

EFPP: European Federation for Psychoanalytic Psychotherapy

The EFPP is a European umbrella organisation that links together national networks of adult, child & adolescent, group and couple & family associations for psychoanalytic psychotherapy that share the EFPP objectives, principles and ethics.

What is Psychoanalytic Psychotherapy?

Psychoanalytic Psychotherapy is rooted in the body of psychoanalytic theories, developed by generations of psychoanalysts and psychotherapists since Freud, regarding the influence of the unconscious on relationships with others and with oneself.

Psychoanalytic Psychotherapy helps alleviate emotional suffering by deepening understanding of the individual's internal world, including inner conflicts and relationships, emotions, fantasies, dreams, memories, ideals and thoughts.

Psychoanalytic Psychotherapy not only seeks to achieve symptomatic relief, to mitigate the emotional suffering and to understand its causes but also has the aspiration for the patient to attain greater knowledge of his/her mental life. This deeper self-knowledge leads to lasting inner changes and fosters mental and emotional growth.

Psychoanalytic Psychotherapy benefits people of any age suffering from emotional distress that weighs heavily on their lives. It helps individuals with current symptoms such as anxiety, depression, psychosomatic symptoms, eating disorders, sleep problems, work-related stress, fears, obsessions, relationship conflicts, behavioral disturbances, addictions, unresolved grief, severe psychopathology, traumatic experiences and more. It is also suited to those who wish to deepen their self-knowledge.

There are four main modalities of Psychoanalytic Psychotherapy: Individual Adult, Child and Adolescent, Couple and Family and Groups, and it is delivered in Brief and Long-term forms in each of the modalities.