

Dynamic psychiatry and the psychodynamic formulation

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Abstract: This article aims to describe the difference between descriptive and dynamic psychiatry. As part of the latter every psychiatrist should be able to construct a psychodynamic formulation. A psychodynamic formulation, an indication of psychological mindedness, helps the psychiatrist to recognize the unique, personal aspects of the illness and the life of the patient. The formulation furthermore helps with the initial orientation towards the patient: it anticipates and predicts how the patient might interact with the psychiatrist and how defenses and underlying conflicts will manifest themselves in treatment. The formulation can therefore be very useful in the treatment of any patient, since it can help to understand and manage the patient's attitude towards being prescribed medication, as well as compliance and prognosis and serve as an initial guide in the psychotherapy. The psychodynamic formulation is unfortunately seldom incorporated in the psychiatric presentation of patients; guidelines are therefore given to especially help psychiatric trainees with the construction of such a formulation.

Keywords: Dynamic psychiatry; Psychodynamic formulation; Psychiatric training

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Introduction

In her book 'An Unquiet Mind' the psychologist Kay Jamison gives a moving account of her suffering from a bipolar mood disorder.¹ About her treatment she writes: "At this point in my existence, I cannot imagine leading a normal life without both taking lithium and having had the benefits of psychotherapy. Lithium prevents my seductive but disastrous highs, diminishes my depressions, clears out the wool and webbing from my disordered thinking, slows me down, gentles me out, keeps me from ruining my career and relationships, keeps me out of a hospital, alive, and makes psychotherapy possible. But, ineffably, psychotherapy heals. It makes some sense of the confusion, reins in the terrifying thoughts and feelings, returns some control and hope and possibility of learning from it all."

For Jamison it is not to be questioned that medication and psychotherapy go hand in hand: mind and brain cannot be separated. In her regular, at least once a week sessions with her psychiatrist, the despair that at times threatened to overwhelm her was contained. Her psychiatrist, in his integrative approach of prescribing medication and providing psychotherapy, helped her to live a productive and meaningful life.

Cartesian dualism has been very influential and potentially pernicious in the field of psychiatry.² Kendler states that we need to reject the belief that mind and brain reflect two fundamentally different entities. Although both mental processes and psychiatric disorders are biological, the range of causal processes that are operative in psychiatric illness cannot be explained by biological reductionism, which could be seen as a logical consequence of this line of thinking.³ Life events, cultural processes and other factors influence and modify gene expression, brain anatomy and functioning.^{4,5} Changes in the brain affect the mind, but what happens in the mind also affects the brain. Pharmacotherapy and psychotherapy may both lead to changes in the brain.⁶

Kandel, the eminent psychiatrist and recipient of the Nobel Prize in 2000 for his neuro-scientific research, writes that psychoanalysis has revolutionized our understanding of mental life. It has provided remarkable insights about the functioning of the psyche and "still represents the most coherent and intellectually satisfying view of the mind".^{7,8} He also writes that psychoanalysis has unfortunately not evolved scientifically and has not integrated and incorporated into its view of the mind "the rich harvest of knowledge about the biology of the brain and its control over behavior that has emerged in the last 50 years".⁹ Kandel pleads, following Freud, for a psychiatry in which biology is integrated with the rich insights that have come from psychoanalysis, in which mind and brain are each given their appropriate place. Psychoanalytic psychiatry, because of "the deep concern of psychoanalysis for the

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Dynamic Psychiatry

Louis Samuel London



Dynamic Psychiatry:

Psychodynamic Psychiatry in Clinical Practice Glen O. Gabbard, 2005 This new edition continues its tradition as the most readable scholarly and practical introduction to psychodynamic theory and practice available This invaluable one stop reference will prepare you to teach students and treat patients more effectively with its truly integrative psychodynamic approach

