EFFICACY OF PSYCHODYNAMIC THERAPY

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Does psychoanalysis or psychodynamic therapy actually work?

There is a common misconception around the world that there is no real evidence that psychoanalysis or psychodynamic psychotherapy actually works. However, this notion is incorrect. In fact, in the past decade or more, an ever-growing body of evidence has shown that psychodynamic therapy (PDT) and psychoanalysis reduce symptoms as effectively as other treatments, and in some cases the evidence even suggests that the benefits of PDT are more durable than other treatments.

This list points you to work that highlights the research on whether — and, in some cases, how — psychoanalysis and psychodynamic are effective. See below for most of the reviews and meta-analyses on PDT and psychoanalysis that have been published to date.

Note: the links provided in this list go to the "version of record," and may require subscriptions in many cases. Due to copyright rules, we are unable to provide the PDFs of most of these papers. If you would like to recommend additional readings, have PDFs that are authorized for public sharing, or wish to make any suggestions for revisions, please email Dr. Ross Balchin (education@npsa-association.org).

Journal articles and book chapters

Reviews


/dp/1118038207/ref=sr_1_1?keywords=bergin+garfield+handbook+of+psychotherapy+and+behavior+change


Meta-analyses


EDUCATIONAL RESOURCES