Psychodynamic Theory For Therapeutic Practice

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alternative, "problem-based" therapies, such as cognitive behavioral therapy, aim to reduce or eliminate symptoms instead of exploring the client's deep-seated needs, urges, and desires (McLeod, 2014). What is Psychodynamic Therapy? 5 Tools & Techniques Psychoanalysis and Psychodynamic Psychotherapy. Psychoanalysis is both a theory and method for understanding human psychology, and, in particular, the development and function of emotions. Psychoanalysis and psychoanalytic therapy are 'talking therapies' designed to help people to manage emotional conflicts that manifest in the form of mental symptoms, relationships with other people, and interpersonal and occupational

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