Psychodynamic Psychiatry in Clinical Practice, Fifth Edition Glen O. Gabbard, M.D., 2014-04-16 It is difficult to improve on a classic but the fifth edition of Psychodynamic Psychiatry in Clinical Practice does just that offering the updates readers expect with a deft reorganization that integrates DSM 5 with the author's emphasis on psychodynamic thinking The individual patient is never sacrificed to the diagnostic category yet clinicians will find the guidance they need to apply DSM 5 appropriately Each chapter has been systematically updated to reflect the myriad and manifold changes in the 9 years since the previous edition's publication All 19 chapters have new references and cutting edge material that will prepare psychiatrists and residents to treat patients with compassion and skill The book offers the following features Each chapter integrates new neurobiological findings with psychodynamic understanding so that clinicians can approach their patients with a truly biopsychosocial treatment plan Excellent writing and an intuitive structure make complicated psychodynamic concepts easy to understand so that readers can grasp the practical application of theory in everyday practice The book links clinical understanding to the new DSM 5 nomenclature so that clinicians and trainees can adapt psychodynamic thinking to the new conceptual models of disorders New coverage of psychodynamic thinking with relation to the treatment of patients on the autism spectrum addresses an increasingly important practice area Posttraumatic stress and dissociative disorders have been combined to allow for integrated coverage of primary psychiatric disorders related to trauma and stressors A boon to clinicians in training and practice the book has been meticulously edited and grounded in the latest research The author firmly believes that clinicians must not lose the complexities of the person in the process of helping the patient Psychodynamic Psychiatry in Clinical Practice Fifth Edition keeps this approach front and center as it engages instructs and exhorts the reader in the thoughtful humane practice of psychodynamic psychiatry

Dynamic Psychology in Modernist British Fiction G. Johnson, 2005-10-06 Dynamic Psychology in Modernist British Fiction argues that literary critics have tended to distort the impact of pre Freudian psychological discourses including psychical research on Modern British Fiction Psychoanalysis has received undue attention over a more typical British eclecticism embraced by now forgotten figures including Frederic Myers and William McDougall This project focuses on the Edwardian novelists most fully engaged by dynamic psychology May Sinclair and J D Beresford but also reconsiders Arnold Bennett and D H Lawrence The book concludes by demonstrating Woolf's subtle assimilation of pre Freudian discourse

Psychosis, Psychoanalysis and Psychiatry in Postwar USA Orna Ophir, 2015-05-01 Covering the last four decades of the 20th century this book explores the unwritten history of the struggles between psychoanalysis and psychiatry in postwar USA inaugurated by the neosomatic

revolution which had profound consequences for the treatment of psychotic patients Analyzing and synthesizing major developments in this critical and clinical field Orna Ophir discusses how leading theories redefined what schizophrenia is and how to treat it offering a fresh interpretation of the nature and challenges of the psychoanalytic profession The book also considers the internal dynamics and conflicts within mental health organizations their theoretical paradigms and therapeutic practices Opening a timely debate considering both the continuing relevance and the inherent limitations of the psychoanalytic approach the book demonstrates how psychoanalysts reinterpreted their professional identity by formalizing and disseminating knowledge among their fellow practitioners while negotiating with neighboring professions in the medical fields such as psychiatry pharmacology and the burgeoning neurosciences Chapters explore the ways in which psychoanalysts constructed and also transgressed upon the boundaries of their professional identity and practice as they sought to understand schizophrenia and treat its patients The book argues that among the many relationships psychoanalysis sustained with psychiatry some weakened their own social role as service providers while others made the theory and practice of psychoanalysis a viable contender in the jurisdictional struggles between professions Psychosis Psychoanalysis and Psychiatry in Postwar USA will appeal to researchers academics graduate students and advanced undergraduates who are interested in the history of psychoanalysis psychiatry the medical humanities and the history of science and ideas It will also be of interest to clinicians health care professionals and other practitioners **Creating Mental Illness** Allan V.

