Substance Institute presents



Module 5

Counseling -Psychoanalytic Therapy & Emotions

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What Is Psychoanalytic Therapy?

Psychoanalytic therapy is a form of talk therapy based on Sigmund Freud's theories of psychoanalysis.

Psychoanalytic approaches to emotional disorders have advanced a great deal since Freud's time.

Freud described the unconscious as the reservoir of desires, thoughts, and memories that are below the surface of conscious awareness.

He believed that these unconscious influences could often lead to psychological distress and disturbances.

Psychoanalytic Therapy

Psychoanalytic therapy is a form of in-depth talk therapy aims to bring unconscious or deeply buried thoughts and feelings to the conscious mind so that repressed experiences and emotions, often from childhood, can be brought to the surface and examined.

Working together, the therapist and client look at how these early hidden and stifled memories have affected the client's thinking, behavior, and relationships in adulthood. This therapy is based on Sigmund Freud's theories about psychoanalysis.

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Techniques

People undergoing psychoanalytic therapy often meet with their psychoanalyst at least once a week. They can remain in therapy for months or even years.

Psychoanalysts use a variety of techniques to gain insight into your behavior.

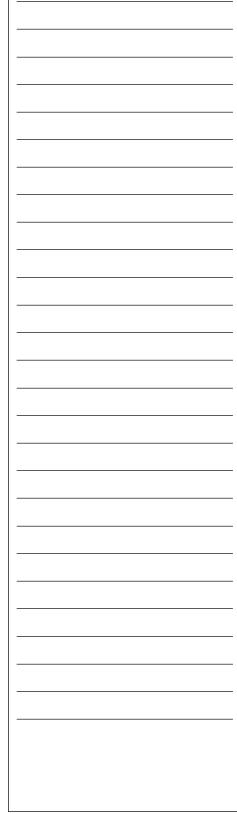
- **Dream interpretation**: According to Freud, dream analysis is by far the most important psychoanalytic technique.
- Free association: Free association is an exercise during which the psychoanalyst encourages you to freely share your thoughts.
- **Transference**: Transference occurs when you project your feelings about another person onto the psychoanalyst.

What Psychoanalytic Therapy Can Help With

Psychoanalytic therapy may be used to treat a number of different psychological conditions, including:

- Anxiety
- Depression
- Emotional struggles
- Emotional trauma
- Feelings of low self-worth
- Identity problems
- Neurotic behavior patterns
- Ongoing relationship difficulties
- Personality disorders
- Problems with identity
- Psychosomatic disorders





- Relationship issues
- Self-assertion
- Self-destructive behavior patterns
- Self-esteem issues
- Sexual problems
- Sexuality

When is Psychoanalytic Therapy Used?

Psychoanalytic therapy delves into a client's past to better inform them of the present.

Patients can be unaware of their behavior patterns, even if they may be evident and selfdestructive.

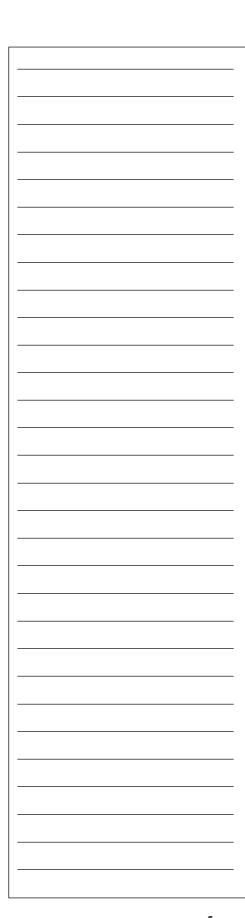
Psychoanalytic therapy can help people with mental health problems such as:

What to Expect

Some very specific techniques are used in psychoanalytic therapy:

- Free association uses spontaneous word association.
- Dream analysis uncovers repressed feelings that may be hidden in symbols that appear in the client's dreams.
- Transference analysis explores the transfer of the client's feelings and emotions from one person to another.



