

What is Modern Psychoanalytic Psychotherapy?

Psychoanalytic psychotherapy began with the work of Sigmund Freud but has evolved and changed over the years to incorporate the contributions and work of many other theorists. In our complex world, a modern form of psychoanalytic therapy is a treatment for emotional discomfort or pain, an avenue for self-discovery and personal growth, and a means toward establishing and enhancing relationships with others and the world at large.

Modern psychoanalytic psychotherapy, or “relational therapy,” is an interpersonal experience that emphasizes the healing properties of two or more people collaboratively making sense of life in ways that are meaningful to the client. Unlike traditional treatment, which holds the therapist as an authority regarding what is true about the client, modern perspectives emphasize the meaning of the client's unique and subjective experiences.

Based on current psychoanalytic studies plus research in child development, memory, neuro- biology, and culture, modern psychoanalytic psychotherapy is an advanced method for making sense of ourselves and the world around us. Today, psychoanalytic psychotherapy is as strikingly different from Freudian analysis as modern physics is from the work of Newton.