

How does psychoanalytic psychotherapy differ from other forms of psychotherapy?

Psychoanalytic psychotherapy provides a comprehensive understanding of an individual's life. The therapist is always participating in the therapeutic situation and, therefore, works to understand the patterns of relating between client and therapist. By focusing on the relationship, therapy creates an intensity of experience that often leads to transformation.

There are many other psychotherapies, and they vary widely in their purposes, frequency of meetings, and comprehensiveness. Some approaches focus on changing behaviors, others on thought patterns, others on problem-solving, and still others on expressing emotions. Modern psychoanalytic psychotherapy potentially incorporates many diverse ideas and approaches depending upon the client's unique and personal needs.