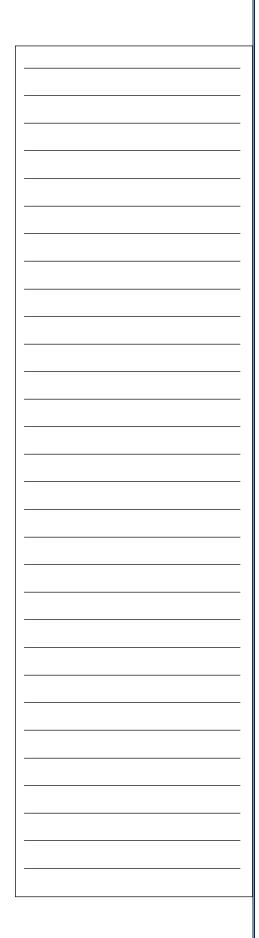


How It Works

Psychoanalytic therapy uses analytic techniques to help release repressed thoughts, experiences, and emotions, but it is a modified, generally briefer, and less intense version of early Freudian analysis.

Here are key elements of psychoanalytic therapy:

- 1. <u>*The therapist-patient relationship*</u> is central to the healing process, as are the original theories of attachment, which focus on the quality of bonding between infant and parent.
- 2. <u>*Transference, or the transfer of earlier</u></u> <u><i>emotions*</u> and needs to people and events in the present time.</u>
- 3. **Resistance is the stage of therapy** when the client becomes overwhelmed by the release of painful, repressed feelings and tries to avoid dealing with them.
- Eventually, as patients become more comfortable and less resistant to facing their issues and are able <u>to understand their own</u> <u>motives and behavior, healing can begin</u>.





Benefits of Psychoanalytic Therapy

A review of the research comparing psychoanalytic approaches to cognitive behavioral therapy (CBT) identified seven features that set the psychoanalytic approach apart.

- Focuses on emotions Where CBT is centered on cognition and behaviors, psychoanalytic therapy explores the full range of emotions (see pages below about emotions) that a patient is experiencing.
- Explores avoidance People often avoid certain feelings, thoughts, and situations they find distressing.
- Identifies recurring themes Some people may be aware of their self-destructive behaviors but unable to stop them.
- Exploration of past experienced Other therapies often focus more on the here-andnow, or how current thoughts and behaviors influence how a person function.
- Explores interpersonal relationships -Through the therapy process, people are able to explore their relationships with others, both current and past.
- Emphasizes the therapeutic relationship - Because psychoanalytic therapy is so personal, the relationship between the psychoanalyst and the patient provides a unique opportunity to explore and reword relational patterns that emerge in the treatment relationship.



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• Free-flowing - Where other therapies are often highly structured and goal-oriented, psychoanalytic therapy allows the patient to explore freely. Patients are free to talk about fears, fantasies, desires, and dreams.

Effectiveness

Success often hinges on the ability to confront potentially stressful or triggering experiences. While some critics have derided the success rates of psychoanalytic therapy, research suggests that both long- and short-term psychoanalytic therapy can effectively treat a range of conditions.

Symptom Reduction

One review of the effectiveness of long-term psychoanalytic therapies found moderate to large success rates for reducing symptoms of a variety of psychopathologies.

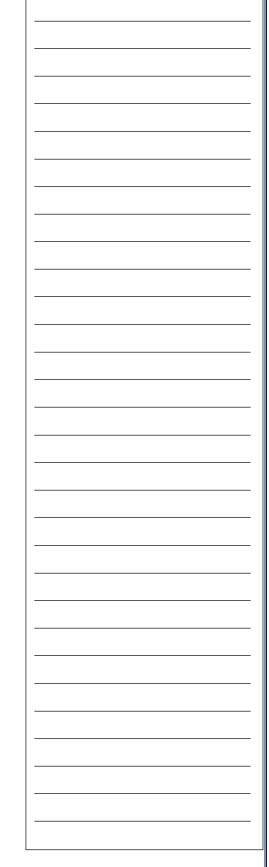
Lasting Improvements

People who receive psychoanalytic treatment tend to retain these gains.

