

Download Individual Psychotherapy And The Science Of Psychodynamics

Psychodynamics, also known as psychodynamic psychology, in its broadest sense, is an approach to psychology that emphasizes systematic study of the psychological forces that underlie human behavior, feelings, and emotions and how they might relate to early experience. Psychodynamic psychotherapy or psychoanalytic psychotherapy is a form of depth psychology, the primary focus of which is to reveal the unconscious content of a client's psyche in an effort to alleviate psychic tension.³ conditions (Leichsenring) 77 7.4 Descriptive process research (H. Kächele) 88 7.5 Experimental and basic science studies in the field of psychoanalysis (S. Hau) Find a psychoanalyst in your area who can help you to make substantive, lasting changes in your life.