

What is Psychoanalytic Treatment and How Does it Help?*

Psychoanalytic therapy includes a broad range of treatments from brief therapy to long-term psychoanalysis. People of all ages, adults, teens, children and their parents, can benefit from psychoanalytic treatment. A psychoanalytic approach can be helpful with:

- ◆ Depression, anxiety or troubling thoughts
- ◆ Self-esteem issues
- ◆ Life or career decisions
- ◆ Difficulties in school or at work
- ◆ Relationship or family problems
- ◆ Addictions
- ◆ Traumatic experiences
- ◆ Insecure attachment

Psychoanalytic treatment provides a unique opportunity to explore and understand your emotional life and behavior with an empathic and highly skilled therapist in a private, confidential setting.

Individuals are often unaware of the full range of emotions, thoughts and experiences that contribute to their unhappiness. These unconscious factors can manifest themselves as specific symptoms, patterns of behavior, problematic relationships, or more general emotional distress. Psychoanalytic treatment is a therapeutic partnership in which the therapist works with you to become aware of the underlying sources of your difficulties in ways that lead to deep and lasting change.

*Recent Article: Fred Pisoni, PsyD. *Psychoanalysis Is Alive and Well*, Psychology Today [website](#).

What Do We Know About the Benefits of Psychoanalytic Treatment?*

- ◆ Psychoanalytic psychotherapy sets in motion psychological processes that lead to ongoing change, even after therapy has ended.

- ◆ Randomized controlled trials support the efficacy of psychodynamic therapy for depression, anxiety, panic, eating disorders, substance-related disorders, and personality disorders.
- ◆ No other treatment for personality problems has shown such enduring benefits.
- ◆ Psychodynamic therapies go beyond symptom reduction, helping clients develop inner capacities and resources that allow a richer and more fulfilling life.

*Reference: Jonathan Shedler, PhD. [*The Efficacy of Psychodynamic Psychotherapy*](#). *American Psychologist*, 2010; 65 (2).

How to Find a Psychoanalytic Psychotherapist or Psychoanalyst

The Psychoanalytic Referral Service can help you find psychoanalytic evaluation and treatment in the Raleigh, Durham, and Chapel Hill area. (919) 685-1956