Things to Consider

Psychoanalytic therapy can also be an intense process. It involves evoking emotional responses and often challenges established defense mechanisms. While the process can sometimes result in uneasiness, it can also help you understand the unconscious forces that exert an influence over your current behavior.





About You as a Psychoanalytic Therapist

- It's a good idea to be screen by potential clients either in person or over video or phone.
- During this initial introduction, *ask one may ask you the therapist*:
 - How may they help with your particular concerns?
 - Have they dealt with this type of problem before?
 - What is their process?
 - What is the treatment timeline?
- You as a psychoanalytic therapist is a licensed, experienced social worker, psychotherapist, or other mental health or medical professional with training in psychoanalysis.
- In addition to being and having the appropriate educational background and relevant experience, you as a psychoanalytic therapist <u>must feel</u> <u>comfortable discussing personal matters</u>.
- Note that not all types of therapy are covered by insurance.



Emotional Section

In order to better understand what emotions are, let's focus on their three key elements, known as the subjective experience, the physiological response, and the behavioral response.

Subjective Experience

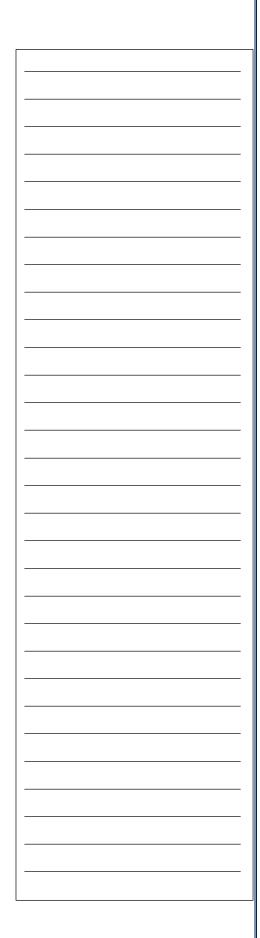
While experts believe that there are a number of basic universal emotions that are experienced by people all over the world regardless of background or culture, researchers also believe that experiencing emotion can be highly subjective.⁵

Consider anger, for example. Is all anger the same? Your own experience might range from mild annoyance to blinding rage.

While we have broad labels for emotions such as "angry," "sad," or "happy," your own experience of these emotions may be much more multi-dimensional, hence subjective.

We also don't always experience pure forms of each emotion. Mixed emotions over different events or situations in our lives are common. When faced with starting a new job, you might feel both excited and nervous.

Getting married or having a child might be marked by a wide variety of emotions ranging from joy to anxiety. These emotions might occur simultaneously, or you might feel them one after another.





Physiological Response

If you've ever felt your stomach lurch from anxiety or your heart palpate with fear, then you realize that emotions also cause strong physiological reactions.

Many of the physiological responses you experience during an emotion, such as sweaty palms or a racing heartbeat, are regulated by the sympathetic nervous system, a branch of the autonomic nervous system.

The amygdala itself is a tiny, almond-shaped structure that has been linked to motivational states such as hunger and thirst as well as memory and emotion.

Researchers have used brain imaging to show that when people are shown threatening images, the amygdala becomes activated. Damage to the amygdala has also been shown to impair the fear response.⁷

