

Workshop ISPS Congress 2015

Psychodynamic Supportive Psychotherapy with persons in psychotic states of mind

Psychoanalytic theories offer general and detailed views and models concerning the pathogenesis of psychotic states of mind. Different theoretical foundations clarify different ways that development towards psychosis make take. Divergent as well as convergent concepts may inspire the therapist's human understanding of the psychotic parts of our personalities and the phenomenology of psychosis.

Becoming a psychodynamic psychotherapist in the field of psychosis demands not only the building up of a theoretical understanding, but also a lived experience with the other's extreme life situation, and with methods to handle these. Furthermore, it calls for the therapist's ability to be present when reality distortions make their way into the language to be communicated, and into the emotions which sustain the links with other persons. One needs to develop the ability to sense one's own emotional distortions as reactions to the psychotic expressions.

Supportive Psychodynamic Psychotherapy addresses these issues, which will be deepened and discussed in the course of the workshop.

The grounding difficulties in identity and symbol formation as they unfold themselves in different theories and practices will be related to principles of dynamic supportive psychotherapy. Practical implication for being-with the patient in the psychodynamic psychotherapy will be discussed and related to case-presentations. Especially the many modifications implied in the concept of 'supportive' will be discussed.

Vignettes and case-presentations are welcome in the workshop.

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