Horwitz, 2020-04-09 Filled with insights into the social historical and economic forces responsible for the overmedicalization of human unhappiness and distress George Graham Metapsychology In this surprising book Allan V Horwitz argues that our current conceptions of mental illness as a disease fit only a small number of serious psychological conditions and that most conditions currently regarded as mental illness are cultural constructions normal reactions to stressful social circumstances or simply forms of deviant behavior Thought provoking and important Drawing on and consolidating the ideas of a range of authors Horwitz challenges the existing use of the term mental illness and the psychiatric ideas and practices on which this usage is based Horwitz enters this controversial territory with confidence conviction and clarity Joan Busfield American Journal of Sociology Horwitz properly identifies the financial incentives that urge therapists and drug companies to proliferate psychiatric diagnostic categories He correctly identifies the stranglehold that psychiatric diagnosis has on research funding in mental health Above all he provides a sorely needed counterpoint to the most strident advocates of disease model psychiatry Mark Sullivan Journal of the American Medical Association Horwitz makes at least two major contributions to our understanding of mental disorders First he eloquently draws on evidence from the biological and social sciences to create a balanced integrative approach to the study of mental disorders Second in accomplishing the first contribution he provides a fascinating history of the study and treatment of mental disorders from early asylum work to the rise of modern biological psychiatry Debra Umberson Quarterly Review of Biology **Principles of Dynamic Psychiatry**

Jules Homan Masserman,1955 **Advances in Psychodynamic Psychiatry** César A. Alfonso,Richard C. Friedman,Jennifer I. Downey,2018-11-30 Compiled from articles in the journal Psychodynamic Psychiatry Title page verso **Psychodynamic Formulation** Deborah L. Cabaniss,Sabrina Cherry,Carolyn J. Douglas,Ruth L. Graver,Anna R. Schwartz,2013-03-22 How do our patients come to be the way they are What forces shape their conscious and unconscious thoughts and feelings How can we use this information to best help them Constructing psychodynamic formulations is one of the best ways for mental health professionals to answer questions like these It can help clinicians in all mental health setting understand their patients set treatment goals choose therapeutic strategies construct meaningful interventions and conduct treatment Despite the centrality of psychodynamic formulation to our work with patients few students are taught how to construct them in a clear systematic way This book offers students and practitioners from all fields of mental health a clear practical operationalized method for constructing psychodynamic formulations with an emphasis on the following steps DESCRIBING problems and patterns REVIEWING the developmental history LINKING problems and patterns to history using organizing ideas about development The unique up to date perspective of this book integrates psychodynamic theories with ideas about the role of genetics trauma and early cognitive and emotional difficulties on development to help clinicians develop effective formulations Psychodynamic Formulation is written in the same clear concise style of Psychodynamic Psychotherapy A Clinical Manual Wiley 2011 It is reader friendly full of useful examples eminently practical suitable for either classroom or individual use and applicable for all mental health professionals It can stand alone or be used as a companion volume to the Clinical Manual *Sullivan Revisited. Life and Work. Harry Stack Sullivan's Relevance for Contemporary Psychiatry, Psychotherapy and Psychoanalysis* Marco Conci,2012 Dynamic Psychiatry: Basic principles Louis Samuel London,1952

Psychodynamic Formulation The Psychodynamic Formulation Collective,2022-08-03 Psychodynamic Formulation A leading text for psychodynamic clinicians and practitioners Psychodynamic Formulation An Expanded Approach delivers an exceptional exploration of psychodynamic explanations and hypotheses that seek to explain how a person s conscious and unconscious thoughts and feelings may have developed and may be causing or contributing to the challenges they face This latest edition of the leading reference includes a refreshed and reinvigorated emphasis on the impacts of culture and society as well as the importance of diversity and inclusion on psychodynamic formulation It puts new focus on lived experience including trauma and on how clinical bias can contribute to the perpetuation of trauma In addition to newly included activities and exercises readers will find A practical step by step guide to collaboratively creating psychodynamic formulations Comprehensive discussions about how what we re born with and environmental influences contribute to development Suggestions for using psychodynamic formulations in many clinical settings including acute care and psychopharmacologic treatment An educator s guide to teaching psychodynamic formulation Perfect for mental health practitioners with a professional or personal interest in psychodynamics psychoanalysis Psychodynamic Formulation An

