

Transference in Short-Term Dynamic Psychotherapy

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The authors discuss some of the basic psychotherapeutic techniques used in short-term dynamic psychotherapy and outline the following major therapeutic techniques: (1) Suggestive technique. (2) Abreactive technique. (3) Manipulative technique. (4) Clarifying technique. (5) Technique of interpretation.

Then they conceptualize a spectrum of psychotherapies with supportive psychotherapy at one end of the continuum and classical psychoanalysis at the other end of the continuum, with dynamic psychotherapies somewhere in this continuum. They indicate that supportive psychotherapy is the technique which predominantly uses suggestion, abreaction and the therapeutic weight is primarily in favour of control over impulses and strengthening the defenses. They discuss psychoanalysis as a technique which analyzes transference and resistance back to their genetic dynamic roots and dynamic psychotherapy as a technique which recognizes the transference and resistance and rationally utilizes their recognition in the therapy.

Then they focus on some of the major technical issues in short-term dynamic psychotherapy in the area of therapeutic alliance, using positive transference, avoiding becoming entangled in characterological issues and focus systematically on those psychological conflicts which are underlying the patient's neurotic conflict. Avoiding the development of transference neurosis is an important therapeutic task. The rest of the paper focuses on the subject of transference.

Then, based on the clinical and research data of the senior author, they come to the conclusion that there is a very high significant correlation between transference interpretation and the outcome of short-term dynamic psychotherapy.

Interpretation of the negative transference is of great importance for the

maintenance of the therapeutic alliance. The clinical work indicates that transference interpretation is crucial in short-term dynamic psychotherapy.

They then share their experiences using audio-visual media in teaching and supervision of short-term dynamic psychotherapy to the mental health professionals. 35 mm slides and audiovisual material is available for demonstration.