Behavioral Response

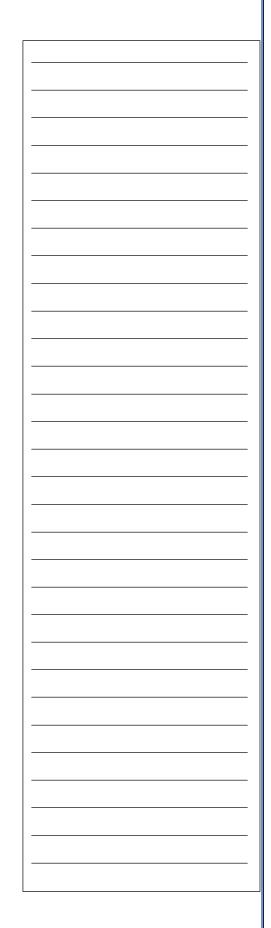
The final component is perhaps one that you are most familiar with - the actual expression of emotion. We spend a significant amount of time interpreting the emotional expressions of the people around us.

Our ability to accurately understand these expressions is tied to what psychologists call emotional intelligence, and these expressions play a major part in our overall body language.

Theories of Emotion

Charles Darwin proposed the evolutionary theory of emotion, which suggests that emotions are adaptive to our environment and improve our chances of survival.





For example, emotions like love are adaptive because they promote mating and reproduction. Emotions like fear keep us safe from predators.⁹

The James-Lange theory maintains that our physical responses are responsible for emotion.¹⁰ If someone sneaks up on you and shouts, for instance, your heart rate increases. Your heart rate increase is what causes you to feel fear.

Types of Emotions

As mentioned, psychologist Paul Eckman established the following six universal emotions:

- **Happiness**: Many people strive for happiness as it is a pleasant emotion where people feel a greater sense of well-being and satisfaction.
- Sadness: All of us experience sadness every now and then. Someone might express sadness by crying, being quiet, and/or withdrawing from others.¹⁶ Types of sadness include grief, hopelessness, and disappointment.
- Fear: Fear can increase your heart rate, cause racing thoughts, or trigger the fight-or-flight
- response. It can be a reaction to actual threats or perceived threats (something we *think* is threatening, but is actually not).
- **Disgust**: Disgust can be triggered by a physical thing, such as rotting food, blood, or poor hygiene.
- Anger: Anger can be expressed with facial expressions like frowning, yelling, or violent behavior.
- **Surprise**: Surprise can be pleasant or unpleasant. You might open your mouth or gasp when you're surprised.²⁰ Surprise, like fear, can trigger the fight-or-flight response.



The 6 Types of Basic Emotions and Their Effect on Human Behavior

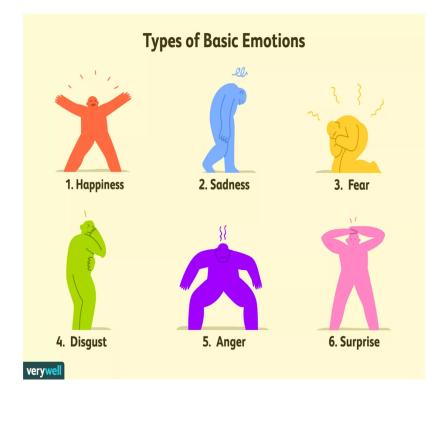
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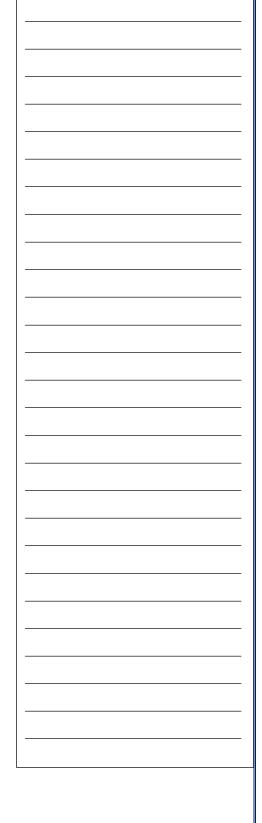
There are many different types of emotions that have an influence on how we live and interact with others. At times, it may seem like we are ruled by these emotions.

Basic Emotions

During the 1970s, psychologist Paul Eckman identified six basic emotions that he suggested were universally experienced in all human cultures.

