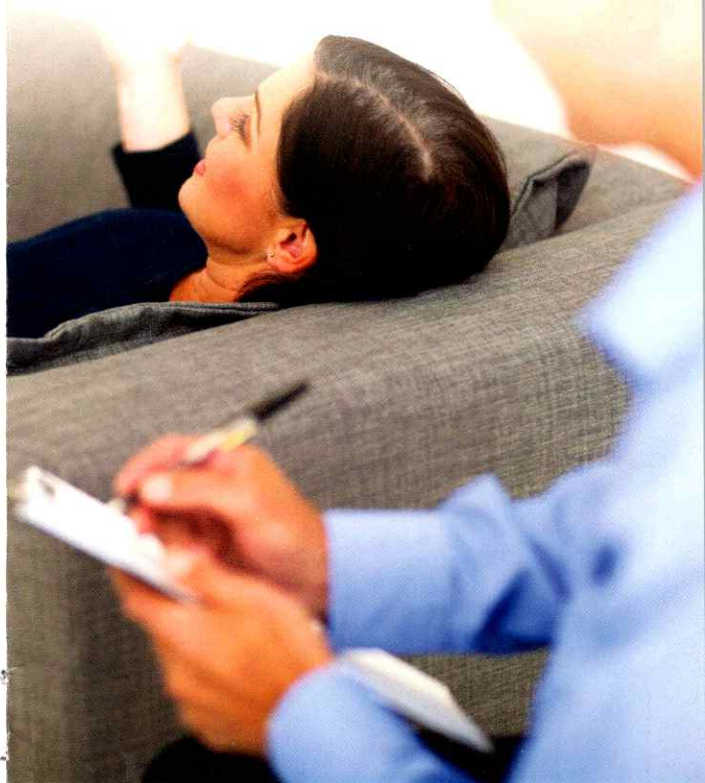




About Psychoanalysis

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PSYCHOANALYTIC

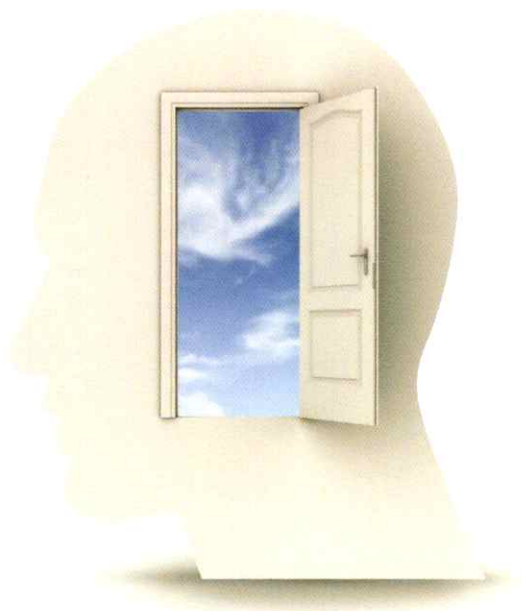
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What is Psychoanalysis?

Psychoanalysis is a method of treatment that offers a way of understanding ourselves, our relationships and how we conduct ourselves in the world; psychoanalytic treatment addresses the whole person; it does not just manage symptoms.



psychological problems that were only temporarily or partially resolved by other forms of treatment.

Psychoanalytic treatment can help people with a wide variety of psychological problems, including phobias, obsessions, compulsions, anxiety, depression, sexual dysfunction, personality disorders and traumatic injury.

Who is a Psychoanalyst?

Psychoanalysts are mental health professionals – psychiatrists (M.D.), psychologists (Ph.D. or Psy.D.) and social workers (Ph.D., M.S.W., C.S.W. or L.C.S.W.) – who have undergone advanced training in psychoanalytic treatments under the auspices of the American Psychoanalytic Association or other psychoanalytic training institutes.

Training consists of classes in psychoanalytic theory and technique, a personal analysis and the psychoanalysis of at least three patients under the close supervision of experienced analysts.

Most psychoanalysts practice both psychoanalysis and psychoanalytic psychotherapy.

How to Find a Psychoanalyst

To find a psychoanalyst, visit apsa.org, where we offer a Find an Analyst feature as well as a list of low-fee clinics.



What is Psychoanalytic Psychotherapy?

Psychoanalytic psychotherapy is an effective, evidence-based treatment grounded in psychoanalytic principles; it has been shown to be helpful for a wide variety of mental health issues. It is especially beneficial for problems that don't respond to other therapies or medication alone.

Psychoanalytic psychotherapy has been shown to be effective for children, adolescents and adults, providing relief from distressing symptoms and emotional suffering, and leading to deep and long lasting changes.

What to Expect — Psychoanalysis

The relationship the patient develops with the analyst is key in psychoanalysis. Typically, treatment involves the patient coming several times a week, lying on a couch, and communicating as openly and freely as possible.

The frequency of psychoanalytic sessions is something that can be worked out between patient and analyst, but sessions usually take place three to five times a week. This frequency deepens and intensifies treatment and is one of the hallmarks of psychoanalysis.

Will there be a Couch?

The couch has become so intertwined with psychoanalysis in the mind of the public that it is often used as shorthand to convey the idea of therapy. Stereotype or not, psychoanalysts recommend its use.

Patients recline on the couch and the analyst sits right behind them, just out of view. This arrangement, which may seem unusual at first, promotes “free association,” an essential element to psychoanalysis in which patients allow their thoughts to wander freely and talk about whatever comes to mind. Being on the couch, facing away from the analyst, can also make it easier to talk about embarrassing or difficult topics.





What to Expect — Psychoanalytic Psychotherapy

Psychoanalysis and psychoanalytic psychotherapy both rely on a collaboration in which the patient and analyst work together to explore unconscious feelings, thoughts and conflicts through talk.

The primary difference between psychoanalysis and psychoanalytic psychotherapy is that, with the latter treatment, patient and analyst meet less frequently, once to three times a week. As with psychoanalysis, the frequency of sessions can be customized to the needs of the patient. Another difference is that the patient usually sits upright and opposite the therapist, rather than reclining on a couch with the therapist out of view.

Other than these differences, psychoanalytic psychotherapy is very much like analysis in its use of free association, the importance placed on the unconscious, and the centrality of the patient-therapist relationship.

Who Can Benefit from Psychoanalytic Treatment?

Psychoanalysis and psychoanalytic psychotherapy are especially suited for those who need to get to the root of long-term problems and patterns that continually crop up and get in the way of living a fulfilled life.

Some people seek help because of repeated failures brought about by self-destructive patterns of behavior. Others come because the way they are – their character – substantially limits their freedom and their pleasures. Still others want to definitively resolve

Originally called the talking cure, psychoanalysis is the foundation of all the talk therapies, such as psychoanalytic psychotherapy, also known as psychodynamic psychotherapy. The theories on which psychoanalysis is based provide a framework for understanding and helping individuals with a wide variety of difficulties to overcome obstacles and change unwanted behavior.

Psychoanalysis helps people learn how they became who they are and why they feel the things they do, paving the way towards the emotional freedom necessary to make substantive, lasting changes. Talking about experiences within the therapeutic relationship helps people recognize and manage their strengths and weaknesses, accept themselves and realize their fullest potential in a complex world.

Psychoanalysis is based on the observation that individuals are unaware of many of the factors that determine their current emotions and behavior. Unconscious conflicts can create disharmony, unhappiness and inhibition that may be expressed through difficulties in personality, relationships and work. Psychoanalytic treatment reveals how these unconscious forces are affecting current behavior.