert to transference manifestations, explore the meaning of clients’ dreams, explore both the past and the present, offer interpretations for defenses and resistance, and are concerned with unconscious material pg. 68

Contemporary psychodynamic therapists focus as much on here-and-now transference as on earlier reenactment. By bringing the past into the present relationship, a new understanding of the past can unfold (Wolitzky, 2011a). Contemporary psychodynamic therapists view their emotional communication with clients as a useful way to gain information and create connection. Analytic therapy focuses on feelings, perceptions, and action that are happening in the moment in the therapy sessions (Luborsky et al., 2011; McWilliams, 2014; Wolitzky, 2011a, 2011b).

; one’s personality functions as a whole rather than as three discrete segments. The id is roughly all the untamed drives or impulses that might be likened to the biological component. The ego attempts to organize and mediate between the id and the reality of dangers posed by the id’s impulses. One way to protect ourselves from the dangers of our own drives is to establish a superego, which is the internalized social component, largely rooted in what the person imagines to be the expectations of parental figures. Because the point of taking in these imagined expectations is to protect ourselves from our own impulses, the superego may be more punitive and demanding than the person’s parents really were. Actions of the ego may or may not be conscious. For example, defenses typically are not conscious. Because ego and consciousness are not the same, the slogan for psychoanalysis has shifted from “making the unconscious conscious”

neurotic anxiety is the fear that the instincts will get out of hand and cause the person to do something for which she or he will be punished. Moral anxiety is the fear of one's own conscience. People with a well-developed conscience tend to feel guilty when they do something contrary to their moral code.

(Wolitzky, 2011a). Two goals of Freudian psychoanalytic therapy are to make the unconscious conscious and to strengthen the ego so that behavior is based more on reality and less on instinctual cravings or irrational guilt. Successful analysis

- Apply this theory to the main character Conrad. How might this theory explain Conrad's behavior, his reactions or his symptoms. Look at Conrad through the lens of this specific theory.

TABLE 4.1 Ego-Defense Mechanisms

	Defense	Uses for Behavior
Repression	Threatening or painful thoughts and feelings are excluded from awareness.	One of the most important Freudian processes, it is the basis of many other ego defenses and of neurotic disorders. Freud explained repression as an involuntary removal of something from consciousness. It is assumed that most of the painful events of the first five or six years of life are buried, yet these events do influence later behavior.
Sublimation	Diverting sexual or aggressive energy into other channels.	Energy is usually diverted into socially acceptable and sometimes even admirable channels. For example, aggressive impulses can be channeled into athletic activities, so that the person finds a way of expressing aggressive feelings and, as an added bonus, is often praised.
Introjection	Taking in and "swallowing" the values and standards of others.	Positive forms of introjection include incorporation of parental values or the attributes and values of the therapist (assuming that these are not merely uncritically accepted). One negative example is that in concentration camps some of the prisoners dealt with overwhelming anxiety by accepting the values of the enemy through identification with the aggressor.

- Pretend you are Dr. Burger and you are treating Conrad. Use at least two techniques from theory above to treat Conrad's symptoms and condition. Explain why you choose these techniques/interventions.

Therapist's Function and Role

In classical psychoanalysis, analysts typically assume an anonymous non-judgmental stance, which is sometimes called the “**blank-screen**” **approach**. They avoid self-disclosure and maintain a sense of neutrality to foster a **transference relationship**, in which their clients will make *projections* onto them. This transference relationship is a cornerstone of psychoanalysis and “refers to the transfer of feelings originally experienced in an early relationship to other important people in a person’s present environment” (Luborsky, O’Reilly-Landry, & Arlow, 2011, p. 18). If therapists say little about themselves and rarely share their personal reactions, the assumption is that whatever the client feels toward them will largely be the product of feelings associated with other significant figures from the past. These projections, which have their origins in unfinished and repressed situations, are considered “grist for the mill,” and their analysis is the very essence of therapeutic work. **LO6**

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Clients interested in classical psychoanalysis must be willing to commit themselves to an intensive, long-term therapy process. After some face-to-face sessions with the analyst, clients lie on a couch and engage in free association; that is, they try to say whatever comes to mind without self-censorship.

The client in psychoanalysis experiences a unique relationship with the analyst. The client is free to express any idea or feeling, no matter how irresponsible, scandalous, politically incorrect, selfish, or infantile. The analyst remains nonjudgmental, listening carefully and asking questions and making interpretations as the analysis progresses. This structure encourages the client to loosen defense mechanisms and “regress,” experiencing a less rigid level of adjustment that allows for positive therapeutic growth but also involves some vulnerability. It is a responsibility of the analyst to keep the analytic situation safe for the client, so the analyst is not free to engage in spontaneous self-expression. E

The therapist uses the client's reactions as a gauge in determining a client's readiness to make an **interpretation**. It is important that interpretations be appropriately timed because the client will reject therapist interpretations that are poorly timed. A general rule is that interpretation should be presented when the phenomenon to be interpreted is close to conscious awareness. In other words, the therapist should interpret material that the client has not yet seen but is capable of tolerating and incorporating.

- Write a paragraph detailing why or why not you think this approach to would be helpful.
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- If therapy is to produce change, the transference relationship must be worked through. The working-through process consists of repetitive and elaborate explorations of unconscious material and defenses, most of which originated in early childhood. Clients learn to accept their defensive structures and recognize how they may have served a purpose in the past (Rutan, Stone, & Shay, 2014). This results in a resolution of old patterns and enables clients to make new choices. Effective therapy requires that the client develop a relationship with the therapist in the present that is a corrective and integrative experience.
- Free association is one of the basic tools used to open the doors to unconscious wishes, fantasies, conflicts, and motivations. This technique often leads to some recollection of past experiences and, at times, a catharsis or release of intense feelings that have been blocked. This release is not seen as crucial in itself, however. During the free-association process, the therapist's task is to identify the repressed material that is locked in the unconscious. The sequence of associations guides the therapist in understanding the connections clients make among events. Blockings or disruptions in associations serve as cues to anxiety-arousing material. The therapist interprets the material to clients, guiding them toward increased insight into the underlying dynamics
- Write a citation page. Be sure to cite the Corey text and movie at minimum. Feel free to use the Tan text and her academic/scholar references and resources.