The emotions he identified were happiness, sadness, disgust, fear, surprise, and anger. He later expanded his list of basic emotions to include such things as pride, shame, embarrassment, and excitement.







Psychologist Robert Plutchik put forth a "wheel of emotions" that worked something like the color wheel.

Emotions can be combined to form different feelings, much like colors can be mixed to create other shades.

Happiness - This type of emotion is sometimes expressed through:

- Facial expressions: such as smiling
- Body language: such as a relaxed stance
- **Tone of voice**: an upbeat, pleasant way of speaking

Sadness - Sadness is another type of emotion often defined as a transient emotional state characterized by feelings of disappointment, grief, hopelessness, disinterest, and dampened mood. Sadness can be expressed in a number of ways including:

- Crying
- Dampened mood
- Lethargy
- Quietness
- Stress,
- Anxiety,
- Depression,
- Loneliness,
- Withdrawal from others

Fear - Fear is a powerful emotion that can also play an important role in survival. Fear is the emotional response to an immediate threat. Expressions of this type of emotion can include:

- Facial expressions: such as widening the eyes and pulling back the chin
- **Body language**: attempts to hide or flea from the threat
- **Physiological reactions**: such as rapid breathing and heartbeat



Disgust - Disgust is another of the original six basic emotions described by Eckman.

Disgust can be displayed in a number of ways including:

- **Body language**: turning away from the object of disgust
- Physical reactions: such as vomiting or retching
- Facial expressions: such as wrinkling the nose and curling the upper lip

Anger - Anger can be a particularly powerful emotion characterized by feelings of hostility, agitation, frustration, and antagonism towards others. Anger is often displayed through:

- Facial expressions: such as frowning or glaring
- **Body language**: such as taking a strong stance or turning away
- Tone of voice: such as speaking gruffly or yelling
- **Physiological responses**: such as sweating or turning red
- Aggressive behaviors: such as hitting, kicking, or throwing objects

Surprise - Surprise is another one of the six basic types of human emotions originally described by Eckman. Surprise is often characterized by:

- Facial expressions: such as raising the brows, widening the eyes, and opening the mouth
- Physical responses: such as jumping back
- Verbal reactions: such as yelling, screaming, or gasping



Emotions, Feelings, and Moods

In everyday language, people often use the terms emotions, feelings, and moods interchangeably, but these terms actually mean different things.

An emotion is normally quite short-lived, but intense. Emotions are also likely to have a definite and identifiable cause.

What are the primary emotions? Primary emotions are the emotions that humans experience universally, they often include:

- happiness,
- sadness,
- fear,
- disgust,
- anger, and
- surprise.²³

What are negative emotions? Negatives are the ones that can be unpleasant to experience and can cause disruption to daily life, they include

- envy,
- anger,
- sadness, and
- fear.²⁴

What are secondary emotions? Secondary emotions stem from - and are variations of - primary emotions. (i.e., "I'm frustrated that I'm so sad").²⁸ Secondary emotions may include

- frustration,
- pride,
- envy, and
- jealousy.

Characteristics Understanding Jealousy



While it's typically perceived as a negative emotion, it is natural to experience jealousy in a close relationship.

Jealousy can lead to other emotions or feelings. Psychiatrist Nereida Gonzalez-Berrios, MD, explains how jealousy can manifest in relationships:

- Criticizing
- Fault finding
- Blaming
- Feeling distrust
- Being overprotective or suspicious
- Acting obsessive
- Experiencing a quick temper
- Verbally abusing

Other Types of Emotions

The six basic emotions described by Eckman are just a portion of the many different types of emotions that people are capable of experiencing. Some of the emotions he later identified included:

- Amusement
- Contempt
- Contentment
- Embarrassment
- Excitement
- Guilt
- Pride in achievement
- Relief
- Satisfaction
- Shame



Module 5 - Therapy of Counseling - Psychoanalytic Therapy - Student's Notes

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