

Ordinary People: Psychodynamic Theory

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Psychodynamic therapy is a form of psychotherapy that aims to assist clients with the responsibility of solving their own problems. Psychodynamics therapy derived from psychoanalysis which focused mainly on the unconscious factors that can motivate behavior. Psychodynamic therapy differs from psychoanalysis, as it focuses on how the clients past feeling, attitudes and experiences impacts their present behavior unconsciously. Using supportive interventions, Psychodynamic therapist help clients to get a new perspective of their past to adjust maladaptive behaviors to current situations.

The relationship between the client and therapist is vital in psychodynamic therapy because it allows the client to remain open during therapy session and the therapist can gain information on the client. This openness allows the therapist to recognize transference manifestations, defenses mechanisms, and unconscious behaviors to core conflicts. The therapist is able to create connection between the past and current behavior to suggest supportive ways of working through past traumas. This should avail a resolution to unfavorable patterns and allow the client to make new choices.

Using the psychodynamic theory, I would say Conrad was having difficulty processing through a traumatic event he experienced in his past. He witnessed his brother die in a boating accident. He blamed his brother's death on his perceived negligence to secure a part on the boat. Due to his thought patterns, he had a difficulty connecting with family, friends and teammates. He also tried to take his own life because of the guilt he felt from being a survivor.

If I was Dr. Burger and I was treating Conrad, I would use brief psychodynamic therapy as my approach. My initial objective will be to foster a healthy relationship with Conrad in our

early sessions by listening objectively to gather information. As our sessions continue, I will begin to notice patterns of behavior that are enabling him from activities in school and healthy relationship with his mother. Together with Conrad, interpersonal task will be created for socializing and we will discuss the outcomes of his initiatives in future sessions. The overall goal of our sessions will be for Conrad to become self-aware of his thought patterns while trying to create new patterns.

I believe this approach can be beneficial if he is willing to be vulnerable and open to change. Conrad and I can set goals, but if he is not intentional on fostering new thought patterns, we will not see improved results in his behavior. I will not want to pressure him into doing anything he is not ready to do because that me reinforce his feelings of guilt and failure.

References

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