



## SCHIZOPHRENIA Factsheet

September 2020

### What is psychodynamic psychotherapy?

Psychodynamic psychotherapy and psychoanalysis are types of individual psychotherapy which attempt to explore the influence of a person's previous emotional experiences on their current mental state, particularly in the context of the 'transference' of feelings from one focus to another. The methods employ free association, recall and interpretation of dreams, and exploration of 'resistance' to recovery. This is a controversial approach that has gained more support since the inclusion of other elements, such as supportive and directive techniques. However, they are usually only used in the treatment of schizophrenia when they are integrated into a multi-modal treatment program, incorporating other evidence-based pharmaceutical and psychosocial interventions.

### What is the evidence for psychodynamic psychotherapy?

Low quality evidence is unclear as to the benefit of individual psychodynamic psychotherapy compared to medication or to other psychosocial treatments for mental state or global outcomes. Review authors conclude that the current data do not support the use of psychodynamic psychotherapy techniques for hospitalised people with schizophrenia and that more trials are required.

For further information see the technical table



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*

## HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).