Expanded Approach will earn a place in the libraries of trainees in all mental health fields The Dictionary of Psychology Ray Corsini, 2016-12-05 With more than three times as many defined entries biographies illustrations and appendices than any other dictionary of psychology ever printed in the English language Raymond Corsini's Dictionary of Psychology is indeed a landmark resource The most comprehensive up to date reference of its kind the Dictionary also maintains a user friendliness throughout This combination ensures that it will serve as the definitive work for years to come With a clear and functional design and highly readable style the Dictionary offers over 30 000 entries including interdisciplinary terms and contemporary slang more than 125 illustrations as well as extensive cross referencing of entries Ten supportive appendices such as the Greek Alphabet Medical Prescription Terms and biographies of more than 1 000 deceased contributors to psychology further augment the Dictionary's usefulness Over 100 psychologists as well as numerous physicians participated as consulting editors and a dozen specialist consulting editors reviewed the material Dr Alan Auerbach the American Psychological Association's de facto dictionary expert served as the senior consulting editor As a final check for comprehensiveness and accuracy independent review editors were employed to re examine re review and re approve every entry Dynamic Psychiatry in Simple Terms Robert R. Mezer, 1970 **Religion and Psychiatry** Peter Verhagen, Herman M. Van Praag, Juan José Lopez-Ibor, John Cox, Driss Moussaoui, 2012-02-27 Religion and spirituality is very much alive and shapes the cultural values and aspirations of psychiatrist and patient alike as does the choice of not identifying with a particular faith Patients bring their beliefs and convictions into the doctor patient relationship The challenge for mental health professionals whatever their own world view is to develop and refine their vocabularies such that they truly understand what is communicated to them by their patients Religion and Psychiatry provides psychiatrists with a framework for this understanding and highlights the importance of religion and spirituality in mental well being This book aims to inform and explain as well as to be thought provoking and even controversial Patiently and thoroughly the authors consider why and how when and where religion and spirituality are at stake in the life of psychiatric patients The interface between psychiatry and religion is explored at different levels varying from daily clinical practice to conceptual fieldwork The book covers phenomenology epidemiology research data explanatory models and theories It also reviews the development of DSM V and its awareness of the importance of religion and spirituality in mental health What can religious traditions learn from each other to assist the patient Religion and Psychiatry discusses this as well as the neurological basis of religious experiences It describes training programmes that successfully incorporate aspects of religion and demonstrates how different religious and spiritual traditions can be brought together to improve psychiatric training and daily practice Describes the relationship of the main world religions with psychiatry Considers training policy and service delivery Provides powerful support for more effective partnerships between psychiatry and religion in day to day clinical care This is the first time that so many psychiatrists psychologists and theologians from all parts of the world and from so many different religious

and spiritual backgrounds have worked together to produce a book like this one In that sense it truly is a World Psychiatric Association publication Religion and Psychiatry is recommended reading for residents in psychiatry postgraduates in theology psychology and psychology of religion researchers in psychiatric epidemiology and trans cultural psychiatry as well as professionals in theology psychiatry and psychology of religion

The Teaching of Psychosomatic Medicine and Consultation-Liaison Psychiatry C. P. Kimball,A. J. Krakowski,1979-02-13 **Lectures in Dynamic Psychiatry** Brooklyn Psychiatric Society,1963 **Dynamic Psychiatry: Frustrated women** Louis Samuel London,1952 *Occupational Therapy in Dynamic Psychiatry* Louis Linn,Leonard Weinroth,Ruth Shamah,1962 *An Introduction to Dynamic Psychiatry* Clarence Knight Aldrich,1966 The Practice of Dynamic Psychiatry Jules Homan Masserman,1955

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