

## **Evaluation and Criteria for Selection of Patients for Short-Term Dynamic Psychotherapy**

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The author uses a metapsychological approach to the evaluation and assessment of the patient. He starts by indicating that *Freud*, in 1905, set down his criteria for going under psychoanalysis. Then he further indicates that the clinician's ability to think in dynamic, genetic, economic, structural and adaptive terms is central to sound evaluation and psychotherapeutic planning. He indicates that the essential task of the psychotherapist is to establish: (1) Formulation of clinical diagnosis. (2) Formulation of dynamic diagnosis. (3) Formulation of genetic diagnosis. (4) Formulation of psychotherapeutic possibilities. (5) Transference, counter-transference evaluation.

After elaboration of these 5 areas, he goes into more detail of the evaluation of ego functions of primary importance in psychotherapeutic work and discusses areas such as: (1) Evaluation of the quality of human relationship. (2) Evaluation of affective functions of patient's ego. (3) Evaluation of patient's motivation. (4) Evaluation of patient's psychological mindedness. (5) Intelligence. (6) Evaluation of the ego's defensive psychological organization.

Then he presents the criteria that he has used in the evaluation of 575 patients, of whom 115 have been successfully treated in short term dynamic psychotherapy. There are a number of criteria that he has been using such as: (1) If the patient has a circumscribed problem. (2) Is a psychotherapeutic focus established on which both the evaluator and patient agree? (3) Could he provide a psychodynamic formulation for patient's problem? (4) Object relationship. (5) Affect. The extent to which patient's emotional life is close to conscious awareness. (6) Evaluation of patient's motivation. (7) Intelligence. (8) Psychological mindedness. (9) Patient's ability to respond to transference interpretation and past-present transference link.

Then the author discusses the correlation between the criteria for selection and the positive outcome and indicates that response to transference

interpretation in the initial interview is significantly correlated with the psychotherapeutic outcome, and that patients who scored highly in their motivation also showed a very high correlation with the therapeutic outcome. His research data indicates that there is a definite correlation between motivation and psychotherapeutic focus.

His presentation is through slide projection and audiovisually recorded interviews for demonstration.