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BRIEF DYNAMIC PSYCHOTHERAPY "AN INTEGRATIVE APPROACH"

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In this trial, a new technique of dynamic psychotherapy has been adopted which constitutes of 5-8 weekly sessions followed by 2-4 monthly sessions as booster doses. The primary focus of this therapy is on the main complaint (or problem) as cited by the patient and uncovering of the deep (buried) emotions that underlie it. Further stages of this therapy are going step by step through the dynamic interpretation of such emotions and the accompanied defense mechanisms. Theoretical basis of this brief dynamic psychotherapy is rooted in the analytic & psychodynamic theories. A key challenge towards the success of therapy is the establishment of therapeutic alliance within the first two sessions. Being that short or brief is result of a technique of avoiding defenses with a declaration and rounding about these defenses.
Brief scenario of the psychotherapeutic sessions for 5 patients will be presented and discussed.

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