

Effectiveness of both short-term and long-term psychoanalytically grounded psychotherapy

Psychoanalytic psychotherapy has a rich history in both clinical practice and research. While traditional psychoanalysis primarily relied on clinical observations and case studies, modern psychoanalytic psychotherapy has also embraced empirical research methods to assess its effectiveness and strengthen its evidence base.

Research in psychoanalytic psychotherapy covers various areas, including outcome studies, process research, effectiveness research, and comparative studies. These studies aim to evaluate the efficacy of psychoanalytic psychotherapy in treating specific psychological conditions, understand the mechanisms of change, and compare its effectiveness to other therapeutic approaches.

One of the aims of psychoanalytic psychotherapy is to foster insight and transform internalized object-relations by delving into the individual dynamics within the transference relationship. Numerous studies have demonstrated the effectiveness of both short-term and long-term psychoanalytic psychotherapies, both in general and for specific conditions.

- ② There is evidence supporting the general effectiveness of psychoanalytic psychotherapy, emphasizing its positive impact on patients even after the completion of treatment.
- ② Patients who undergo long-term psychoanalytic psychotherapy show sustained improvement in their condition during long-term follow-up, indicating the enduring benefits of therapy beyond its conclusion.
- ② Short-term psychodynamic therapies are as beneficial as antidepressants and cognitive-behavioral therapy (CBT) in addressing depression.
- ② Numerous studies have consistently demonstrated the positive effects of psychoanalytic therapies on various psychological disorders, such as depression, anxiety, PTSD, and eating disorders.
- ② Long-term psychoanalytic psychotherapy has been particularly effective in treating complex mental disorders compared to shorter forms of therapy.
- ② Cost-effectiveness studies have challenged the perception that in general, psychoanalytic psychotherapy is prohibitively expensive for public sector funding. Research has demonstrated that the use of psychoanalytic psychotherapy treatment not only improves patients' symptoms but also reduces the need for in-patient care, general practitioner consultations, medication, and informal care from relatives.
- ② Overall, these findings contribute to the growing body of evidence supporting the effectiveness of psychoanalytic psychotherapy across various psychological disorders. The studies underscore the benefits of therapy, including long-term improvements, and challenge misconceptions about its cost-effectiveness in the public sector.

Here are some examples of studies that support the abovementioned findings. You can find them on <https://scholar.google.com/>:

1. De Maat, S., De Jonghe, F., Schoevers, R., & Dekker, J. (2009). The effectiveness of long-term psychoanalytic therapy: A systematic review of empirical studies. *Harvard Review of Psychiatry*, 17(1), 1-23.
2. Guthrie, Moorey, Margison, et al. (1999). Cost-effectiveness of brief psychodynamic-interpersonal therapy in high utilizers of psychiatric services. *Archives of General Psychiatry*, 56, 519-526.
3. Leichsenring, F., & Rabung, S. (2008). Effectiveness of long-term psychodynamic psychotherapy. *Journal of the American Medical Association*, 300, 1151-1565.

4. Leichsenring, F., & Rabung, S. (2011). Long-term psychodynamic psychotherapy in complex mental disorders: update of a meta-analysis. *The British Journal of Psychiatry*, 199(1), 15-22.
5. Leichsenring, F., Abbass, A., Heim, N., Keefe, J. R., Kisely, S., Luyten, P., ... & Steinert, C. (2023). The status of psychodynamic psychotherapy as an empirically supported treatment for common mental disorders—an umbrella review based on updated criteria. *World Psychiatry*, 22(2), 286-304.
6. Lilliengren, P. (2023). A comprehensive overview of randomized controlled trials of psychodynamic psychotherapies. *Psychoanalytic Psychotherapy*, 1-24.
7. Midgley, N., O'Keeffe, S., French, L., & Kennedy, E. (2017). Psychodynamic psychotherapy for children and adolescents: an updated narrative review of the evidence base. *Journal of Child Psychotherapy*, 43(3), 307-329.
8. Milrod, B., et al. (2007). A randomized controlled clinical trial of psychoanalytic psychotherapy for panic disorder. *American Journal of Psychiatry*, 164, 265-272.
9. Shedler, J. (2010). The efficacy of psychodynamic psychotherapy. *American Psychologist*, 65(2), 98-109.
10. Slead, M., Li, E. T., Vainieri, I., & Midgley, N. (2023). The Evidence-Base for Psychodynamic Interventions with Children Under 5 Years of Age and Their Caregivers: A Systematic Review and Meta-Analysis. *Journal of Infant, Child, and Adolescent Psychotherapy*, 1-36.
11. Lorentzen, S., Ruud, T., Fjeldstad, A., & Høglend, P. A. (2015). Personality disorder moderates outcome in short-and long-term group analytic psychotherapy: A randomized clinical trial. *British Journal of Clinical Psychology*, 54(2), 129-146.
12. Taylor, D. (2008). Psychoanalytic and psychodynamic therapies for depression: the evidence base. *Advances in Psychiatric Treatment*, 14, 401-413.
13. Town, J.M., Abbass, A., Hardy, G. (2011). Short-term psychodynamic psychotherapy for personality disorder: A critical review of randomized controlled trials. *Journal of Personality Disorders*, 25(6), 723-740.

For more information and research on psychoanalytic psychotherapy, you can explore the following external link:
<https://www.bpc.org.uk/information-support/the-evidence-base/>.

Changes in psychoanalytic psychotherapy in Europe

You may also read about transformations and developments that have occurred in psychoanalytic therapy within the European context over a span of three decades in:

- ② Martindale, B. (2022). Changes in psychoanalytic therapy in Europe over three decades: Then and now. *European Journal of Psychotherapy & Counselling*, Pages 383-436.

The author likely discusses various aspects of psychoanalytic therapy, such as theoretical perspectives, treatment approaches, clinical practices, research findings, and changes in the broader psychotherapeutic landscape. The paper provides an overview of how psychoanalytic therapy has evolved over time, highlighting the similarities and differences between past and current practices.